

WeMentor's Workaholism Quiz

DATE: _____

Directions: Read each statement. Circle whether you think or do these things seldomly, often, or never. Go with your first response. Use the next page to score your results and get more information.

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|---|--------|-------|-------|
| 1. I work outside of office hours: | seldom | often | never |
| 2. I frequently 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 days off or weekends: | seldom | often | never |
| 5. I take work with me on vacations: | seldom | often | never |
| 6. I take regular 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 during family time, or I don't schedule a family time: | seldom | often | never |
| 14. I allow calls to interrupt—and lengthen—my workday: | seldom | often | never |
| 15. I prioritize my day to include an hour of creative
work and 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 work deadlines to describe and rationalize
my workload: | seldom | often | never |
| 20. Going somewhere, even to dinner, I am preoccupied with
work. A cell phone, notebook, or numbers are with me at
all times: | seldom | often | never |

Scoring

If you circled **often** for statements 1 to 5, 7, 8, 11 to 14, 17, 19, and 20, examine your work's **essence** and **quality** more closely. Use the Table below to further assess your quality of work traits. The idea of creating this Table came from a *Wall Street Journal* article, "Working for a Living or Living to Work? Some Help for the Workaholic Spouse," by columnist Sue Shellenbarger (11/21/02).

Workaholic	Hard Worker
<p>Can't stop working without feeling anxious.</p> <p>Work is to satisfy a compulsive need for approval.</p> <p>Becomes self-absorbed and self-centered; detached from self-connection over time.</p> <p>Loses touch with feelings and lacks awareness of compulsive or repetitive behaviors. Feelings are to be avoided or have little to no value is the operating belief system.</p> <p>Perfectionist and controlling outside of oneself.</p> <p>Loses control over schedule. Operates with vague or unclear boundaries.</p>	<p>Can choose to stop working without ill effects.</p> <p>Work is an important aspect of a purposeful life. Well-being and healthy connections with others is factored into the life equation.</p> <p>Able to take courageous steps to be loving and intimate; maintain reliable self-connection.</p> <p>Emotions are viewed as useful in learning and doing. Positive and negative feelings engage critical faculties and shape one's frame of mind to get work done. Even anger can be used constructively with this belief system.</p> <p>Tolerant of own mistakes and others' humanity. Empowered within.</p> <p>Remains in charge of work schedule. Sets clear boundaries.</p>

Table

Workaholics use work to satisfy other needs, like a compulsive need for approval. The compulsion takes over and eventually replaces intimacy with work. The difference between working zestfully to realize goals and achieving a greater vision beyond yourself vs. having work be a compulsive focus in your life is your work's essence and quality.

Next Step. If you find yourself in the workaholic category, ask for help from a mentor. Your life can change for the better! Or, if you happen to be in-between, ask those you love for their assessment. Make the subtle changes yourself or ask for help from a mentor. Finally, if you find yourself to be a hard worker and passionate about your life, congratulations! You live a purposeful life and have a reliable connection to yourself and others. Keep enriching those connections and doing your lifework. 😊