

The Urgency Index

Circle the number that mostly closely represents your normal behaviors or attitudes regarding the statements at the left (0=Never, 2=Sometimes, 4=Always).

	Never	1	2	3	4
1. I seem to do my best work when I'm under pressure.	0	1	2	3	4
2. I often blame the rush and press of external things for my failure to spend deep, introspective time with myself.	0	1	2	3	4
3. I'm often frustrated by the slowness of people and things around me. I hate to wait or stand in line.	0	1	2	3	4
4. I feel guilty when I take time off work.	0	1	2	3	4
5. I always seem to be rushing between places and events.	0	1	2	3	4
6. I often push people away so that I can finish a project.	0	1	2	3	4
7. I get anxious when out of touch with the office for a few minutes.	0	1	2	3	4
8. I'm often preoccupied with 1 thing when I'm doing something else.	0	1	2	3	4
9. I'm at my best when I'm handling a crisis situation.	0	1	2	3	4
10. The adrenaline rush from a new crisis seems more satisfying to me than the steady accomplishment of long-term results.	0	1	2	3	4
11. I give up quality time with important people to handle a crisis.	0	1	2	3	4
12. I assume people will naturally understand if I have to disappoint them or let things go in order to handle a crisis.	0	1	2	3	4
13. I rely on solving some crisis to give my day a sense of meaning.	0	1	2	3	4
14. I often eat lunch or other meals while I work.	0	1	2	3	4
15. I keep thinking that someday I'll be able to do what I really want.	0	1	2	3	4
16. A huge stack in my "out" basket at the end of the day makes me feel like I've really been productive.	0	1	2	3	4

After going through the Index, add up your total score and measure yourself with the following key:

- Low end: the urgency paradigm is probably not a significant factor in your life
- Middle or higher end: there's a good chance urgency is your fundamental operation paradigm
- High end: urgency may be more than just the way you see; may be an addiction.

0-25 Low urgency mind-set
 26-45 Strong urgency mind-set
 46+ Urgency addiction