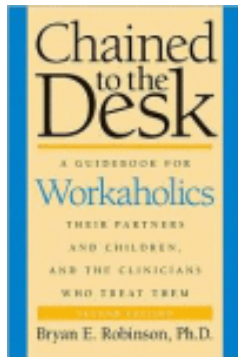


Chained to the Desk

A Guide for Workaholics, their Partners and Children, and the Clinicians Who Treat Them

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12 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read the** text and answer the exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Introduction: The “Blackberrization” of Our Lives

1. According to the author, workaholics have rigid thinking that fuels their addiction.
 - a. True
 - b. False
2. According to the author, one of the defining characteristics of work addiction is an inability to regulate work habits.
 - a. True
 - b. False

Chapter 1: Work Addiction: The New American Idol

3. According to the author, workaholics experience work as a necessary and sometimes fulfilling obligation.
 - a. True
 - b. False
4. According to the author, most workaholics grew up in homes dominated by parental alcoholism, mood disorders, or other problems that forced the children to take on adult responsibilities.
 - a. True
 - b. False

Chapter 2: Work Addiction: Myths and Realities

5. According to the author, cultural and historical trends not only support work addiction, but can actually cause workaholism.
 - a. True
 - b. False
6. According to the author, the ideal woman can do everything including being a full-time mom, having a full-time career, managing a home, relationships, and a social life.
 - a. True
 - b. False

7. Barbara Garson has delineated five stages that work addiction follows from family of origin to adulthood.

- a. True
- b. False

8. According to the author, workaholics tend to be team players in the workplace.

- a. True
- b. False

9. According to the author, recovery from work addiction only requires cutting back on work hours.

- a. True
- b. False

Chapter 3: How to Recognize Work Addiction

10. According to the author, there are ten warning signs of work addiction.

- a. True
- b. False

11. According to the author, one of the warning signs of work addiction is the experience of brownouts.

- a. True
- b. False

12. According to the author, bulimic workaholics can be so fearful of not doing a task perfectly that they are unable to start a project.

- a. True
- b. False

Chapter 4: Treating Work Addiction as a Family Disease

13. In exposing the diseased nature of work addiction, the author employs a family systems addictions model that conceptualizes work addiction as a symptom of a diseased family system.

- a. True
- b. False

14. According to the author, work addiction was not linked to current family functioning in workaholic-headed families.

- a. True
- b. False

15. According to the author, adult children of workaholic fathers suffered greater depression.

- a. True
- b. False

Chapter 5: Inside the Workaholic Mind

16. According to the author, workaholics feel like imposters.

- a. True
- b. False

17. According to the author, Tanya's boss trained her employees so that they could function without her.

- a. True
- b. False

18. According to the author, telescopic thinking occurs when the workaholic focuses on the negative.

- a. True
- b. False

Chapter 6: The Childhoods of Workaholics

19. According to the author, work addiction is a consequence of family dysfunction in childhood.
a. True
b. False
20. According to the author, clinicians have not identified workaholic kids because they are high functioning.
a. True
b. False

Chapter 7: Spouses and Partners of Workaholics

21. According to the author, workaholics are more susceptible to alcohol abuse than their non-workaholic counterparts.
a. True
b. False
22. According to the author, workaholics tend to be minimizers in their couple relationships.
a. True
b. False

Chapter 8: Children of Workaholics

23. According to the author, there is an abundance of evidence on the effects of workaholism on children of workaholics.
a. True
b. False
24. According to the author, adult children of workaholics tend to be unsuccessful in adult intimate relationships.
a. True
b. False
25. According to the author, professionals often fail to help children from workaholic homes because they believe the children are immune to their parent's addiction.
a. True
b. False

Chapter 9: Work Addiction in the Company

26. According to the author, workaholic bosses are overly critical, overly demanding, and unable to tolerate mistakes.
a. True
b. False
27. According to the author, workaholic bosses frequently make and break promises because of the unrealistic deadlines they set.
a. True
b. False
28. According to the author, employees of workaholic bosses try to guess at what their bosses want.
a. True
b. False

Chapter 10: Workaholics Anonymous and Other Resources

29. Unlike other addictions, recovery from workaholism need not be a lifelong process.
a. True
b. False