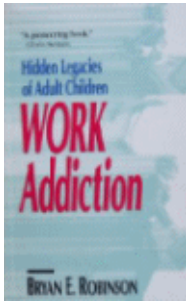


Work Addiction
Hidden Legacies of Adult Children
 Bryan E. Robinson, Ph.D.
8 CEHs



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Examination Questions

Introduction

1. According to the author, work addiction is the most accepted and encouraged of all the addictions and ____ a serious disease that destroys relationships and kills people.
 - a. is
 - b. is not

Chapter 1: All About Me: Confessions Of A Precocious Over Worker (POW)

2. According to the author, one of the reasons that from 40 to 50 percent of children of alcoholics (CoAs) become alcoholics or become work addicts is that they do not know what a healthy family is supposed to be like.
 - a. True
 - b. False

Chapter 2: What Is Work Addiction Syndrome?

3. According to the author, work addiction is not a disease.
 - a. True
 - b. False
4. According to the author, excessive work:
 - a. medicates emotional pain
 - b. is the drug of choice for many adult children from chemically dependent and dysfunctional homes
 - c. anesthetizes unpleasant feelings stored from childhood
 - d. all of the above
5. The downward swing that work addicts get from their work high is accompanied by:
 - a. productivity and accomplishment
 - b. nausea and irritability
 - c. withdrawal, irritability, anxiety and depression
 - d. none of the above
6. According to the author, overworking is easier to kick than the other addictions.
 - a. True
 - b. False

7. According to the author, work addicts become work dependent:
- because they are obsessed
 - to gain a positive sense of self-esteem
 - because of an obsessive need to excel
 - all of the above
8. According to the author, the major difference between addictive work and constructive work is the degree to which excessive work interferes with physical health, personal happiness, or intimate and social relationships.
- True
 - False

Chapter 3: Common Characteristics Of Work Addicts

9. Which of the following is not one of the characteristics of adult children of alcoholics and work addicts?
- Judge themselves without mercy
 - Avoid tension and crisis, and then complain about the results
 - Look for immediate as opposed to deferred gratification
 - Manage time poorly, and do not set priorities in a way that works well for them
10. Which of the following statements is false?
- Work addicts have an obsessive need to control themselves and everything in their lives.
 - Work addicts do not give either themselves or others permission to make mistakes.
 - Work addicts put more thought, time and energy into work than into intimate relationships with their families.
 - none of the above
11. Memory losses of long conversations or trips to and from a destination, because of a preoccupation with planning and work, are referred to by the author as:
- brownouts
 - distractions
 - memory lapses
 - none of the above
12. Work addicts tend to ignore:
- other people's needs
 - what is going on around them
 - their own needs in favor of work
 - none of the above

Chapter 4: Work Addicts Speak Out

13. In conducting the interviews with work addicts and their spouses, the patterns observed by the author from one story to the next were:
- disparate
 - similar
 - inconclusive
 - dissimilar

Chapter 5: How CoAs Become Work Addicts: The Cycle Of Addiction

14. According to the author, the acronym POW stands for:
- Precocious Over Worker
 - Prisoner of Work
 - Precariously Over Worked
 - none of the above

15. Which of the following is not a common characteristic of POWs?
- They accept adult responsibilities before they are developmentally ready.
 - They exhibit compulsive overachievement in sports, schoolwork, extracurricular activities and civic organizations, or in all areas of life.
 - They strive to be perfectionists in their behaviors and to gain adult approval.
 - none of the above
16. The psychologist, David Elkind, refers to youngsters forced to grow up too fast as:
- compulsive overachievers
 - young caretakers
 - hurried children
 - precocious leaders
17. According to research by Carl Thorensen at Stanford University, Type A children ____ accomplish more than children who approached tasks with a more calm and relaxed style.
- did
 - did not
18. According to the author, the first patterns of work addiction appear in the developmental period known as:
- early childhood
 - middle childhood
 - latent childhood
 - none of the above

Chapter 6: Children Of Work Addicts: Breaking The Cycle Of Addiction

19. According to the author, as parents, work addicts are ____ unavailable to their kids.
- physically
 - emotionally
 - psychologically
 - spiritually
20. According to the author, everybody in the family is ____ affected by the experience of living with a work addict.
- negatively
 - positively
21. Work addicts pass on the disease of co-dependence to their children.
- True
 - False
22. Which of the following characteristics constitute the personalities of children of work addicts?
- measuring your worth by what others think
 - being in control
 - being perfect, doing what others want you to do
 - all of the above

Chapter 7: Work Addiction In The Workplace

23. According to the author, the interviews that he performed support the view that non-recovering addictive and co-dependent employers are ____ their dysfunctional family patterns in their work environment.
- changing
 - recreating
 - avoiding
 - replacing
24. In general, work addicts ____ team players.
- are
 - are not

25. Which of the following statements is false?
- a. Work addicts can place themselves and others in danger when employed in certain hazardous jobs.
 - b. Eventually the amount of effort addicted workers put into their jobs becomes disproportionate to the effectiveness of their work.
 - c. As they continue to over invest in their jobs, stress and burnout grow, and work efficiency declines.
 - d. none of the above
26. According to the author, a long-standing body of research has linked work addiction to the release of ____ in the body.
- a. endorphins
 - b. aches and pains
 - c. adrenalin
 - d. dopamine
27. Which of the following statements are true?
- a. The work force is in effect a work family.
 - b. In the work family, the bosses function as parents and the subordinates as children.
 - c. The dynamics in an addicted work family are similar to those that are created in true alcoholic households.
 - d. all of the above

Chapter 8: Steps To Personal Recovery

28. According to the author, the work addict's natural inclination will be to approach recovery in the same way that they approach work – to hurry up, cram it in their schedule, and rush through it.
- a. True
 - b. False
29. According to the author, achieving and maintaining ____ is the goal of those who want to develop their full potential.
- a. work
 - b. balance
 - c. relationships
 - d. health
30. According to the author, the *life inventory* includes rating the following major areas of life:
- a. personal achievements, finances and health
 - b. family, work, health and finances
 - c. healthy work, family, play, and self
 - d. none of the above