

# BARNA RISK METRICS



## BURNOUT RISK

- Less confident in their calling today than when they began ministry
- Rate mental and emotional health as average, below average or poor
- Seldom or never energized by ministry work
- Frequently feel inadequate for their calling or ministry
- Frequently feel emotionally or mentally exhausted
- Have suffered from depression sometime during their ministry
- Not satisfied with their pastoral vocation
- Not satisfied with ministry at their current church
- Tenure at their current church has been a disappointment
- Tenure at their current church has not increased their passion for ministry
- Their primary day-to-day tasks do not fit their calling or gifts

## RELATIONSHIP RISK

- Rate their relationship with their spouse as below average or poor
- Rate their relationship with their children as below average or poor
- Rate their satisfaction with friendships as average, below average or poor
- Frequently or sometimes feel lonely or isolated from others
- Seldom or never feel well-supported by people close to them
- Say it's completely true that ministry has been difficult on their family
- Report a difficult relationship with their board or church elders

## SPIRITUAL RISK

- Rate their spiritual well-being as average, below average or poor
- Say it is very or somewhat difficult to invest in their own spiritual development
- Receive spiritual support from peers or a mentor several times a year or less
- Say their tenure at their current church has not deepened their own relationship with Christ