

Published based on [Five Signs of Paranoia in the Office](#)

# **Five Signs of Paranoia in the Office**



"I didn't take your stupid pen."

Believe it or not, worrying once in a while may keep you on your toes. And for some people, excessive worrying/paranoia is actually good for business. Why? Well, paranoia is supposed to push you to try to cover all bases that lead to oftentimes organized and foolproof plans. Hmm... It does make sense. But too much of anything can also be destructive. But how do you gauge if you're being too organized or tactical is becoming a bad habit in the workplace? Here are five signs.

**You endlessly tinker with your calendar/organizer.** While this may also be a sign of obsessive-compulsion, you tend to overly scrutinize details about your task when you worry too much. It may even appear that your personal organizer is configured to be a Gantt chart of your career.

**You micromanage.** Paranoid's mantra: Don't trust anyone. If you're a manager, this would definitely include your subordinates. The tendency? You meddle with their affairs to make sure that you're on top of things.

**You hoard information.** Got some scoop about the latest market data? The news is only for you and you alone, only to be released in your next marketing plan.

**You make sure everyone knows what you're doing.** You tend to hoard information for yourself but when it's time to make a brilliant idea known, you make sure everyone knows that it's your flash of brilliance and no one else's.

**You're always alone.** You don't fraternize with people because you're afraid that if people know you, they'd have power over you.

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