VOLLER ELAN

Freudenberger's 12 Phases of Burnout

1. The compulsion to prove oneself
2. Working harder
3. Neglecting one's needs
4. Displacement of conflicts
5. Revision of values
6. Denial of emerging problems
7. Withdrawal
8. Obvious behavioral changes
9. Depersonalization
10. Inner emptiness
11. Depression
12. Burnout Syndrome_

Freudenberger H.J. & North G. Women's Burnout: How to Spot It, How to Reverse It, and How to Prevent It. (1985). New York: Doubleday.