# The WAQ: Workaholism Analysis Questionnaire

Item

1. I feel stressed out when dealing with work issues.
2. I feel guilty when I am not working.
3. I feel anxious when I am not working.
4. I feel bored or restless when I am not working.
5. I am unable to relax at home due to preoccupation at work.
6. I constantly feel too tired after work to engage in non-work activities.
7. I think about work constantly.
8. I prefer to work excessive hours, preferably 60 hours or more per week.
9. I have a need for control over my work.
10. I have a need for control over others.
11. I enjoy spending evenings and weekends working.
12. I frequently have work-related insomnia.
13. I feel very addicted to my work.
14. I find myself unable to enjoy other activities because of my thoughts of work.
15. I consider myself to be a very aggressive person.
16. I get irritated often with others.
17. People would describe me as being impatient and always in a hurry.
18. I often obsess about goals or achievements at work.
19. I frequently check over my work many times before I finish it.
20. I ask others to check my work often.
21. I frequently feel anxious or nervous about my work.
22. It takes me a long time to finish my work because it must be perfect.
23. I experience conflict with my significant other or with close friends.
24. My work often seems to interfere with my personal life.
25. I often put issues in my personal life “on hold” because of work demands.
26. I often miss out on important personal activities because of work demands.
27. I find it difficult to schedule vacation time for myself.
28. I have difficulty maintaining friendships.
29. I have difficulty maintaining intimate relationships.

 Source: Aziz, Uhrich and others.