

# Adrenaline Test

Adrenaline can be a critical aid in "fight or flight" situations where our very survival is threatened. Unfortunately, there are also potentially damaging health consequences. When adrenaline is produced, our small blood vessels constrict, heart rate increases, and metabolism increases. Unchecked, these can lead to serious medical conditions.

Adrenaline is also an easy, quick source of energy. It's not surprising, then, that so many of us actually seek the "adrenaline rush," either by design (participating in high-risk activities) or through lifestyle choices (driving over the speed limit, being late for meetings, or over committing ourselves, to name just a few).

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Please answer YES or NO to the following questions:

1. Do you drink caffeinated coffee or drinks to get or keep going? (Y N)
2. Do you eat sugar to calm yourself down? (Y N)
3. Do you tend to over promise and then rush to get it done at the last minute? (Y N)
4. Do you find some way to sabotage yourself or a project, yet usually pull it off? (Y N)
5. Do you tend to take on more than you really want because you feel you can? (Y N)
6. Do you react strongly to the unexpected? (Y N)
7. Do you find yourself getting very upset or irritated (whether you show it or not) when people let you down, miss deadlines or do less-than-optimal work? (Y N) And do you take it personally? (Y N)
8. Do you arrive at work rushed or already "on"? (Y N)
9. Do you get grabbed by surprises or upsets and then not calm down for a day or more? (Y N)
10. Do you feel an inner rush or lack of stillness or peace much of the time? (Y N)
11. Are you not clearly winning at work, yet working very hard? (Y N)
12. Are you the kind of person who tends to find the toughest way to get something done? (Y N)
13. Do you drive more than 5 miles over the speed limit, tailgate or criticize the other drivers? (Y N)
14. Do you tend to run or arrive late, even if it's usually not your fault? (Y N)
15. Do you find that you attract more problems and upsets than you feel you deserve? (Y N)
16. Is money currently tight and you have been working on getting ahead, but haven't yet? (Y N)
17. Is it difficult to focus on anyone or anything for more than 10 minutes at a time? (Y N)
18. Do you not give yourself plenty of time during the day for the things which are likely to come up? (Y N)
19. Do you talk a lot even after people have stopped listening? (Y N)
20. Do you please people to the point of feeling compulsive, regardless of appropriateness or cost? (Y N)