

# LEADERSHIP DISEASE CHECKLIST B5. HARMONOPATHY

## IMPACT - Risk Factors, Stages & Outcomes

What has already happened or might occur?

- Your spouse or partner leaves you.
- People believe you will only focus your efforts on what is important for you.
- When people want to have fun, they do not invite you because you are all business.
- You give up all your leadership roles and walk away from everything.
- People feel you do not have time for them or for the friendship you share.
- People say this fits you: "All work and no play make Jack a dull boy (or Jill a boring girl)."
- You neglect your family and the ones who love you.
- You sacrifice your health, accepting fatigue and exhaustion as part of the job.
- People avoid you because you always have an agenda.
- You stop enjoying and even dread going to events and meetings.
- Extol an aspiring leader's attributes when introduced.
- Your goals and vision become blurred.
- You develop compromising relationships to satisfy your needs for belongingness.
- You feel marginalized by family and friends as an unimportant or undependable relationship.
- You become depressed, lack energy, and/or lose interest in a personal life.
- People stay away from you because you are always selling something, asking for money, or seeking support.
- You find personal life, family, and friendships mundane and uninteresting.
- What you care about in your leadership roles is in conflict with what you say you care about personally.

**HARMONOPATHY - IMPACT: Total Score:**