



## **Are You Addicted to Stressful Living?**

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Do you rush around moaning about the shortage of time? Is your life fast-paced and high-pressured without time for self-renewal, joy, and serenity? If so, you are addicted to stressful living, trying to cram 48 hours into 24.

Read each of the following 25 statements and decide how much each one pertains to you.

**Use the following rating scale:**

**1 = Never true    2 = Sometimes true    3 = Often true    4 = Always true**

1. I prefer to do most things myself rather than ask for help.
2. I get very impatient when I have to wait for someone else or when something takes too long, such as slow moving lines.
3. I seem to be in a hurry and racing against the clock.
4. I get irritated when I am interrupted while I am in the middle of something.
5. I stay busy and keep many "irons in the fire."
6. I find myself doing two or three things at one time, such as eating lunch, writing a memo, while talking on the telephone.
7. I over-commit myself by biting off more than I can chew.
8. I feel guilty when I am not working on something.
9. It is important that I see the concrete results of what I do.
10. I am more interested in the final result of my work than in the process.
11. Things just never seem to move fast enough or get done fast enough for me.
12. I lose my temper when things don't go my way or work out to suit me.
13. I ask the same question without realizing it, after I've already been given the answer.
14. I spend a lot of time mentally planning and thinking about future events, while tuning out the here and now.

15. I find myself continuing to work after my co-workers have called it quits.
16. I get angry when people don't meet my standards of perfection.
17. I get upset when I am in situations where I cannot be in control.
18. I tend to put myself under pressure with self-imposed deadlines.
19. It is hard for me to relax when I'm not working.
20. I spend more time working than socializing with friends or hobbies or on leisure activities.
21. I dive into projects to get a head start before all the phases have been finalized.
22. I get upset with myself for making even the smallest mistake.
23. I put more thought, time, and energy into my work than I do into my relationships with my spouse (or lover) and family.
24. I forget, ignore, or minimize important family celebrations such as birthdays, reunions, anniversaries, or holidays.
25. I make important decisions before I have all the facts and have a chance to think them through thoroughly.

When you have responded to all 25 statements, add up the numbers for your total score.

- 25 to 54 = not overly addicted
- 55 to 69 = mildly overly addicted
- 70 to 100 = highly overly addicted

If your score indicates an addiction to stressful living, check out the **52 Proven Stress Relievers** handout to help manage your stress level.