

# LEADERSHIP DISEASE CHECKLIST A3. NAYOPENING

## SYMPTOMS - Signs & Causes

Are you experiencing any of these now or in the past? Which apply to you?

- You do not take calls, or your calls are screened.
- People say you are very difficult to reach.
- You do not return calls in a timely manner. You are too busy or want people to think so.
- You believe that the only people who really have something to offer to you are your peers.
- You do not respond to many of the text messages and emails you receive.
- When you are in, the door to your office is usually closed.
- You try to ignore people who are attempting to get your attention.
- There is a gatekeeper outside your workspace who inspects and deflects requests to access you.
- People hesitate, rethink, or drop approaching you.
- People say, "Good luck getting hold of that person."
- You believe it just natural and inevitable to live the maxim of "It's lonely at the top."
- You consider what people bring to you as petty, small, or trivial, and you let them know it.
- You keep your camera turned off most of the time on video calls.
- People stop asking you to join organizations or boards.
- Sending a quick text or short email to someone seems a waste of your time.
- You have someone sort through your emails to determine which ones should be answered.
- When you are with those you know, you form a tight circle signaling "There is no space for anyone else."
- People have quit approaching you with anything, even the little things.
- You have feelings of being lonely or isolated.
- You feel like your network has become a small, tight group.
- It appears to others there is nothing you need or want.
- You check your email, and you have no new emails except those which are auto reply.
- When a project (you would really enjoy or have much to offer) arises, no one considers asking you.
- People are afraid to ask you questions.
- You tell people that you do not do video calls.
- People describe you as having a coat of armor around you.
- Opening remarks from others begin with "I know you're really busy" or "I hate to bother you."

NAYOPENING - SYMPTOMS: Total Score: