

# Adrenaline Addict Self-Test

Do you fully understand what an Adrenaline Lifestyle is?

Y	N	
<input type="checkbox"/>	<input type="checkbox"/>	I drink caffeinated coffee or drinks to get or keep going.
<input type="checkbox"/>	<input type="checkbox"/>	I eat sugar to calm myself down.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to overpromise and then rush to get it done at the last minute.
<input type="checkbox"/>	<input type="checkbox"/>	I find some way to sabotage myself or a project, yet usually pull it off.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to take on more than I really want because I feel I can.
<input type="checkbox"/>	<input type="checkbox"/>	I react strongly to the unexpected.
<input type="checkbox"/>	<input type="checkbox"/>	I find myself getting very upset or irritated (whether I show it or not) when people let me down, miss deadlines or do less-than-optimal work. Sometimes I take it personally.
<input type="checkbox"/>	<input type="checkbox"/>	I arrive at work rushed or already "on."
<input type="checkbox"/>	<input type="checkbox"/>	I get grabbed by surprises and disturbances and then I can't calm down for a day or more.
<input type="checkbox"/>	<input type="checkbox"/>	I feel an inner rush or lack of stillness or peace much of the time.
<input type="checkbox"/>	<input type="checkbox"/>	I am clearly winning at work, yet working very hard.
<input type="checkbox"/>	<input type="checkbox"/>	I'm the kind of person who tends to find the toughest way to get something done.
<input type="checkbox"/>	<input type="checkbox"/>	I drive more than five minutes over the speed limit, tailgate or criticize other drivers.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to run or arrive late, even if it's not my fault.
<input type="checkbox"/>	<input type="checkbox"/>	I find that I attract more problems and disturbances than I feel I deserve.
<input type="checkbox"/>	<input type="checkbox"/>	Money is currently tight and I have been working on getting ahead, but haven't.
<input type="checkbox"/>	<input type="checkbox"/>	It is difficult to focus on any one thing for more than 10 minutes at a time.
<input type="checkbox"/>	<input type="checkbox"/>	I don't give myself plenty of time during the day for the things that are likely to come up.
<input type="checkbox"/>	<input type="checkbox"/>	I talk a lot even after people have stopped listening.
<input type="checkbox"/>	<input type="checkbox"/>	I please people to the point of feeling compulsive, regardless of appropriateness or cost.

**Scoring:** If you answered yes to five or more of these, welcome to the club. When you're ready, willing and able, invest in outside counsel to get through this addiction.

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