

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.

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

		I drink caffeinated coffee or drinks to get or keep going.
		I eat sugar to calm myself down.
		I tend to over promise 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 get 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 criticize 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, 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.