



## **The Twenty Questions: How Do I Know If I'm a Workaholic?**

1. Do you get more excited about your work than about family or anything else?
2. Are there times when you can charge through your work and other times when you can't get anything done?
3. Do you take work with you to bed? On weekends? On vacation?
4. Is work the activity you like to do best and talk about most?
5. Do you work more than 40 hours a week?
6. Do you turn your hobbies into moneymaking ventures?
7. Do you take complete responsibility for the outcome of your work efforts?
8. Have your family or friends given up expecting you on time?
9. Do you take on extra work because you are concerned that it won't otherwise get done?
10. Do you underestimate how long a project will take and then rush to complete it?
11. Do you believe that it is okay to work long hours if you love what you are doing?
12. Do you get impatient with people who have other priorities besides work?
13. Are you afraid that if you don't work hard you will lose your job or be a failure?
14. Is the future a constant worry for you even when things are going very well?
15. Do you do things energetically and competitively including play?
16. Do you get irritated when people ask you to stop doing your work in order to do something else?
17. Have your long hours hurt your family or other relationships?
18. Do you think about your work while driving, falling asleep, or when others are talking?
19. Do you work or read during meals?
20. Do you believe that more money will solve the other problems in your life?

Three positive answers are considered an indicator there may be a problem with workaholism. After carefully considering your answers to the above questions and perhaps even talking about them with your family and friends, you may come to realize that there is a problem. Most of us were slow to fully comprehend the signs of our problem. Recovery began when we identified with workaholic behaviors. It was our first step. Awareness of our problem opens the door to possible solutions.