

## The Burnout Traps

When someone goes into burnout, the feeling of being not good at things spreads to everything. Before, maybe you used to feel like that just with school work or a particular subject at school, but now everything feels that way. There is no point in doing anything, you say to yourself, and the future will be just as hopeless as you feel right now.

These feelings get you into another trap. You feel you are no good at anything and think there's no point in trying, so you don't try anything new or put in any effort. That means you don't get a chance to improve at anything – and you don't get the stimulation of improving at something you enjoy. And that means life is more boring and feels even more pointless. There are more traps to fall into everywhere you look.



### Exercise: Where Are You Stuck?

A burnout trap happens when what you are doing to try and feel better actually makes you feel worse in the long term. The more effort you put into it, the more stuck you get – because your efforts only help in the short term.

You are almost certainly stuck in some burnout traps but they aren't always easy to see when you're in them.

Sometimes it's easier to see other people's traps. Here are some examples of traps people get stuck in. Can you identify any traps of your own? You can fill them in in the spaces provided if you feel like it.

