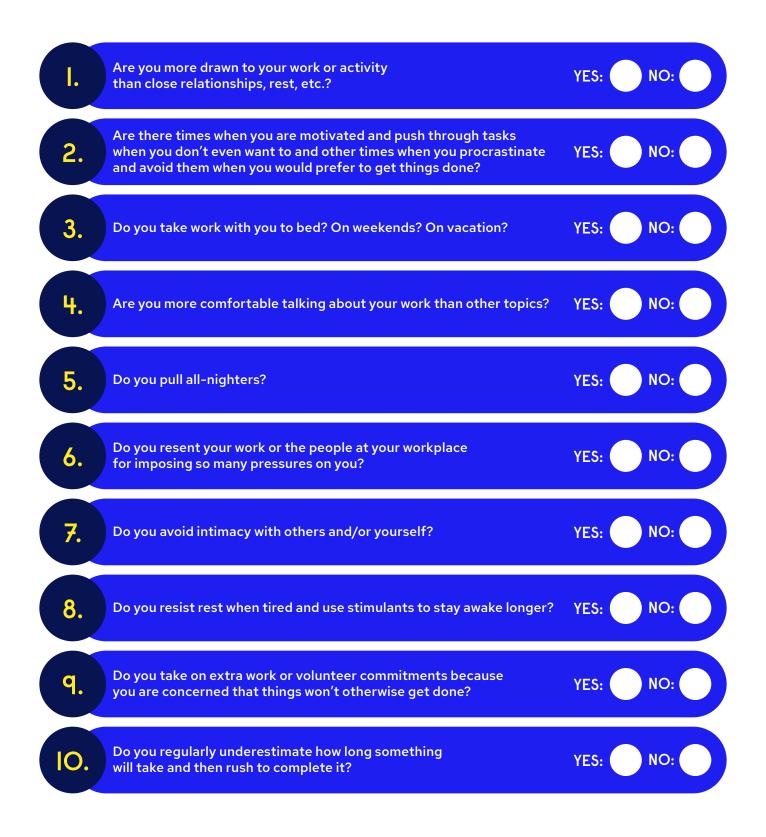
Reed

Are you a workaholic?



11.	Do you immerse yourself in activities to change how you feel or avoid grief, anxiety, and shame?	YES:	0:
12.	Do you get impatient with people who have other priorities besides work?	YES:	0:
13.	Are you afraid that if you don't work hard all the time, you will lose your job or be a failure?	YES:	0:
14.	Do you fear success, failure, criticism, burnout, financial insecurity, or not having enough time?	YES:	0:
15.	Do you try to multitask to get more done?	YES:	0:
16.	Do you get irritated when people ask you to stop doing what you're doing in order to do something else?	YES:	0:
17.	Have your long hours caused injury to your health or relationships?	YES:	0:
18.	Do you think about work or other tasks while driving, conversing, falling asleep, or sleeping?	YES:	0:
19.	Do you feel agitated when you are idle and/ or hopeless that you'll ever find balance?	YES:	0:
20.	Do you feel like a slave to your email, texts, or other technology?	YES:	0:

If you answered "yes" to three or more of these questions, you may be a workaholic. Relax. You are not alone. Many have found recovery through the Workaholics Anonymous fellowship. <u>Find help here.</u>

*These questions are taken from the official Workaholics Anonymous website.

