

qwaters.org/resources/adrenaline-junkie-survey

Are you an Adrenaline Junkie?

Find out by answering the following questions.

Score Description

- 0 - This statement does not apply to me.
- 1 - This statement applies to me (say less than once a month).
- 2 - This statement often applies to me (say more than once a month).

1. I feel as if there isn't enough time in each day to do all the things I need to do.
2. I speak more quickly than other people, even finishing their sentences for them.
3. My relatives and friends say, or I believe, that I eat too quickly.
4. I would rather win than enjoy a game.
5. I am very competitive at work, sports or games.
6. I tend to be bossy and dominate others.
7. I prefer to lead than follow.
8. I feel pressed for time even when I'm not doing something important.
9. I become more impatient when I have to wait for something or when I'm interrupted.
10. I tend to make decisions quickly and compulsively.
11. I take on more than I can accomplish.
12. I become irritable (and even angry) more often than other people.
13. I often feel a strong compulsion to be doing something while at home or on vacation.
14. I fidget often or become restless – pacing, leg kicking or fast gum chewing.
15. I get a vague feeling of depression whenever I stop an activity.

Total Score

Out of a possible score of 30, you would have fallen into one of the following four categories:

- 0-10 Relaxed
- 10-15 Typical
- 15-20 On the edge
- 20+ Adrenaline junkie

Oswald, Roy M. *Clergy Self-Care: Finding A Balance for Effective Ministry*. The Alban Institute, Inc., 1991. Print.