Signs You Might Be a Workaholic

To get an accurate view of yourself and figure out if you might be a workaholic, it’s

absolutely essential that you ask yourself specific questions in regard to your attitude

towards specific scenarios. The answers that you provide can help you to truly examine

the relationship that you have with your work and help you to see how you honestly feel.

To accomplish this, you can try asking yourself the following questions.

**Do you ever try to free up time to complete extra jobs at work?**

If this is the case, then it’s entirely possible that you’re simply trying to make things

more efficient. Having more time at work can be a great thing, especially if you work in a

field where evaluations of completed tasks is a major part of getting the job completed.

This can help you to identify where strengths and weaknesses lie, but it could also just

be another way for a person to retreat into their work as some sort of escape.

**Do you find yourself working for longer hours than you told yourself or a loved one?**

Sometimes you make bad judgement calls on the amount of time that you planned to be

at a specific task, but maybe you’ve just gotten accustomed to focusing on lots of

unimportant details about your job. If you’re getting caught up and lost in time during

tasks, it could be a sign of obsessive behavior.

Generally, people who obsess over specific and unimportant details are possibly using

these obsessions to avoid or circumvent dealing with unpleasant components of their

life. The need to escape dealing with these types of personal issues is completely

normal, but at a certain point it becomes obvious that these things should be

confronted.

**Do you ever work to avoid confronting feelings of depression, anxiety, or guilt?**

Negative emotions are powerful catalysts, and if you’ve been following a pattern of

burying yourself in your work to avoid emotions then there’s definitely serious issues

that need to be addressed. People who have a guilty conscience will often retreat into

their work.

This can be particularly seen in cases where work can cause a person to feel isolated.

A person who feels that they have no other alternatives will undoubtedly find way to fill

their free time with more work. Later, in a last-ditch attempt to alleviate stress it’s

possible that they will find the time to engage in vices that cause them guilt, only to be

trapped in a cyclical relationship to their own shortcomings.

**Have you begun to put work above relationships, person enrichment activities, and**

**other things that contribute to your general happiness?**

When you lose interest in the things that you love, it can show that you’ve become

unhappy in some way. It’s difficult to remain happy when you don’t engage the things

that make you happy. If you discover that you continually find reasons to avoid or cancel

chances to engage in these types positive interactions, then it could be a sign that

you’ve begun to go down that path towards becoming a workaholic, but it could also just

be a sign of typical depression.

**Do you work so much that it has put your physical health in danger?**

Over the last few hundred years, a large percentage of the population in developed

nations have gone from tending the field to the office. Though this way of life has its

perks, the lack of physical activity puts a large section of people in danger of being

completely sedentary.

A sedentary lifestyle causes the heart to become weakened and can lead to an

alarming number of complications. Exercise is an important part of our biological life

cycles, and they should take place at least 3 - 4 times a month to be sure that you can

maintain a good quality of life.