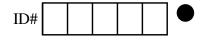
VE v2 BSL August 2012

Vital Exhaustion Baseline



For these questions, mark the answer that most applies to you. The answers range from "Yes" to "Don't Know" to "No." Yes Don't Know No 1. Do you often feel tired? 2. Do you often have trouble falling asleep? 3. Do you repeatedly wake up during the night? 4. Do you feel weak all over? 5. Do you feel more listless than before you joined *your current profession*? 6. Do little things irritate you more than before you joined *your current profession*? 7. Do you sometimes feel that your body is like a battery that was losing its power? 8. Do you feel dejected?

9. Do you ever wake up with feelings of exhaustion and fatigue?

10. Do you frequently experience a sense of exhaustion at work (except after)?