

ADDICTION TO ADRENALINE INVENTORY*

Barry K. Weinhold, Ph.D. & Janae B. Weinhold, Ph.D.

Directions: Place a number before each question that best indicates the degree to which this is true in your life. (1 = Almost Never, 2 = Occasionally, 3 = Usually, 4 = Almost Always)

- ___ 1. Do you talk fast?
- ___ 2. Do you drive fast?
- ___ 3. Do you eat fast?
- ___ 4. Do you read while you eat?
- ___ 5. Do you read in the bathroom?
- ___ 6. Does doing one thing at a time seem like a waste?
- ___ 7. Do you drink more than three cups of coffee a day?
- ___ 8. Do you talk on the phone while preparing meals?
- ___ 9. Are you drawn to "time efficiency" devices such as cell phones, microwaves, food processors and computers?
- ___ 10. Are you better at "starting" relationships than "making them work"?
- ___ 11. Do you work more than 60 hours a week?
- ___ 12. Do you find it difficult to leave work at the office?
- ___ 13. Do you smoke cigarettes?
- ___ 14. Do you feel anxious when you are "out of touch" with the work setting?
- ___ 15. Do you feel that sleeping is time wasted?
- ___ 16. Do you find it difficult to relax when the workday is done?
- ___ 17. Does lying on the beach "doing nothing" seem more like torture than relaxation?
- ___ 18. Do you find accomplishing many things at once immensely satisfying?
- ___ 19. Do you feel you don't spend as much time as you'd like with your family?
- ___ 20. Do you find you don't spend as much time alone as you'd like?
- ___ 21. Do you feel "driven" to get more done?
- ___ 22. Do you schedule your time so tightly you are frustrated by the inevitable interruptions?
- ___ 23. Do you get upset when others are late?
- ___ 24. Do you have difficulty waiting in lines?
- ___ 25. Do you get angry when the light changes and the person in front of you takes too much time getting moving?
- ___ 26. Do you get frustrated with slow drivers?
- ___ 27. Do you skip meals because you get busy with more important things?
- ___ 28. Do you eat "on the run"?
- ___ 29. Do you hurry your children because they aren't moving "fast enough"?
- ___ 30. Do you "love" computers because they are fast, efficient, and accurate?
- ___ 31. Do you "have trouble" with people who are slow, inefficient, inaccurate and disobedient?
- ___ 32. Do you believe that living faster means living better?
- ___ 33. Do you hate to make two trips carrying in the groceries, if possible?
- ___ 34. Do you do things in a hurry, even though doing them quickly may mean you may have to do them again?
- ___ 35. Do you seek out "high intensity" thrilling experiences?
- ___ 36. Do you resist reading directions, preferring to jump in and get started?
- ___ 37. Do you find that a level of "danger" is a necessary ingredient for feeling fully alive?
- ___ 38. Do you have trouble slowing down because you fear that something or someone might be gaining on you?
- ___ 39. Do you feel you must keep yourself "revved up" to keep from becoming bored or depressed?
- ___ 40. Do you find people boring if they don't live high intensity lives?
- ___ 41. Do you find it difficult to take time to "just think and dream"?
- ___ 42. Do you find it difficult to "shut down" your mind, even away from work?

- ___ 43. Do you keep a notepad or recording machine with you to jot down important thoughts?
- ___ 44. Do you panic just thinking about the possibility that your computer may “go down?”
- ___ 45. Does the fear of computer viruses rival or surpass your fear of AIDS?
- ___ 46. Do you miss taking time to “enjoy the sunsets and smell the flowers?”
- ___ 47. Do you like the multiplex theaters because you can check out another movie if you get bored with the first?
- ___ 48. Do you like reading *USA Today* because it is quick and easy to learn a little about a lot of things?
- ___ 49. Do you find it difficult to read a book from cover to cover, even when you are enjoying it?
- ___ 50. Do you have many partially read books lying around?
- ___ 51. Do you read mostly “business related” books and feel slightly guilty if you read “just for pleasure?”
- ___ 52. Do you feel dependent on the constant stimulation, pressure and excitement you get in life?
- ___ 53. Do you find yourself accepting civic and business obligations even after you feel overloaded?
- ___ 54. Do you find you are missing important times with your children because you are “too busy?”
- ___ 55. Are your preferred forms of exercise or recreation demanding and/or competitive?
- ___ 56. Do you become anxious or depressed when you can’t “work out?”
- ___ 57. Do you feel your life is moving too fast?
- ___ 58. Have you had stress-related illnesses such as back problems, high blood pressure, ulcers or “nervous stomach?”
- ___ 59. Do you dream of “hitting the jackpot” via lottery tickets, sports betting (horse or dog racing, weekly football pools, etc.) or playing the slots?
- ___ 60. Do you like to watch scary movies and TV shows?

___ **Total Score**

Scoring: Add the numbers in the left-hand column and record your total score. See the interpretation below to determine what your score might mean.

Interpretation: Each person must decide for himself or herself just what the scores mean in analyzing personal lifestyle. For one person, missing their child’s first concert may be enough to make a change. For another, it may require a serious heart attack. The following interpretation guidelines will help you in your lifestyle analysis.

- 60 – 90 Seemingly low risk of adrenaline addiction
 91 – 120 Possibly some risk of adrenaline addiction
 121 - 150 Possibly a high risk of adrenaline addiction
 151 - 180 Very likely a high risk of adrenaline addiction
 181 – 240 Danger; likely an extremely high risk of adrenaline addiction

* Adapted from a similar instrument by Jed Diamond, 1989. Used here with permission.