

Hurry Sickness Index*

Please indicate how often each of these applies to you in daily life.

	Always/ Usually	Some- times	Seldom/ Never
Do you find yourself rushing your speech?	_____	_____	_____
Do you hurry other peoples' speech by interrupting them with "umhum, umhum, or completing sentences for them?	_____	_____	_____
Do you hate to wait in line?	_____	_____	_____
Do you detest wasting time?	_____	_____	_____
Do you seem to be short of time to get everything done?	_____	_____	_____
Do you eat too fast?	_____	_____	_____
Do you drive over the speed limit?	_____	_____	_____
Do you try to do more than one thing at a time?	_____	_____	_____
Do you become impatient if others do something too slowly?	_____	_____	_____
Do you seem to have little time to relax and enjoy the time of day?	_____	_____	_____
Do you find yourself overcommitted?	_____	_____	_____
Do you jiggle your knees or tap your fingers?	_____	_____	_____
Do you think about other things during conversations?	_____	_____	_____
Do you walk fast?	_____	_____	_____
Do you hate dawdling after a meal?	_____	_____	_____
Do you become irritable if kept waiting?	_____	_____	_____
Do you detest losing in sports or games?	_____	_____	_____
Do you find yourself with clenched fists or tight neck or jaw muscles?	_____	_____	_____
Does your concentration sometimes wander while you think about what's coming up later?	_____	_____	_____
Are you a competitive person?	_____	_____	_____

* Adapted by Walt Schafer from Meyer Friedman and Ray Roseman, (1974). Type A Behavior and your Heart. New York: Fawcett Books in Walt P. Schafer (1978). Stress, Distress and Growth. Chico,CA: Dialogue Books.