FamilyRhythm

Parent Burnout Self-Assessment

A reflection on household task-tracking load

Use these prompts to notice what needs support. This sheet is not a clinical assessment or diagnosis. No score or threshold determines whether you are experiencing burnout.

[ ] I think about chore tracking multiple times per day.

[ ] I have missed updating the tracking system two or more times this week.

[ ] I feel guilty when I skip verification.

[ ] My child has asked whether I checked or recorded their credit.

[ ] I have considered abandoning the system entirely.

[ ] The thought of catching up on tracking feels exhausting.

[ ] I avoid the chart or system because it reminds me I am behind.

What is one part I can simplify or share?

Who can help, and when will we check whether it helped?
