

## **Are you an Adrenaline Addict? Take this Test and Find Out**

By Coach Ginger Cockerham

What is fueling your engines? Does your body run on fumes with the fuel gauge on empty? Are you often so tired that you simply go home and crash? If the answer is yes, it is time to examine where your energy is coming from. One of the gifts we as humans have been given is the gift of energy.

Energy, itself, has no up or down charge; it is simply the sustainable life force that is shared by everyone that allows us all to live fully. When we say we are in the FLOW, we mean that the energy within us is constant, steady and abundant. Energy, while it is supportive and nourishing, is really fairly quiet and peaceful and completely stress free.

In the stressful environment of the 2000's, however, we often operate on another power source, adrenaline. Adrenaline produces an artificial high and a quick fix energy source. The surges that adrenaline produces are not sustainable, but must constantly be replaced. Adrenaline addicts operate in constant need of fixes to maintain the level of highs they think they need to make it through their busy and need of fixes to stressful lives.

Relying on adrenaline is a destructive habit that creates an unhealthy life style. To get the “rush” addicts often perform soul-damaging acts, such as winning at all costs, putting projects ahead of people, and becoming self-serving and greedy,

### **ARE YOU AN ADRENALINE JUNKIE? HERE'S A TEST TO FIND OUT.**

1. Are you often late, even if it's usually not your fault?
2. Do you over-promise and under-deliver as you rush to get things done at the last minute?
3. Do you normally feel anxious and stressed?
4. Do you get angry, excited, or demanding in order to accomplish your goal?
5. Do you put projects ahead of people?
6. Do you procrastinate so that anxiety creates the energy to complete a project?
7. Do you frequently drink beverages with caffeine?
8. Do you take on more than you really want to do because you feel you can?
9. Is it difficult to focus on one thing for more than 10 minutes?
10. Do you react strongly to the unexpected?
11. Do you seethe in your car and have little patience with less competent or slower drivers?
12. Do you regularly do more than one thing at a time? (Example: read, eat and watch TV)
13. Do you arrive at work rushed or already “on”?
14. When you feel tired, do you use some substance to boost your energy?
15. Are you uncomfortable being in a quiet room with no radio, TV, and noise?
16. When you are sitting quietly, can you feel your motor running?

If you answered yes to eight or more of the above, you are probably an adrenaline junkie. The first step in your recovery process is to acknowledge the fact that you are one. Step two is to identify the top 20 personal behaviors that start the adrenaline rush; and step three is to do what is necessary to eliminate these behaviors. As a coach, I work with clients to make the shift from running on adrenaline which is consumptive and exhausting-to using their natural energy- which allows you to end the day with enough energy to have a life. You can do this yourself by being aware of the behaviors that are causing the adrenaline and choosing one at a time to change. It takes 21 days to establish a habit- so begin today. **When you are fully recovered, you'll experience energy, passion and joy while living peacefully, without the roller coaster of short-term adrenaline fixes.**

**Ginger Cockerham, Master Certified Coach, Certified Mentor Coach. [www.coachginger.com](http://www.coachginger.com), [ginger@coachginger.com](mailto:ginger@coachginger.com)—phone 214-342-3342—fax 214-342-1147. My mission is to illuminate, encourage, and inspire doers to make the choices and take the actions that lead them straight to their dreams.**