

The Adrenaline Lifestyle

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 is continually available.
- A racket. Humans succumb to this drug instead of letting their hearts decide.
- A medicant. Adrenaline rushes to help a person “blast through” 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 which 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, which 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.

Adrenaline addiction is a recoverable condition

- Adrenaline addicts can recover usually by simply changing select behaviors.
- Recovery can be helped along by identifying the top 20 personal “triggers” which start the rush and then eliminating the triggers (see “Adrenaline Triggers” below).
- Adrenaline addicts recover faster with the help of a therapist or adrenaline-recovered coach.
- Adrenaline addicts will go through a withdrawal period of usually 6-12 months.

What others will say or think about the Adrenaline addict:

- Boy, is he on all the time. 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?
- Susan works too hard. What’s with her?
- 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.

The Recovery Process

- Stop the triggering behavior.
- 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.

International Association of Teamwork Facilitators

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Adrenaline Trigger	Solution
Over promising results, even a little	Deliberately under promise, regardless of the person's reaction or consequence.
Arriving exactly on time or late	Leave 15 minutes early for every appointment
Shoulds and have to's; someone else's agenda	Get rid of all shoulds, regardless
Being optimistic during a rough time	Surrender to the tough time. Don't try to see it better than it is or worse than it is.
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.	The average person has at least 100 unresolved matters. Take care of them.
Holding back from another, being nice, being mad, not owing up to something you did.	Have a heart-to-heart conversation and become intimate.
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

<input type="checkbox"/>	<input type="checkbox"/>	I drink caffeinated coffee or drinks to get or keep going.
<input type="checkbox"/>	<input type="checkbox"/>	I eat sugar to calm myself down.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to over promise and then rush to get it done at the last minute.
<input type="checkbox"/>	<input type="checkbox"/>	I find some way to sabotage myself or a project, yet usually pull it off.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to take on more than I really want because I feel I can.
<input type="checkbox"/>	<input type="checkbox"/>	I react strongly to the unexpected.
<input type="checkbox"/>	<input type="checkbox"/>	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.
<input type="checkbox"/>	<input type="checkbox"/>	I arrive at work rushed or already "on".
<input type="checkbox"/>	<input type="checkbox"/>	I get grabbed by surprises and disturbances and then I can't calm down for a day or more.
<input type="checkbox"/>	<input type="checkbox"/>	I feel an inner rush or lack of stillness or peace much of the time.
<input type="checkbox"/>	<input type="checkbox"/>	I am clearly winning at work, yet working very hard.
<input type="checkbox"/>	<input type="checkbox"/>	I'm the kind of person who tends to find the toughest way to get something done.
<input type="checkbox"/>	<input type="checkbox"/>	I drive more than 5 miles over the speed limit, tailgate or criticize other drivers.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to run or arrive late, even if it's not my fault.
<input type="checkbox"/>	<input type="checkbox"/>	I find that I attract more problems and disturbances than I feel I deserve.
<input type="checkbox"/>	<input type="checkbox"/>	Money is currently tight and I have been working on getting ahead, but haven't.
<input type="checkbox"/>	<input type="checkbox"/>	It is difficult to focus on any one thing for more than 10 minutes at a time.
<input type="checkbox"/>	<input type="checkbox"/>	I don't give myself plenty of time during the day for the things that are likely to come up.
<input type="checkbox"/>	<input type="checkbox"/>	I talk a lot even after people have stopped listening.
<input type="checkbox"/>	<input type="checkbox"/>	I please people to the point of feeling compulsive, regardless of 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.