

If you're hooked on work, it can be as disastrous as any other addiction, says British psychologist Paul Thorne — and he's devised this simple quiz to find out if you're a workaholic.

Just answer "yes" or "no" to these 10 questions:

1. Do you have bouts of working until you're too exhausted to work anymore?
2. Do you wake up thinking about work?
3. Do you work even harder when you're under stress at home?
4. Have you lost friends because of work commitments?
5. Do you get irritable during time off and long to get back to the job?
6. Do you always use all your vacation days?
7. Do you find time and energy after work for projects at home?
8. Do you feel compelled to keep working after co-workers

**NEW TEST  
TELLS IF  
YOU'VE HIT  
BOTTOM!**

have left for the day?

9. Do you accept additional assignments even though you can't complete all your tasks in a normal workday?

10. Have you given up leisure activities because you think they're much less important than work?

**SCORING:** Give yourself one point for each "yes" answer on questions 1-5 and 8-10. On questions 6 and 7, score 1 point for each "no." Then add the points to get your total score.

**ANALYSIS:** 0-2 points: You have a laid-back attitude toward the job, so there is little danger of you becoming a workaholic.

3-5 points: You maintain a good balance between work and personal life. Keep your sense of proportion by giving as much time and energy to leisure and family life as you invest in your job.

6-8 points: You're on the way to be-

coming a workaholic.

9-10 points: You're a confirmed workaholic and could be facing stress-related problems like illness, marital difficulties and job burnout.

### Here are a few tips on how to avoid being a workaholic:

- Make a point of developing interests outside of work.
- Divide your day into time slots and attempt to finish each task in its allotted time — and leave one slot open for a break!
- Ask yourself if you're using work to compensate for feelings of insecurity — then discuss your answer with your spouse or your best friend.
- Remember, many companies get rid of their burned-out workaholics.