

Careaholic Quiz

Read the following twenty-five statements and grade how much each one pertains to you, using the following score: 1 = never true; 2 – sometimes true; 3 – often true; and 4 – always true. When you're finished, add the numbers in the blanks for your total score.

- ___ 1. I get overly involved by taking on other people's problems.
- ___ 2. I feel overly responsible when bad things happen and feel that it is my role to make them better.
- ___ 3. I over-identify with others by feeling their emotions as if they were my own.
- ___ 4. I have an ongoing urge to take care of other people.
- ___ 5. I neglect my own needs in favor of caring for the needs of others.
- ___ 6. I take life too seriously and find it hard to play and have fun.
- ___ 7. I have a need to solve people's problems for them.
- ___ 8. I have not dealt with a lot of painful feelings from my past.
- ___ 9. I feel unworthy of love.
- ___ 10. I never seem to have enough time for myself.
- ___ 11. I criticize myself too much.
- ___ 12. I am afraid of being abandoned by those I love.
- ___ 13. My life always seems to be in crisis.
- ___ 14. I don't feel good about myself if I'm not doing something for someone else.
- ___ 15. I don't know what to do if I'm not caring for someone.
- ___ 16. Whatever I do never seems to be enough.
- ___ 17. I have dedicated my life to helping others.
- ___ 18. I get high from helping people with their problems.
- ___ 19. I have a need to take charge of most situations.
- ___ 20. I spend more time caretaking than I do socializing with friends, on hobbies, or on leisure activities.
- ___ 21. It is hard for me to relax when I'm not caring for others.
- ___ 22. I experience emotional fatigue and compassion burnout.
- ___ 23. It is hard for me to keep emotional boundaries by saying no when someone wants to tell me about a problem.
- ___ 24. I have developed health or physical problems from stress, worry, or burnout.
- ___ 25. I seek approval and affirmation from others through people pleasing and by overcommitting myself.