

Working Ourselves to Death

The High Cost of Workaholism and the Rewards of Recovery

Diane Fassel, Ph.D.

7 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** text and answer 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: A Killer Disease

1. The author refers to workaholism as ____ because it is socially promoted and it seems to be socially productive.
 - a. cunning, baffling , and productive
 - b. non-life threatening
 - c. the cleanest of all addictions
 - d. none of the above

2. According to the author, workaholism is a progressive, fatal disease in which a person is addicted to the process of working and as a result the person’s life becomes increasingly unmanageable in relation to work, and other areas of life.
 - a. True
 - b. False

Chapter 1: Workaholism: Reality & Myths

3. According to the author, the constancy of work is the issue for workaholics, not the way they approach the work.
 - a. True
 - b. False

4. According to the author, workaholism can be managed with stress-reduction techniques.
 - a. True
 - b. False

5. According to the author, the physical effects of workaholism include:
 - a. heart attacks
 - b. strokes
 - c. blackouts
 - d. all of the above

Chapter 2: Four Types of Work Addicts

6. According to the author, there are at least four forms of work addiction, which include:
- the compulsive worker, the obsessive worker, the marathon worker, and the work junkie
 - the compulsive worker, the binge worker, the continuous worker, and the high-frequency worker
 - the compulsive worker, the binge worker, the closet worker, and the work anorexic
 - none of the above
7. According to the author, the first to arrive, the last to leave, and the one working when not required by bosses or company deadline describes the:
- obsessive worker
 - marathon worker
 - work junkie
 - compulsive worker
8. According to the author, intensity is the mark of the:
- binge worker
 - closet worker
 - compulsive worker
 - marathon worker
9. According to the author, ____ hide their work and then do it when there is little likelihood of being discovered.
- closet workers
 - work junkies
 - high-frequency workers
 - obsessive workers

Chapter 3: Characteristics of Workaholics

10. According to the author, which of the following is not a primary characteristic of workaholics?
- denial
 - indolence
 - self-esteem problems
 - external referenting
11. According to the author, the three usual “backup” addictions of workaholics are:
- alcohol, money and food
 - food, sex and money
 - sex, drugs and alcohol
 - money, food and relationships
12. According to the author, ____ is the final symptom of workaholism.
- physical problems
 - spiritual bankruptcy
 - psychological problems
 - dishonesty

Chapter 4: Workaholism’s Deadly Continuum

13. According to the author, which of the following is a characteristic of the early stage of workaholism?
- feeling physically worn out and difficulty sleeping
 - the work week consistently exceeds forty hours
 - overly focused
 - fluctuation between periods of intense activity and staring into space

14. According to the author, which of the following is a characteristic of the middle stage of workaholism?

- a. feeling physically worn out and difficulty sleeping
- b. the work week consistently exceeds forty hours
- c. overly focused
- d. fluctuation between periods of intense activity and staring into space

15. According to the author, which of the following is a characteristic of the late stage of workaholism?

- a. feeling physically worn out and difficulty sleeping
- b. the work week consistently exceeds forty hours
- c. overly focused
- d. fluctuation between periods of intense activity and staring into space

Chapter 5: Women & Workaholism

16. According to the author, addictions are individual, family, institutional, and societal diseases.

- a. True
- b. False

17. According to the author, many women work addicts report that they found their workaholism arising out of their:

- a. motivational lifestyle
- b. childhood upbringing
- c. codependency
- d. none of the above

18. According to the author, workaholism and relationship addiction is a combination dangerous to one's health.

- a. True
- b. False

Chapter 6: Men & Workaholism

19. According to Anne Wilson Schaef, whereas women are born feeling innately inferior due to the "original sin" of being born female, men are born and socialized into what she calls the myths of the:

- a. Prince Charming syndrome
- b. white male system
- c. superiority gender
- d. none of the above

20. According to Anne Wilson Schaef, women in our society are perceived as sex objects by men, while men are perceived as _____ by women.

- a. marriage objects
- b. the labor force
- c. financial security
- d. none of the above

21. According to the author, women overwork to please others and meet their needs, while men overwork to:

- a. satisfy an internal craving
- b. meet external expectations
- c. achieve financial status
- d. none of the above

Chapter 7: The Family & Workaholism

22. According to the author, the families of work addicts:

- a. are extremely intimate
- b. are self-indulgent
- c. suffer greatly
- d. none of the above

23. According to the author, which of the following statements is false?
- a. Vacations are stressful for the families of workaholics.
 - b. Work addicts have hobbies, but rarely are the hobbies a source of playfulness.
 - c. Workaholics are simply not available to the loved ones.
 - d. none of the above
24. According to the author, the work addict exists in a dysfunctional family system, which stays in place because its members support the system:
- a. through their denial about how crazy their parent or spouse is becoming
 - b. based on their dishonesty about the effects of workaholism on them
 - c. focusing on the workaholic, blaming the addict instead of dealing with their own needs
 - d. all of the above

Chapter 8: The Work Addict on the Job

25. According to the author, ____ is a primary characteristic of the work addict on the job.
- a. perfectionism
 - b. obsessiveness
 - c. existentialism
 - d. none of the above
26. According to the author, workaholics are usually not good team players because:
- a. they need control
 - b. their ideas are usually serving their addictive process rather than the needs of the team
 - c. they isolate and work alone, when others cannot be coerced into staying longer
 - d. all of the above
27. According to the author, workaholics are ____ managers.
- a. poor
 - b. good
 - c. average
 - d. superior

Chapter 9: The Workaholic Organization

28. According to the author, organizations that are workaholic:
- a. put their interests above everyone else
 - b. are answerable to no one
 - c. are driven by self-interest, where everyone is expendable and loyalties are not honored
 - d. all of the above
29. According to the author, many of the characteristics found in the individual work addict are also found in the workaholic organization.
- a. True
 - b. False
30. According to the author, the most pervasive style of work addiction is the ____ organization.
- a. work-anorexic
 - b. perfectionist
 - c. compulsive, relentless, driven
 - d. none of the above

Chapter 10: Why Are We Doing This to Ourselves?

31. According to Anne Wilson Schaef, society itself operates out of an illusionary reality, which it calls reality, but is really:
- a. a contradictive process
 - b. an addictive process
 - c. a regressive process
 - d. none of the above
32. According to the author, colleges and universities in the United States are the training grounds for the addictive organization.
- a. True
 - b. False
33. According to the author, workaholism is a deadly, dangerous disease because:
- a. there are no known cures
 - b. it is genetically passed from one generation to another
 - c. the individual feels so comfortable in it
 - d. none of the above

Chapter 11: Recovery

34. According to the author, the first order of responsibility for recovery from workaholism should start with the:
- a. system
 - b. individual
 - c. organization
 - d. none of the above
35. According to the author, organizations can support employees in recovery from work addiction, as well as face the addictive process in the organization as a whole, through:
- a. education and intervention
 - b. changing the corporate culture
 - c. cost-effectiveness
 - d. all of the above
36. According to the author, two key terms to remember when making an intervention are:
- a. nonjudgmental and compassion
 - b. compassion and understanding
 - c. nonjudgmental and consequences
 - d. none of the above