Dr. George Everly’s *Burnout Club*

Do you really want to be a “Member”?

- □ Be a “perfectionist”; never accept anything less than perfection.
- □ Work at least TEN hours a day; work as many holidays as possible.
- □ Adhere to a diet of “fast foods” and candy bars.
- □ Adhere to inflexible idealism.
- □ Assume the responsibility for solving the problems of ALL your friends, family and co-workers.
- □ Never delegate any responsibility.
- □ Never say “NO”—try to please all of the people all of the time.
- □ Never waste time relaxing.
- □ Never exercise.
- □ Never take any time off for yourself; if you are ever forced to do so, feel as guilty as possible about it.
- □ You must remember that everyone else comes first—your needs come last.
- □ Above ALL, get emotionally involved in everything you do. Learn to empathize in all aspects of your life.

http://www.crisisresponse.org