

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 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 the essence and quality of your work more closely. Workaholics use work to replace the intimacy and emotional connection to self and others. There is a difference between working zestfully to realize goals and having work be the sole priority in your life.

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 (November 21, 2002).

Workaholic	Hard Worker
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 an important aspect of a full life.
Becomes self-absorbed and self-centered; detached from self-connection.	Able to take courageous steps to be loving and intimate; maintain self-connection.
Loses touch with feelings or becomes numb to feelings.	Acknowledges feelings to monitor self; maintains presence to feelings.
Perfectionist and controlling outside of oneself.	Tolerant of own mistakes and others'. Empowered within.

Table

If you find yourself in the workaholic category, ask for help from a mentor. Your life can change for the better! If you find yourself to be a hard worker and passionate about your life, congratulations! You live a full life and have a solid self-connection and stable, growing relationships with the important relationships in your life. 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 of your choosing.