

## Behavioural Drivers Questionnaire - based on Transactional Analysis Theory

### Introduction

This questionnaire is an invaluable tool for personal and professional development grounded in the principles of Transactional Analysis. Developed by Taibi Kahler, this assessment identifies the subconscious drivers that motivate and influence our behaviour. By revealing your unique combination of drivers such as: Be Perfect, Please Others, Try Harder, Hurry Up and Be Strong, this questionnaire provides useful insights into how we approach challenges, make decisions, and interact with others.

### Instructions

For each statement below score yourself based on the following scale:

0 - Never	1 - Rarely	2 - Sometimes	3 - Frequently	4 - Always
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Go with your first reaction rather than over-think each statement, then enter your score against each statement in the grid on page 3. See page 4 to consider and reflect on the potential implications of your drivers in your life and how you interact with others.

Grid Ref	Statement	Score
1A	I need to do everything as quickly as possible	
1B	I feel responsible for making other people feel good	
1C	I hide my feelings from other people	
1D	I demand perfection from myself when doing something	
1E	I seem to have more difficulty doing things than other people I know	
2A	I speak so quickly that other people have difficulty understanding what I say	
2B	I do not like to say no when somebody asks me to do something	
2C	I endure things quietly without complaining	
2D	I try to use words without making the slightest mistake	
2E	I find life difficult and everything requires a lot of effort	
3A	I never have enough time	
3B	I have put other people first since I was small	
3C	When I've made a decision I'd rather die than change my mind	
3D	When I pass on information I do so in great detail in order that people understand me	
3E	When I'm talking I find it difficult to give straight answers	

Grid Ref	Statement	Score
4A	I leave things to the last minute and then get panicky as time runs out	
4B	I need to be loved by everybody	
4C	I never ask for help	
4D	Even when I do something well I still think I could have done it better	
4E	Most things are more complicated than they seem	
5A	When I'm doing something I'm already thinking about the next thing I have to do	
5B	I worry about what people will say when I'm doing something	
5C	When everybody gets excited I keep cool to give them support	
5D	I try to be positive but end up being negative	
5E	I don't know what I want and find it hard to set clear goals	
6A	I always arrive early for appointments and meetings	
6B	I expect people to understand when I need something without having to ask for it	
6C	I hate to be protected	
6D	I hate to see anything out of place and I can't stand untidy clothing	
6E	I don't know why I bother because nothing comes out the way I want	
7A	I get impatient waiting for people to do things and end up doing them myself	
7B	I like people to care for me	
7C	I find it difficult to deal with people who become emotional	
7D	I find it difficult to tolerate other people's mistakes or excuses	
7E	I only value things attained through great effort	
8A	I find it difficult to stay still and become agitated when others are talking to me	
8B	I find it difficult to look people in the eye when they are talking to me	
8C	I believe the more a person can endure, the more they are worthy of admiration	
8D	I'm always correcting people	
8E	I repeat myself frequently to make sure that people understand me	
9A	I tend to interrupt people or complete their sentences for them	
9B	I try to anticipate the needs of others in order to meet their wishes	
9C	Duty and discipline come first in my life	
9D	I have to be number one in both my studies and my work	
9E	I try to get people to do what I want even if I have to insist	
10A	When I ask for something I expect an immediate reply. I can't stand slow people	
10B	I hate people to say no when I make a request	
10C	I have to show strength even if I feel completely destroyed inside	
10D	I demand from other people the maximum effort in their studies and work	
10E	I expect people to make a great effort in whatever they do	

Grid Ref	Statement	Score
11A	I find it hard to listen to people and am often thinking of other things	
11B	I need people to support me if I have a problem	
11C	If people tell jokes I just smile, I would find it difficult to laugh	
11D	I prefer to do things myself to be sure they are done properly	
11E	I often moan about life's difficulties	
12A	I walk quickly wherever I go	
12B	If I ask a favour, I do it in a humble tone of voice	
12C	I like to be left alone to sort out my problems	
12D	If doodling I draw geometric shapes	
12E	As much as I try, I leave many things unfinished	

	<i>Hurry Up</i> <b>A</b>	<i>Please Me</i> <b>B</b>	<i>Be Strong</i> <b>C</b>	<i>Be Perfect</i> <b>D</b>	<i>Try Harder</i> <b>E</b>
<b>1</b>					
<b>2</b>					
<b>3</b>					
<b>4</b>					
<b>5</b>					
<b>6</b>					
<b>7</b>					
<b>8</b>					
<b>9</b>					
<b>10</b>					
<b>11</b>					
<b>12</b>					
<b>Total</b>					

## Values

- Adults have the responsibility of ensuring that children grow up equipped to take their place in life in as happy and fulfilling a way as possible.
- Adults give their children guidelines about values to help them understand how to do this.
- However, children are unable to understand the complexities of the guidelines and convert adult instructions into rules.
- These rules become rigid, repetitive patterns of thought, feelings and behaviour which tend to take over in times of stress.
- If adults have rigid patterns of their own, they tend to reinforce the same values in their children.

<b>Five Driving Values</b>		
<b><i>The Drivers</i></b>	<b><i>Passed on by the following messages</i></b>	<b><i>Which results in</i></b>
<i>Hurry Up</i>	<i>Do not take long Do not think Do not relax Do not waste time</i>	<i>Speed Efficiency Responsiveness</i>
<i>Please Me</i>	<i>Do not put yourself first Do not be assertive Do not say no to requests Do not expect help from others Do not put your own needs first</i>	<i>Consideration Kindness Service to others Passive behaviour</i>
<i>Be Strong</i>	<i>Do not show your feelings Do not give in Do not ask for help</i>	<i>Courage Strength Reliability Control</i>
<i>Be Perfect</i>	<i>Do not make mistakes Do your best Do not be childish Keep things orderly and tidy Do not be natural</i>	<i>Being right Achievement Success Competitiveness</i>
<i>Try Harder</i>	<i>Never be satisfied Do not relax Do not finish</i>	<i>Persistence Patience Determination Effort</i>