

AM I STRESS ADDICTED?

AM I NOT?



A CHECKLIST

STRESS ADDICTION CHECKLIST

Are you At-Risk for Stress Addiction?

To help you identify if you might be at risk for stress addiction.

Take a few moments to go through this checklist.

Stress is an inevitable part of life, especially for high-performing professionals.

It can become a constant companion, that drives every decision, overshadowing moments of relaxation.

Remember, recognizing risk is the first step towards problem solving.

<input type="checkbox"/>	High-Pressure Work Environment	<input type="checkbox"/>	Indulge in Stress 'Relievers' <small>Party, Benders</small>
<input type="checkbox"/>	Perfectionism in Small Tasks	<input type="checkbox"/>	High Personal Standards
<input type="checkbox"/>	Need for External Validation	<input type="checkbox"/>	Procrastination
<input type="checkbox"/>	Social Withdrawal	<input type="checkbox"/>	Unresolved Emotional Trauma
<input type="checkbox"/>	Competitive Nature	<input type="checkbox"/>	Emotionally Volatile
<input type="checkbox"/>	Physical Symptoms of Stress	<input type="checkbox"/>	Relationship Conflicts
<input type="checkbox"/>	Chaotic Living Environment	<input type="checkbox"/>	Neglecting Self Care
<input type="checkbox"/>	Thriving in Stressful Environments	<input type="checkbox"/>	Health Issues
<input type="checkbox"/>	Lack of Boundaries	<input type="checkbox"/>	Inability to Relax
<input type="checkbox"/>	Constant Overworking	<input type="checkbox"/>	Financial Pressures

If you find that several items on this list resonate with you, it might be time to reconsider your relationship with stress.