



Activation Exercise: The Workaholism Quiz

SCORING

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If you circled **often** for statements 1 to 5, 7, 8, 11 to 14, 17, 19, and 20, examine more closely the essence and quality of your work. Workaholics use work to replace intimacy. Over time the emotional connection with others will erode. Choose to make changes that will improve the quality and essence of your life and deepen your connection to others.

Over time, if workaholic behaviors persist. Get help. Connect with Nancy at wementor.com.

Other traits of workaholics vs. those who are hard workers were outlined in a *Wall Street Journal* article, “Working for a Living or Living to Work? Some Help for the Workaholic Spouse,” by Sue Shellenbarger (November 21, 2002). See Table 1.

<i>Workaholic</i>	<i>Hard Worker</i>
Can't stop working without feeling anxious	Can choose to stop working without ill effects
Works to satisfy a compulsive need for approval	Work is just one part of life
Becomes self-absorbed and self-centered	Able to be loving and intimate
Loses touch with feelings	Stays in touch with feelings
Perfectionist and controlling	Tolerant of own mistakes and others'
Loses control over schedule	Remains in charge of work schedule

Table 1