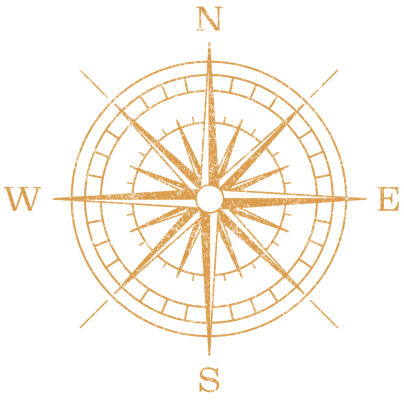
7 Activist Addictions Quiz

The Seven Activist Addictions accumulate subtly and over time, but there are distinct signs along the slippery slope to burnout and overwhelm.



Rate yourself using a scale of 0 to 5:

0 meaning this doesn't apply to you at all

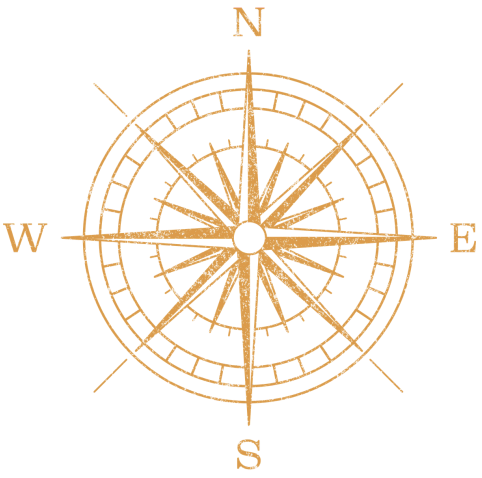
3 meaning you experience this sometimes

5 meaning you experience this often, if not daily

You prioritize other people's happiness before your own.	
You are able to endure quite a bit of pain and distress in order to successfully navigate challenges.	
You lead with your opinions and strategies first and then consider people's feelings and thoughts afterwards.	
The more you are productive and achieving your goals the better you feel about yourself.	
You are able to convince people to do what they initially don't want to do.	
You are good at finding out what is wrong with someone or a situation.	
You believe that effort and hard work will get you where you want to go.	
TOTAL SCORE	

If you scored **0–10**, congratulations, you are consistently aligning your life with joy and freedom from the seven activist addictions. Keep doing what you're doing.

If you scored **below 21**, you are managing any proclivities toward the activist addictions, but if you see there are some questions in which you scored a 5, these are red flags that indicate a realignment in that area is critical to your sense of well-being and vitality.

If you scored **between 21-34** you are struggling with more than one activist addiction and you are consciously aware of it, which is the golden key to unlocking your freedom. Read on for encouragement, inspiration, and practical ideas of how to align your life more fully with joy.

If you scored **above 35** then it's time to realign your life in some significant ways. But don't panic. That's what *Joy as the Compass* is all about. Read on to discover the Wild Remedies and Root Medicine your soul needs.