

Alban Institute Burnout Inventory (AIBI)

Survey Questions

The extent to which I am feeling negative or cynical about the people with whom I work (despairing of my ability to change and grow).

Optimistic about attenders

1 2 3 4 5 6

Cynical about attenders

The extent to which I have enthusiasm for my work (I enjoy my work and look forward to it regularly).

High internal energy for my work

1 2 3 4 5 6

Loss of enthusiasm for my job

The extent to which I invest myself emotionally in my work in congregation/parish.

Highly invested emotionally

1 2 3 4 5 6

Withdrawn and detached

The extent to which fatigue and irritation are part of my daily experience.

Cheerfulness high energy much of the time

1 2 3 4 5 6

Tired and irritated much of the time

The extent to which my humour has a cynical, biting tone.

Humour reflects a positive joyful attitude

1 2 3 4 5 6

Humour cynical and sarcastic

The extent to which I find myself spending less and less time with attenders.

Eager to be involved with attenders

1 2 3 4 5 6

Increasing withdrawal from attenders

The extent to which I am becoming less flexible in my dealings with attenders.

Remaining open and flexible with attenders' needs and wants

1 2 3 4 5 6

Becoming more fixed and rigid in dealing with attenders

The extent to which I feel supported in my work.

Feeling fully supported

1 2 3 4 5 6

Feeling alone and isolated

The extent to which I find myself frustrated in my attempts to accomplish tasks important to me.

Reasonably successful in accomplishing tasks

1 2 3 4 5 6

Mainly frustrated in accomplishing tasks

The extent to which I am invaded by sadness I can't explain.

Generally optimistic

1 2 3 4 5 6

Sad much of the time

The extent to which I am suffering from physical complaints (e.g. aches, pains, headaches, lingering colds).

Feeling healthy most of the time

1 2 3 4 5 6

Constantly irritated by physical ailments

The extent to which I blame others for problems I encounter.

Minimal blaming or scapegoating

1 2 3 4 5 6

Others are usually to blame for the malaise I am feeling

The extent to which I feel guilt about what is not happening in this congregation or with attenders.

Guilt free

1 2 3 4 5 6

Feeling guilty much of the time

I am biding my time until retirement or change of job.

Highly engaged in my work

1 2 3 4 5 6

Doing what I must to get by

The extent to which I feel used up and spent

High source of energy for my work

1 2 3 4 5 6

Feeling empty and depleted