

Work-Addiction Risk Test

To find out if you are a workaholic, rate yourself on each of the statements below, using a rating scale of **1 (never true), 2 (sometimes true), 3 (often true), or 4 (always true)**. Put the number that best describes your work habits in the blank beside each statement. Once completed, add your numbers for your final score.

- ___ 1. I prefer to do most things myself, rather than ask for help.
- ___ 2. I get impatient when I have to wait for someone else or when something takes too long.
- ___ 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, and talking on the phone.
- ___ 7. I over commit myself by accepting more work than I can finish.
- ___ 8. I feel guilty when I am not working on something.
- ___ 9. It is more 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 do not go my way or work out to suit me.
- ___ 13. I ask the same question again, without realizing it, after I already have received the answer.
- ___ 14. I spend a lot of my 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 stopped.
- ___ 16. I get angry when people do not 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 from self-imposed deadlines.
- ___ 19. It is hard for me to relax when I am not working.
- ___ 20. I spend more time working than socializing with friends or hobbies or leisure activities.
- ___ 21. I dive into projects to get a head start before all of 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 loved ones and friends.
- ___ 24. I forget, ignore, or minimize celebrations, such as birthdays, reunions, anniversaries, or holidays.
- ___ 25. I make important decisions before I have all of the facts and a chance to think them through.

Scores on the test are divided into three ranges.

The scoring in the upper third (67-100) are considered highly workaholic. If you scored in this range, it could mean that you are on your way to burnout, and new research suggest that family members may be experiencing emotional repercussions as well. Those scoring in the middle range (57-66) are considered mildly workaholic. If you scored in this range, there is hope. With acceptance and modifications, you and your loved ones can prevent negative long-term effects. Those scoring in the lowest range (25-56) are considered not workaholic. If you scored in this range, you are probably an efficient worker instead of a workaholic and have no need to worry that your work style will negatively affect yourself or others.

Source: B.E. Robinson, *Chained to the Desk* (New York, NY: New York University Press, 1998), 52-54. Minor editorial revisions have been made to several test items.