

Hurry Sickness Test

By Bill Gaultiere

Today it's easy to get sucked into fast-paced, distractible living, especially for Type A's. When hurry is habitual there is probably an adrenaline dependence. In this case it has been called a sickness or disease. Hurry as an attitude works against being emotionally present in the moment and operating in Jesus' easy yoke. But many people who are buried and over-relying on adrenaline don't know they're doing it. This assessment can help you see if you might have hurry sickness.

Instructions

Answer each question with "yes" (mostly true for you) or "no" (mostly *not* true for you). Then for each "yes" answer circle the number on the left column.

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| 1. Are you often in a hurry, rushing from one thing to the next? | Y | N |
| 2. During a typical day do you work with intensity on something that seems urgent? | Y | N |
| 3. Do you tend to do two or three things at once to be more efficient? | Y | N |
| 4. Are you productive, busy, or active almost all the time? | Y | N |
| 5. Do you regularly rely on caffeine to feel energetic and focused? | Y | N |
| 6. If you're not working on something do you rely on stimulation from activity, entertainment, or noise? | Y | N |
| 7. When you are resting do you feel fidgety, pace, drum your fingers, tap your feet, or chew fast? | Y | N |
| 8. If you are idle do you feel guilty or restless? | Y | N |
| 9. When you're waiting are you usually uncomfortably impatient (e.g., looking at your watch, getting upset, or counting items in the short order line)? | Y | N |
| 10. When you go to bed at night do you typically think about all the things that you didn't get done and need to get done? | Y | N |

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| 11. When you go on vacation do you feel empty, bored, or depressed? | Y | N |
| 12. Do you often have physical stress symptoms like gastric distress, rapid heartbeat, headaches, muscle pain, teeth grinding at night, and sleep problems? | Y | N |

Scoring Your Test

If you have four or more yes answers you may have hurry sickness and be depending on adrenaline (and other stress hormones like cortisol) for energy, focus, and confidence to manage your daily life. Adrenaline is God's gift of a power surge for acute emergencies and high pressured situations. If you live in a state of hurry and pressure that keeps recruiting adrenaline it's damaging to your health and well-being.

This Hurry Sickness Test is from, *Your Best Life in Jesus' Easy Yoke* by Bill Gaultiere.