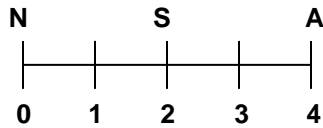


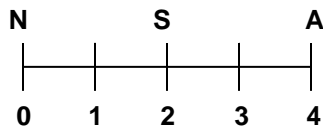
The Urgency Index

Circle the number along the matrix that most closely represents your normal behaviors or attitudes regarding the statements at the left (0=Never, 2=Sometimes, 4=Always). When completed, add up all your scores to get your total score.

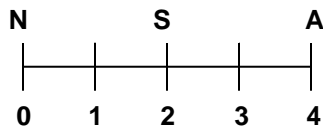
1. I seem to do my best work when I'm under pressure.



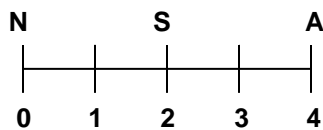
2. I often blame the rush and press of external things for my failure to spend deep, introspective time with myself.



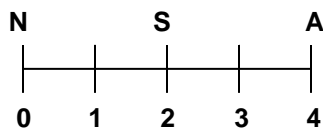
3. I'm often frustrated by the slowness of people and things around me. I hate to wait or stand in line.



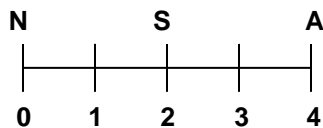
4. I feel guilty when I take time off work.



5. I always seem to be rushing between places and events.

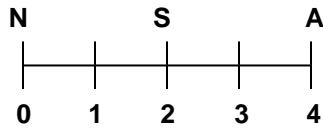


6. I frequently find myself pushing people away so that I can finish a project.

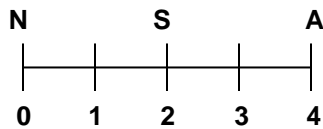


The Urgency Index

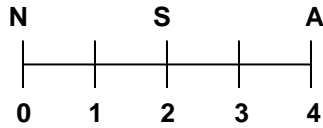
7. I feel anxious when I'm out of touch with the office for more than a few minutes.



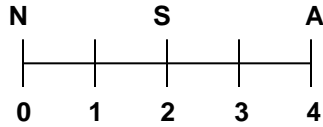
8. I'm often preoccupied with one thing when I'm doing something else.



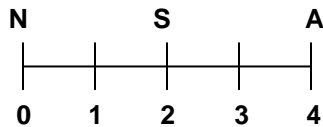
9. I'm at my best when I'm handling a crisis situation.



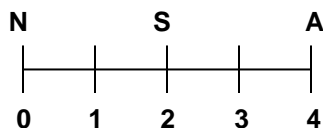
10. The adrenaline rush from a new crisis seems more satisfying to me than the steady accomplishment of long-term results.



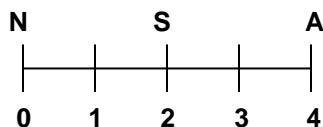
11. I often give up quality time with important people in my life to handle a crisis.



12. I assume people will naturally understand if I have to disappoint them or let things go in order to handle a crisis.

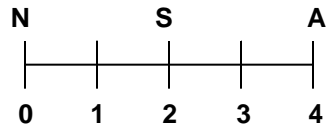


13. I rely on solving some crisis to give my day a sense of meaning and purpose.

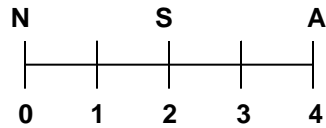


The Urgency Index

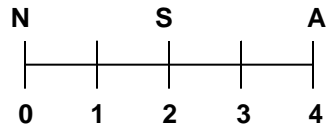
14. I often eat lunch or other meals while I work.



15. I keep thinking that someday I'll be able to do what I really want to do.



16. A huge stack in my "out" basket at the end of the day makes me feel like I've really been productive.



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