

Always = A

Frequently = F

Sometimes = S

Never = N

1. Do you try to do as much as you can in the shortest amount of time?  
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2. Do you become impatient when you are delayed, interrupted, or face unexpected circumstances?  
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3. Do you always have to win a game to have fun?  
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4. Do you instinctively speed up your car (or want to speed up) on an amber light?  
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5. When you have a problem, do you prefer to not ask for or indicate that you need help?  
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6. Do you constantly seek respect and admiration from others?  
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7. Are you overly critical of the way others work?  
—
8. Do you have the habit of frequently looking at your watch or clock?  
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9. Do you constantly strive to improve yourself and achieve more?  
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10. Do you spread yourself "too thin" in terms of your time and activities?  
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11. Do you have the habit of working on more than one task at the same time?  
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12. Do you frequently get angry?  
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13. Do you have very little time for recreational activities or free time by yourself?  
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14. Do you have a tendency to talk too quickly or speed up conversations?  
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15. Do you consider yourself hard-driving and highly motivated?  
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16. Do your friends or relatives consider you overworked?  
—
17. Do you have a tendency to take on multiple projects at the same time voluntarily?  
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18. Do you have a lot of deadlines at your work or school?  
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19. Do you feel vaguely guilty if you relax and do nothing during your spare time?  
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20. Do you feel like you take on too many responsibilities?  
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