

8 QUESTIONS TO DETERMINE ACHIEVEMENT ADDICTION:

- 1 • Are you compelled to achieve to feel like a worthwhile person?
- 2 • After you achieve something, do you almost immediately feel the need to achieve something else?
- 3 • Does your drive to achieve compromise important relationships in your life?
- 4 • Does your personal happiness depend on how much you achieve?
- 5 • Has your drive to achieve compromised your health in any way?
- 6 • Have others accused you of having no life other than chasing personal achievement?
- 7 • Do you find yourself feeling only as good as your last achievement?
- 8 • Is your drive to achieve more about you than what you can do for others?