



Signs of Compulsive Underearning

In addition to the signs of compulsive debting, underearners exhibit some of the following symptoms:

- Resenting low pay or a bad job situation, yet not asking for a raise or changing jobs;
- Feeling inadequate to perform a job well, while secretly feeling superior to others;
- Believing your salary is not important, yet worrying about money constantly;
- Feeling too discouraged to apply for a job ("I won't get it anyway, and if I do, I'll hate it.")
- Having trouble finding resumes or job notices in piles of bills or unopened mail;
- Feeling ashamed of your work history and sick with anxiety over job interviews;
- Stealing from employers because you believe they owe you more than they pay you;
- Spending hours daydreaming but not even minutes working toward your dreams;
- Over committing time and energy to volunteer activities;
- Overworking-spending hours to do a job more perfectly than you are getting paid to do;
- Being too fearful of failure to get any more training or attempt a new career;
- Believing no one will pay you for anything you enjoy doing.

If you find that many of these symptoms describe you, then you are probably a compulsive underearner.

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