Working With You Is Killing Me by Katherine Crowley & Kathi Elster
– Starting Questionnaire

1. Is someone at work killing you?
Put a check mark next to the statements that pertain to you.

☐ Do you have a colleague or boss whose incompetence drives you crazy?

☐ Does a certain department’s sloppy way of operating prevent you from doing your job?

☐ Is there a coworker, boss, or customer who wears on your last nerve?

☐ To cope with the stress of your job, do you consume large amounts of food, alcohol, TV, or other mind-altering substances?

2. Are you caught in a Boundary Busting situation at work?
Put a check mark next to any statements that describe your experience.

☐ Is there someone who eats up your time by constantly arriving late and always missing deadlines?

☐ Do you have a colleague who invades your space by messing up your work area or using your stuff?

☐ Do you ever feel assaulted by the noise that other people make in your office?

☐ Do you feel battered by someone who talks too much and tells you things you really don’t want to know?

☐ Do you work with someone whose emotional outbursts (crying, yelling) drain your energy and rattle your nerves?

3. Check the statement(s) that best describes the role you play at work.

☐ The Dumping Ground—every project ends up on my desk.

☐ The Local Hero—I’m always having to save the day.

☐ The Invisible Man (or Woman)—no one notices me or my contributions.

☐ The Target—I’m always seen as a troublemaker, even when I’m right.

☐ The Entertainer—everyone relies on me to break tension with my humor.

4. Check the statement that describes your biggest workplace problem.
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☐ I can’t say no whenever someone asks me to take on another responsibility.

☐ I feel responsible for solving other people’s personal problems at work.

☐ I frequently clash with people in positions of authority.

☐ Sometimes I wish people took me more seriously.

☐ I have difficulty advocating my point of view at meetings.

☐ I feel that my accomplishments are often ignored or disregarded.

5. Do you have a relationship at work that started out with great promise but turned into your worst nightmare?

If so, read the following statements and check the ones that apply.

☐ You constantly rehearse what you want to say to this person in your mind, in your car, and in your sleep.

☐ You find yourself talking about the relationship with friends, family, anyone who will listen.

☐ When you anticipate any interaction with this person you feel anxious, worried, or uneasy.

☐ Conversations with this individual leave you feeling jittery, wound up, overheated, punched out, deflated, or otherwise unhinged.

☐ You feel trapped in a no-win situation.

6. Is your boss someone who . . .

☐ Never takes the time to meet with you, or schedules meetings only to cancel them?

☐ Doesn’t tell you what he or she wants, then gets mad at you for not delivering?

☐ Insists that you make decisions in certain areas, only to
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override the decisions you make?

☐ Expects you to mind-read his or her changing priorities?

7. If you are a manager . . .

☐ Do you hate having to repeat what you want to your subordinates?

☐ Do you wish your staff would just “grow up” and do their jobs?

☐ Do you feel offended when an employee challenges your authority?

☐ Do you see meetings with your staff as time-wasters?