



LawCare Ltd.
Health Support and Advice for Lawyers

Adrenaline Addiction



Helplines

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LawCare Ltd. Registered Office: 50 Broadway, London SW1H 0BL
Registered as a Charity in England and Wales no. 1061685 and in Scotland no. SC039335
Company Registration No. 3313975

Are You Becoming an Adrenaline Addict?

We all need a certain amount of adrenaline in order to get out of bed and face the day ... But too much of anything can become addictive and unhealthy. If you're wondering if you, or someone you love, has become an "adrenaline junkie", this list can assist in taking a first step toward being liberated from this self-imposed trap.

1. I often feel guilty if I take time off from work and/or feel "out of touch" if away from work for several hours.
2. I often procrastinate and put things off until the last moment in order to motivate myself.
3. I often eat meals quickly, "on the run", or while working or driving.
4. I frequently take time away from family or friends in order to get work done or attend meetings.
5. I believe I truly "work best under pressure".
6. I don't usually take time out for daily meditation, relaxation or recreation; and frequently blame others for my own lack of time reserves.
7. Solving problems gives me a sense of personal importance, meaning and/or purpose.
8. I maintain the hope that someday I'll be able to do the things I truly desire.
9. I hate standing in queues or waiting.
10. I often arrive late to scheduled meetings and events because of my busy schedule.

THE ADRENALINE LIFESTYLE

DO YOU FULLY UNDERSTAND WHAT AN ADRENALINE LIFESTYLE IS?

ADRENALINE IS

- A source of energy: Humans will go to any length to get the quickest, easiest source of energy. Adrenaline produces energy; not the most healthful, but it is continually available.
- Personal friction: Humans succumb to this drug instead of letting their hearts decide.
- Medication: Adrenaline rushes to help to a person to "blast thorough" difficult times. Problem is, the adrenaline junkie creates crises just for the rush. When a person is "on" adrenaline, they have a respite from pain and feelings are covered up.
- A nasty habit that creates a lifestyle: To get the rush, humans do soul-damaging things: careers, greed, getting ahead, winning, keeping self in survival in order to have something to win at etc.
- A toxin that keeps healthy people away: Those who are "over" adrenaline or are not adrenaline-based usually won't develop close relationships with adrenaline addicts; it is too upsetting and painful. So the addict is surrounded by those with broken wings, co-dependents or other addicts.

WHAT OTHERS WILL SAY OR THINK ABOUT THE ADA

- How can his spouse take it?
- I know he listened to what I said, but I don't think he heard me.
- You can count on Karen to be late; that's just her.

- Jerry is always so busy. What is he always doing?
- Why does Michael put himself through all that stress? I think he likes it or something.
- He always said he works best under pressure, but he's including us, too.

ADRENALINE ADDICTION IS A RECOVERABLE CONDITION

- ADAs can recover from adrenaline addiction, usually by simply changing select behaviours.
- ADAs identify their personal 20 Triggers which start the rush and eliminate the triggers.
- ADAs recover faster with the help of a therapist or adrenaline-recovered coach.
- ADAs will go through a withdrawal period (see The Recovery Process below) of between 6-12 months.

THE RECOVERY PROCESS

- Stop the triggering behaviour.
- Be willing to be very bored, until your new energy source kicks in (3-6 months).
- Speak truthfully and completely to everyone and yourself in order to let go of the residue and heal.
- Hire a coach, therapist or experienced consultant.
- Install a strong Personal Foundation to keep you well and adrenaline-free.

ADRENALINE TRIGGER	SOLUTION
Overpromising results, even a little bit	Deliberately underpromise, despite the other person's reaction or consequences
Arriving exactly on time or late	Leave 15 minutes early for every appointment
Involved in non-essential projects/activities	Cut out 50% of all personal and professional projects and goals
Shoulds and have to's; someone else's agenda	Get rid of all shoulds, no exceptions
Doing one thing in order to get another thing	Just do the latter and see if it works
Having current unresolved matters in your life	Most of us have at least 100; get them done
Holding back from another; being nice, being angry, not owning up to something you did	Have a heart-to-heart and be constructively honest
Not asking for what you need	Be specific and ask before you need it
Tolerations; things you're putting up with.	Put up with nothing; re-educate people
Letting people walk all over you	Expand your boundaries
Trying to prove something by your results	Shift from results to people and pleasure
Driving faster than the speed limit	Slow way down; you do have the time

ADRENALINE ADDICT SELF-TEST

YES	NO	
		I drink caffeinated coffee or drinks to get or keep going.
		I eat sugar to calm myself down.
		I tend to overpromise and then rush to get it done at the last minute.
		I find some way to sabotage myself or a project, yet usually pull it off.
		I tend to take on more than I really want because I feel I can.
		I react strongly to the unexpected.
		I find myself getting very upset or irritated (whether I show it or not) when people let me down, miss deadlines or do less-than-optimal work. Sometimes I take it personally.
		I arrive at work rushed or already "on."
		I am grabbed by surprises and disturbances and then I can't calm down for a day or more.
		I feel an inner rush or lack of stillness or peace much of the time.
		I am clearly winning at work, yet working very hard.
		I'm the kind of person who tends to find the toughest way to get something done.
		I drive more than 5 miles over the speed limit, tailgate or criticise other drivers.
		I tend to run or arrive late, even if it's not my fault.
		I find that I attract more problems and disturbances than I feel I deserve.
		Money is currently tight and I have been working on getting ahead, but haven't.
		It is difficult to focus on any one thing for more than 10 minutes at a time.
		I don't give myself plenty of time during the day for the things that are likely to come up.
		I talk a lot even after people have stopped listening.
		I please people to the point of feeling compulsive, without regard to appropriateness or cost.

Scoring: If you answered yes to 5 or more of these, welcome to the club. When you're ready, willing and able, invest in outside counsel to get through this addiction.

We are very grateful to Dianna Keel for providing us with this material. She can be contacted at www.lawcoach.dk, telephone 020 8790 9240, fax: 020 8780 9091