

# YOU NEED A RESET

## HERE ARE 10 SYMPTOMS OF HURRY SICKNESS.

Mark which of these you experience regularly and fill in the total at the bottom.

- IRRITABILITY.**  
You get mad, frustrated, or annoyed too easily.
- HYPERSENSITIVITY.**  
A minor circumstance will affect your feelings.
- RESTLESSNESS.**  
Your mind and body are continually in motion.
- WORKAHOLISM OR NON-STOP ACTIVITY.**  
You prioritize accomplishment and accumulation.
- EMOTIONAL NUMBNESS.**  
You don't have the capacity to feel anyone's pain—even your own.
- DISORDERED PRIORITIES.**  
You're reactive to the urgent, instead of proactive towards the important.
- LACK OF CARE FOR YOUR BODY.**  
You do not meet your own basic physical needs.
- ESCAPIST BEHAVIORS.**  
You avoid unpleasant thoughts and feelings with acceptable habits and recreation.
- SLIPPING SPIRITUAL DISCIPLINES.**
- ISOLATION.**  
You are disconnected from God, others, and yourself.

**TOTAL:** \_\_\_\_\_



MOSAIC