

Am I Suffering with “Hurry Sickness”? :) (Join the club!)

Self Check Quiz

1. If currently working, do you regularly work more than thirty minutes a day longer than your contracted hours? [What does that have to do with anything? I have a lot to do, so I work a lot of hours.]
2. If you are delayed, for example stuck in traffic, or the train is late, or someone holds you up – do you get anxious and frustrated?
[Do interruptions to your schedule stress you out? Annoy you?]
3. Has anyone ever said to you, “I didn't want to trouble you because I know how busy you are”?
[Of course! And I'm glad they have the decency to respect my time!]
4. Do your family or friends talk about not getting time with you?
[Well, I wouldn't call it complaining per se. They're still learning that quality time is more important than quantity time.]
5. If tomorrow evening were unexpectedly freed up, would you use it to do work or a household chore? [Uh, yeah. Were you going to do it for me?]
6. Do you often feel tired during the day or do you find your neck and shoulders aching?
7. Do you often exceed the speed limit while driving? Change queues in the supermarket to find shortest one, change lanes whilst driving to get somewhere quicker...?
8. Do you make use of any flexible working arrangements offered by your employers?
[Definitely. I work at home. I work in the car. I work on vacation. I can pretty much work anywhere.]
9. If you have children at home, do you pray with your children regularly? Read with them regularly? [I never turn them down when they ask.]
10. Do you have enough time to pray? Read? Find solitude...
[I'm more of a "pray continually" kind of person. I don't need to set aside specific times to pray because I'm always in communion with God!]
11. Do you have a hobby in which you are actively involved? [Does Instagram count?]
12. Do you ever multi-task so much that you forget one or more of the tasks
[Like forgetting you put hob on, or leaving wet clothes in the washing machine for example]
13. You don't mean to be rude but often do you find it really hard not to talk over people when they are talking to you? Is it worse the slower people talk?

[adapted from Kevin DeYoung's 'Crazy Busy']

