

## Workaholics

\*People felt moved, angered, concerned to discover answers to this question since they and so many others get trapped in it.

### A. What are some of the underlying reasons that people go down the path of workaholism?

#### 1. Our Culture:

Protestant work ethic, clichés of ‘redeem the time’, ‘save the lost’, what did famous missionaries model for us (excess), or do we only see the Superstars in Mission as well. Hudson Taylor, William Carey. What about the minions who do the on going work of the common people.

#### 2. Issues inside ourselves:

- lack of self-esteem so gains it through work
- good for the CV-difficult to get paid jobs in our field
- keeps us busy and unable to hear unhappy voices within us
- a reason to be socially isolated/ and a cause of it and loneliness
- self-justification ‘good worker/ hard worker’ rather than ‘balanced worker’ and lightening up to relax
- poor listener to God/hearing WHAT He has called us to do and Not to do
- poor time keeper, boundary keeper, choice maker, wrong line of work,
- poor in negotiating our work and its boundaries
- issues in that culture/setting: electricity cuts and only on at certain times

#### 3. Issues in Leadership:

- themselves high performers: bring guilt feelings on others to be like them and do more
- Do leaders exploit workaholic tendencies by demanding too much? (Sounded like blaming others rather than taking responsibility for themselves.)
- Goals of Agency/Leadership too big/broad and/or using out-dated methods, equipment, structures

### B. How to Prevent Workaholism

#### 1. Our Personal Responsibility-

- Recognize we are workaholics and unhealthily overbalanced toward work, this is NOT God’s design for us. We need to become more balanced *even if* those around us aren’t.
- Make a Work Diary for 1-2 weeks (longer for many of us)

Date / Time / Place /Work/ How we feel

- Pray/ fast/ retreat to find out WHAT GOD wants us to do and NOT do
- Get an accountability Prayer Partner, triplet and work through the above two things with them

- renegotiate our contract and/or change jobs, be specific about what you will do and how much time it takes
- seek Balance in all areas of our life
- learn asserting skills
- develop hobbies and friendships that keep you healthy and laugh

## 2. Our Agencies' Responsibility

- MODEL Balance lives See Mark Ch 1? Jesus doesn't always heal those who come to Him. He walked away. Took time to be with God after heavy schedule.
- Get Culturally intoned. Most Cultures we send people to are not Workaholic Cultures. So help our employees, students to become more people oriented not task oriented. (Possibly not true for long hour Chinese).
- brief people in prefield training and screen for workaholic tendencies. Teach on relaxation, boundaries, etc.
- Bring someone into Agency to help them help you de-stress and realign your expectations, goals, mission statements to more defined and Balanced practices.

## C. Bibliography

George McDonald *Ordering your Private World*

## D. Quotes

- 'Are you called or driven.' McDonald
- What will your life look like? 'Wear out, rust out, or last out.'?

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