



— THE REGULATED MOTHER —

THE MOTHERHOOD BURNOUT ASSESSMENT

This isn't another quiz telling you to "practice self-care." This is a research-backed assessment designed to help you understand your nervous system state, identify patterns of burnout, and recognize when you might benefit from support. This is for you, not Instagram. Answer honestly—no one's grading you, and there are no "wrong" answers!

HOW TO USE THIS ASSESSMENT

FOR EACH STATEMENT, RATE HOW OFTEN YOU EXPERIENCE THIS ON A SCALE OF 0-4:

0	Never or almost never
1	Rarely (a few times a month)
2	Sometimes (a few times a week)
3	Often (most days)
4	Constantly (multiple times daily)



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PHYSICAL EXHAUSTION & DISCONNECTION

YOUR SCORE
0-4

I wake up tired even after a full night's sleep	
I can't remember the last time I felt truly rested	
I ignore my body's signals (hunger, thirst, need to pee) until I absolutely can't	
I have physical symptoms that won't go away (headaches, tension, digestive issues, etc.)	
I feel disconnected from my body—like I'm just a head floating through the day	
I push through exhaustion because "that's just what mothers do"	
My body feels heavy, tense, or like it's holding onto something I can't release	
I can't relax even when I have the chance—my body won't let me	

CATEGORY TOTAL: ___ / 32



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EMOTIONAL DYSREGULATION

YOUR SCORE
0-4

I snap at my kids over small things, then feel terrible afterward	
I go from 0 to 100 in seconds—calm to rage with no warning	
I feel emotionally flat or numb, like I'm just going through the motions	
I cry easily over things that wouldn't normally bother me	
I feel like I'm constantly on edge, waiting for the next thing to go wrong	
I have moments where I feel completely overwhelmed and want to run away	
I struggle to feel joy even during moments that should be happy	
I feel guilty constantly—like I'm failing at everything	

CATEGORY TOTAL: ___ / 32



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MENTAL LOAD & COGNITIVE OVERWHELM

YOUR SCORE
0-4

I'm constantly thinking about what needs to be done next	
I can't focus on one thing because I'm mentally juggling everything	
I forget things constantly—appointments, tasks, conversations	
My mind races at night when I'm trying to sleep	
I feel like I'm the only one who remembers/plans/manages everything	
I can't make simple decisions because I'm too overwhelmed	
I feel like my brain is foggy or slow—I can't think clearly	
I'm exhausted by the invisible labor no one else sees or acknowledges	

CATEGORY TOTAL: ___ / 32



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LOSS OF SELF & IDENTITY

YOUR SCORE
0-4

I don't know who I am anymore outside of being "mom"	
I've lost touch with hobbies, interests, or things I used to enjoy	
I can't remember the last time I did something just for me	
I feel like I've disappeared—everyone else's needs come first, always	
I look at old photos and miss the person I used to be	
I don't know what I want anymore—I've lost touch with my own desires	
I feel like I'm performing a role rather than living my life	
I grieve the person I was before kids, even though I love my children	

CATEGORY TOTAL: ___ / 32



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RELATIONSHIP STRAIN & ISOLATION

YOUR SCORE
0-4

I feel disconnected from my partner—like we're roommates, not partners	
I resent my partner for not understanding or helping "enough"	
I've isolated myself from friends because I don't have the energy	
I feel like no one truly understands what I'm going through	
I'm touched out—I don't want anyone near me by the end of the day	
I feel lonely even when I'm with my family	
I compare myself to other mothers and feel like I'm failing	
I don't reach out for help because I feel like a burden	

CATEGORY TOTAL: ___ / 32



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COPING MECHANISMS & AVOIDANCE

YOUR SCORE
0-4

I scroll on my phone for hours to numb out or escape	
I use food, alcohol, or shopping to cope with stress	
I stay up too late because it's the only time I have to myself	
I fantasize about running away or starting over somewhere else	
I avoid dealing with problems because I don't have the capacity	
I say "I'm fine" when I'm absolutely not fine	
I keep myself busy to avoid feeling what's really going on	
I know I need help but I keep putting it off	

CATEGORY TOTAL: ___ / 32



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Your Results: What Your Scores Mean

Calculate your total score across all categories: ___ / 192

OVERALL BURNOUT LEVEL

0-48	Low Burnout: You're managing relatively well, but stay aware of your patterns. Prevention is easier than recovery.
49-96	Moderate Burnout: You're struggling more than you should have to. Your nervous system is showing signs of chronic stress. This is the time to intervene—before it gets worse.
97-144	High Burnout: You're in survival mode most of the time. Your body and mind are sending clear signals that you need support. This isn't sustainable, and you deserve help.
145-192	Severe Burnout: You're in crisis. Please reach out for professional support immediately. You don't have to keep living like this, and you can't do this alone.



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Category Breakdown: Where You're Struggling Most

Look at your scores in each category. Your highest scores show where you need the most support:

OVERALL BURNOUT LEVEL

Category	What High Scores Mean
Physical Exhaustion (Score: ____)	Your body is depleted and disconnected. You need nervous system regulation, rest, and reconnection to physical sensations.
Emotional Dysregulation (Score: ____)	You're stuck in survival states (fight/flight or shutdown). You need tools to regulate your emotions and widen your window of tolerance.
Mental Load (Score: ____)	You're carrying too much invisible labor. You need support redistributing responsibilities and setting boundaries.
Loss of Self (Score: ____)	You've lost touch with who you are. You need space to reconnect with your identity, desires, and sense of self beyond motherhood.
Relationship Strain (Score: ____)	You're isolated and disconnected. You need support rebuilding connection—with yourself, your partner, and your community.
Coping Mechanisms (Score: ____)	You're using avoidance to survive. You need healthier coping strategies and support addressing what you're avoiding.



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The Truth About Your Scores

If you scored high: This isn't your fault. You're not weak. You're not failing. You're experiencing a normal response to an abnormal amount of stress.

Motherhood in our culture is set up to burn women out—and you're feeling the effects of that broken system.

Here's what you need to know: Burnout isn't fixed by bubble baths or "self-care Sundays." It requires nervous system healing, processing underlying patterns, and building sustainable regulation practices. That's exactly what therapy can provide.

What Happens Next?

You have three options:

1. **Do nothing.** Keep pushing through. Hope it gets better on its own. (Spoiler: it won't.)
2. **Try to fix it yourself.** Read more articles. Download more apps. Feel frustrated when nothing creates lasting change.
3. **Get real support.** Work with someone who understands nervous system regulation, maternal burnout, and embodied healing. Someone who can help you not just survive, but actually feel like yourself again.

If you're reading this, you're probably ready for option 3.



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How Therapy Can Help

In my practice, we don't just talk about your feelings. We work with your nervous system, your body, and the patterns keeping you stuck.

Here's what that looks like:

We'll Work On:

- Nervous System Regulation: Learning to recognize your states and return to calm
- Somatic Healing: Reconnecting with your body and releasing stored tension
- Emotional Processing: Working through the grief, rage, and overwhelm you've been carrying
- Identity Reclamation: Rediscovering who you are beyond "mom"
- Boundary Setting: Learning to say no and redistribute the mental load
- Relationship Repair: Healing disconnection with yourself, your partner, and your children
- Breaking Cycles: Addressing patterns from your own childhood that show up in your parenting



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Ready to Feel Like Yourself Again?

You don't have to keep living like this. You don't have to do this alone. And you don't have to wait until you're "bad enough" to deserve help.

If your scores showed moderate to severe burnout, or if you're just tired of feeling this way—let's talk.

Book Your First Session

No pressure. No sales pitch. Just a conversation about whether we're a good fit and how I can support you.



Still Having Doubts?

Reach out ❤️

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