

ADRENALINE SELF-TEST

Adrenaline is the drug of choice of a stressed society. Furthermore, most people are connected in some way with a stressed environment, which is why so many of us overuse our adrenaline. Originally, adrenaline gave us a jolt of superhuman energy when we were faced with a threat. But now, we use adrenaline in order to get an exciting rush or high. The authors have nothing against adrenaline highs—in fact, they can be quite fun. **However, there are both physical and emotional or spiritual costs:** physical costs being the overuse of the adrenal gland and the stress that circulating adrenaline puts on the body, and emotional or spiritual costs that arise because when we are high, we are not present. Also, there is the stress involved in creating situations in which our body is triggered to circulate the adrenaline.

Wondering if you are an adrenaline addict? Your score on the following questionnaire will tell the story. Again, no one is saying that you must stop “adrenalizing” but if you recognize the cost and wish to make some changes in your life or way of living, then we suggest you work with a coach who understands the adrenaline addiction process and knows how to help you redesign the areas of your life that trigger your need for the rush.

YES	NO	STATEMENT
		I drink coffee, colas, or other caffeine in order to get going and keep going.
		I eat sugar to calm myself down.
		I tend to overpromise and then rush to get the project done at the last minute.
		I arrive at work rushed and already “on.”
		I feel an inner rush or lack of stillness or peace much of the time, and I can't get rid of it.
		I tend to be impatient with the pace or performance of others.
		I often drive 10 mph or more over the speed limit or tend to tailgate.
		It often seems that there is a problem, hassle, or difficult situation I'm having to deal with.
		I don't give myself plenty of time during the day for the things I do know will come up.
		I tend to run late or arrive just in time. After all, why waste time by being early?

YES	NO	STATEMENT
		I love a challenge and pushing through it to reach a solution.
		I get grabbed by surprises or upsetting events and can't calm down for a day or two.
		I find it boring or difficult to simply hang out with people sometimes.
		I am at my best when under pressure, especially deadline pressure.
		Sometimes I wonder if I deliberately set myself up to wait until the last minute.
		I do not arrive at the airport an hour before my flight.
		I carry my cell phone even when I do not really need it.
		Sometimes I think I unconsciously try to find the hardest way of getting something done.
		People sometimes complain that I am not there with them, even though I am.
		I tend to be a driven type of person.
		SCORE (NUMBER OF YES ANSWERS)

SCORING KEY

15-20 You are a certified adrenaline junkie.

11-14 An unhealthy level of adrenaline is probably coursing through your body.

6-10 You have a possible adrenaline problem.

0-5 Congratulations! You appear to not have an adrenaline problem.