I feel emotionally exhausted because of my work

I feel worn out at the end of a working day

I feel tired as soon as I get up in the morning and see a new working day stretched out in front of me

I can easily understand the actions of my colleagues/ supervisors

I get the feeling that I treat some clients/colleagues impersonally, as if they were objects

Working with people the whole day is stressful for me

I deal with other people's problems successfully

I feel burned out because of my work

I feel that I influence other people positively through my work

I have become more callous to people since I have started doing this job

I'm afraid that my work makes me emotionally harder

I feel full of energy

I feel frustrated by my work

I get the feeling that I work too hard

I'm not really interested in what is going on with many of my colleagues

Being in direct contact with people at work is too stressful

I find it easy to build a relaxed atmosphere in my working environment

I feel stimulated when I been working closely with my colleagues

I have achieved many rewarding objectives in my work

I feel as if I'm at my wits' end

In my work I am very relaxed when dealing with emotional problems

I have the feeling that my colleagues blame me for some of their problems