



Activation Exercise: The Workaholism Quiz

DATE: _____

Directions: Read each statement and circle the frequency or determine how often you do these things. Tally score on page 2.

Statement	Frequency		
1. I work outside of office hours:	seldom	often	never
2. I cancel dates with loved ones to do more work:	seldom	often	never
3. I postpone outings until the deadline is over:	seldom	often	never
4. I take work with me on weekends:	seldom	often	never
5. I take work with me on vacations:	seldom	often	never
6. I take vacations:	seldom	often	never
7. My intimates complain I always work:	seldom	often	never
8. I try to do two things at once:	seldom	often	never
9. I allow myself free time between projects:	seldom	often	never
10. I allow myself to achieve closure on tasks:	seldom	often	never
11. I procrastinate in finishing the last loose ends:	seldom	often	never
12. I set out to do one job and start on three more at the same time:	seldom	often	never
13. I work in the evenings during family/personal time:	seldom	often	never
14. I allow calls/texts/social media to interrupt— and lengthen—my workday:	seldom	often	never
15. I prioritize my day to include an hour of creative: work/play:	seldom	often	never
16. I place my creative dreams before my work:	seldom	often	never
17. I fall in with others' plans and fill my free time with their agendas:	seldom	often	never
18. I allow myself downtime to do <i>nothing</i> :	seldom	often	never
19. I use the work deadline to describe and rationalize my workload:	seldom	often	never
20. Going somewhere, even to dinner, with a notepad or my work numbers is something I do:	seldom	often	never