

Children are an important source of fulfillment and joy for their parents. At the same time, they may also be a source of exhaustion for some parents. (This is not contradictory: self-fulfillment and exhaustion can co-exist, and it is possible to love your children, yet feel exhausted in your role as a parent). The questionnaire below concerns the feeling exhaustion that can be experienced as a parent. Choose the answer that best matches what you feel personally. There is no right or wrong answer. If you have never had this feeling, choose “Never”. If you have had this feeling, indicate how often you feel it by choosing “A few times a year” to “Every day” that best describes how frequently you feel that way.

	Never	A few times a year	Once a month or less	A few times a month	Once a week	A few times a week	Every day
I'm so tired out by my role as a parent that sleeping doesn't seem like enough							
I feel as though I've lost my direction as a dad/mum							
I feel completely run down by my role as a parent							
I have zero energy for looking after my child(ren)							
I don't think I'm the good father/mother that I used to be to my child(ren)							
I can't stand my role as father/mother any more							
I feel like I can't take any more as a parent							
I have the impression that I'm looking after my child(ren) on autopilot							
I have the sense that I'm really worn out as a parent							
When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started							
I don't enjoy being with my child(ren)							
I feel like I can't cope as a parent							
I tell myself that I'm no longer the parent I used to be							
I do what I'm supposed to do for my child(ren), but nothing more							
My role as a parent uses up all my resources							
I can't take being a parent any more							
I'm ashamed of the parent that I've become							
I'm no longer proud of myself as a parent							
I have the impression that I'm not myself any more when I'm interacting with my child(ren)							
I'm no longer able to show my child(ren) how much I love them							
I find it exhausting just thinking of everything I have to do for my child(ren)							
Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)							
I'm in survival mode in my role as a parent							