Negative Effects of Being a Workaholic

Even though the symptoms of being a workaholic can be viewed as negative

consequences in themselves, there are some long-term issues that can arise out of

being a workaholic. Today, more and more people are taking a closer look at these

effects, and how they can give people insight into what kinds of things cause a person

to become a workaholic.

**You Become More Stressed When You’re Working**

When you’re at work and you’ve been thinking about the multitude of scenarios that

could have negative outcomes for long enough, it becomes a permanent state of mind.

These feelings of fluctuating self-worth can begin to color how you feel in all situations

that take place at work, and it is common to begin to feel as though you are being taken

advantage of somehow.

**You Disconnect from Your Own Feelings**

When a person approaches burnout or completes a major project, it’s common for them

to experience confusion and a feeling of being unsettled. This usually happens because

a workaholic is used to using work as a way to fill time and deal with emotions. When

they are no longer able to work, they may experience a total disconnect from their own

desires.

**You Become Callous to The Feelings of Others**

A lot of people who become workaholics seem to lose sight of empathy. There may

even be feelings of superiority over those who don’t choose to work on the same type of

schedule. This type of attitude can have the ability to inflict heavy damage on

relationships, as people close to a workaholic will see how it negatively affects them

over the long term.

**Your Work Performance Suffers**

At a certain point, the feelings of stress and resulting burnout can and most likely will

cause the workaholic to become unfocused. This can lower the quality of their work

performance. This can manifest in a variety of ways. For example, a workaholic might

discover that they are making mistakes that wouldn’t be normal for a person of their skill

level or experience.

**Your Sleep Becomes Disrupted**

The continued toll taken on mental and physical health may reach a point where it even

affects their ability to sleep. Studies have shown that people who have this sleep

disruption due to workaholism often show signs of being tired during the day, and

especially in the workplace. This creates a snowball effect that can make the issues a

workaholic faces seem like an immovable stone, but there is a way to be free.