

The WART (Work Addiction Risk Test)*

To find out if you are work addicted, complete the Work Addiction Risk Test (WART) that will help you measure your work compulsion. Read each of the 25 statements below and decide how much each one pertains to you. Using the rating scale of

1 (*never true*) 2 (*seldom true*) 3 (*often true*) 4 (*always true*)

indicate the number that best fits you in the blank beside each statement.

- _____ 1. I prefer to do most things myself rather than ask for help.
- _____ 2. I get very impatient when I have to wait for someone else or when something takes too long, such as long, slow-moving lines.
- _____ 3. I seem to be in a hurry and racing against the clock.
- _____ 4. I get irritated when I am interrupted while I am in the middle of something.
- _____ 5. I stay busy and keep many “irons in the fire.”
- _____ 6. I find myself doing two or three things at a time, such as eating lunch and writing a memo while talking on the phone.
- _____ 7. I overly commit myself by biting off more than I can chew.
- _____ 8. I feel guilty when I am not working on something.
- _____ 9. It is important that I see the concrete results of what I do.
- _____ 10. I am more interested in the final result of my work than in the process.
- _____ 11. Things just never seem to move fast enough or get done fast enough for me.
- _____ 12. I lose my temper when things don't go my way or work out to suit me.
- _____ 13. I ask the same question over again without realizing it, after I've already been given the answer.
- _____ 14. I spend a lot of time mentally planning and thinking about future events while tuning out the here and now.
- _____ 15. I find myself continuing to work after my coworkers have called it quits.
- _____ 16. I get angry when people don't meet my standards of perfection.

Handout 4 continued

1 (*never true*)

2 (*seldom true*)

3 (*often true*)

4 (*always true*)

- _____ 17. I get upset when I am in situations where I cannot be in control.
- _____ 18. I tend to put myself under pressure with self-imposed deadlines when I work.
- _____ 19. It is hard for me to relax when I am not working.
- _____ 20. I spend more time working than on socializing with friends, on hobbies or on leisure activities.
- _____ 21. I dive into projects to get a head start before all the phases have been finalized.
- _____ 22. I get upset with myself for making even the smallest mistake.
- _____ 23. I put more thought, time and energy into my work than I do into my relationships with my spouse (or lover) and family.
- _____ 24. I forget, ignore or minimize important family celebrations such as birthdays, reunions, anniversaries or holidays.
- _____ 25. I make important decisions before I have all the facts and have a chance to think them through thoroughly.

ARE YOU WORK ADDICTED?

Once you have responded to all 25 statements, add up the numbers in the blanks for your total score. The higher your score, the more addicted you are to work. The lower your score, the less work addicted you are. The following key will help you interpret your score:

A score from 25 to 54 = You are not work addicted.

A score from 55 to 69 = You are mildly work addicted.

A score from 70 to 100 = You are highly work addicted.

* From *Work Addiction: Hidden Legacies of Adult Children*, by Bryan E. Robinson. Reprinted with permission.