E-LEARNING
ENTER TO LEARN - LEAVE TO SERVE

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Workaholism

After you have read each statement, please decide the degree to which the statement accurately describes your own situation and your own feelings, using the following scale:

1. Completely disagree (CD)
2. Mostly disagree (MD)
3. Slightly disagree (SD)
4. Undecided (U)
5. Slightly agree (SA)
6. Mostly agree (MA)
7. Completely agree (CA)

I......							
1. do have several major projects on the go at once	1	2	3	4	5	6	7
2. find yourself always in a hurry	1	2	3	4	5	6	7
3. drive fast from one place to another?	1	2	3	4	5	6	7
4. loose track of time while working?	1	2	3	4	5	6	7
5. feel anxious and/or guilty when you are not at work?	1	2	3	4	5	6	7
6. find myself moody and impatient?	1	2	3	4	5	6	7
7. find myself doing most of the work because others never do it as well as you or to your expectations?	1	2	3	4	5	6	7
8. often re-do others work?	1	2	3	4	5	6	7
9. Do you feel indispensable; that you are the only one capable of doing your job?	1	2	3	4	5	6	7
10. Do you work irregular hours and/or a lot of overtime?	1	2	3	4	5	6	7
11. Do your feel all deadlines must be met today?	1	2	3	4	5	6	7
12. am unable to delegate work to others?	1	2	3	4	5	6	7
13. Are you unable to relax and have fun?	1	2	3	4	5	6	7
14. Have you given up other activities/pleasures for work?	1	2	3	4	5	6	7
15. Do others take advantage of your inability to say "no" to work?	1	2	3	4	5	6	7

16. Are your relationships and/or home life in jeopardy due to your work habits.	1	2	3	4	5	6	7
17. Have you ever missed social and/or medical appointments due to working long hours?	1	2	3	4	5	6	7
18. Do you have difficulty starting and/or staying in relationships?	1	2	3	4	5	6	7
19. Do you have physical problems caused by stress, poor eating habits and lack of exercise?	1	2	3	4	5	6	7
20. Do you have a strong need to control everything in your life?	1	2	3	4	5	6	7

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