

	NO	SOMETIMES	YES
I enjoy going into work each day.	1	2	3
My supervisor and I are able to communicate.	1	2	3
I am no longer enthusiastic about my work.	3	2	1
I work well with my peers.	1	2	3
If I am in a jam, I can count on my colleagues.	1	2	3
I constantly want to be somewhere else than at work.	3	2	1
There is a lot of work to do, but I can handle it.	1	2	3
Management is honest and treats me fairly.	1	2	3
Work seems meaningless to me right now.	3	2	1
I am usually rewarded for work well done.	1	2	3
My colleagues are no longer as enjoyable to be with.	3	2	1
As a team we work well and support one another.	1	2	3
Many changes are happening at work, but I am able to cope with them.	1	2	3
Work has lost its appeal.	3	2	1
I am managing my pressure well.	1	2	3

My total score _____