

The Burnout Map

Find out exactly where you're overgiving — and why.

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Welcome

Burnout rarely comes from one place. It builds slowly across different areas of your life until your nervous system finally says 'enough.' This map helps you identify exactly where you're overgiving — so you know where to start.

For each area, rate how drained you feel on a scale of 1–10 (1 = fine, 10 = completely depleted). Then answer the reflection questions honestly. There are no right answers.

Area 1: Work & Career

Depletion rating (circle): 1 2 3 4 5 6 7 8 9 10

Signs you may be overgiving here:

- You regularly stay late or take work home without being asked
- You say yes to tasks outside your role
- You feel responsible for everyone else's performance
- You can't remember the last time you left on time without guilt

Reflection questions:

Where does most of your energy go at work?

What would you say no to if you could?

What are you afraid would happen if you said no?

Area 2: Family & Home

Depletion rating (circle): 1 2 3 4 5 6 7 8 9 10

Signs you may be overgiving here:

- You carry the invisible mental load (organising, planning, remembering)
- You feel guilty asking for help or delegating
- Family members come to you first — always
- You put your own needs last without even thinking about it

Reflection questions:

What family expectation drains you the most?	
Who in your family do you struggle to say no to?	
What would change if you asked for more help?	

Area 3: Friendships & Social

Depletion rating (circle): 1 2 3 4 5 6 7 8 9 10

Signs you may be overgiving here:

- You attend events you don't want to just to avoid disappointing others
- You're the listener but rarely feel listened to
- You cancel plans for yourself but never cancel plans with others
- You feel responsible for other people's moods

Reflection questions:

Which friendship feels most one-sided?	
What social obligation drains you most?	
What would a balanced friendship look like for you?	

Area 4: Romantic Relationships & Partners

Depletion rating (circle): 1 2 3 4 5 6 7 8 9 10

Signs you may be overgiving here:

- You manage your partner's emotions as well as your own
- You avoid conflict even when something genuinely bothers you
- You feel resentment building but don't express it
- Your needs consistently come second

Reflection questions:

What do you wish your partner understood about your limits?

What conversation have you been avoiding?

What would change if you asked for what you actually need?

Your Burnout Pattern

Look at your four ratings. Your highest scores point to where boundaries are most urgently needed. This is your starting point — not a judgement.

My highest depletion area is:

The boundary I need most right now is:

One small thing I can change this week is:

You cannot pour from an empty cup. Boundaries are not walls — they are the door that lets the right things in.

Want the full Boundary Reset Kit? 30+ boundary scripts, a 7-Day Challenge and more.

Available now at the link in bio → @neha.dave.psych