

# Personality Drivers

| Driver               | Symptoms   | Advantages  | Problems   | Therapy!  |
|----------------------|--|---|--|---|
| <b>Be Perfect</b>    | <ul style="list-style-type: none"> <li>☞ Organised and systematic</li> <li>☞ Neat appearance</li> <li>☞ Strong need to do everything really well</li> <li>☞ Your first impulse is to check the detail</li> <li>☞ If there are errors, the whole job is no good</li> </ul>  | <ul style="list-style-type: none"> <li>✓ You produce high quality work</li> <li>✓ You don't make mistakes (except ones too small for others to notice)</li> </ul> | <ul style="list-style-type: none"> <li>☹ Too slow</li> <li>☹ Some jobs not done at all</li> <li>☹ Miss the big picture while picking at the detail</li> <li>☹ Allow one negative aspect to spoil a situation</li> <li>☹ Uptight - looking for problems</li> </ul>  | <ul style="list-style-type: none"> <li>☺ Practice letting go</li> <li>☺ Work with a Hurry Up person</li> <li>☺ Set time limits for tasks</li> </ul>   |
| <b>Hurry Up</b>      | <ul style="list-style-type: none"> <li>☞ Always busy</li> <li>☞ Always planning ahead</li> <li>☞ Talk fast</li> <li>☞ Tend to generalise</li> <li>☞ Have difficulty relaxing</li> <li>☞ Tempted to squeeze in one more thing</li> <li>☞ Hate being kept waiting</li> </ul> | <ul style="list-style-type: none"> <li>✓ Quantity of work produced</li> <li>✓ Speed of work</li> <li>✓ "Dynamic"</li> </ul>                                       | <ul style="list-style-type: none"> <li>☹ Stress arising from working too hard or trying to do too much</li> <li>☹ Unable to live in the present</li> <li>☹ No time to smell the roses</li> <li>☹ Lateness (from fitting in just one more thing)</li> <li>☹ Poor listener - tend to interrupt</li> <li>☹ Impatient</li> </ul> | <ul style="list-style-type: none"> <li>☺ Practice relaxing - take time to do nothing e.g. go for walks</li> <li>☺ Plan gaps into your diary</li> <li>☺ Plan to leave earlier so as to arrive early</li> </ul> |
| <b>Please Others</b> | <ul style="list-style-type: none"> <li>☞ Strong need to be liked</li> <li>☞ Worry about other people's opinion of you</li> <li>☞ Find it hard to say no</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Friendly</li> <li>✓ Helpful</li> <li>✓ Good team player</li> </ul>   | <ul style="list-style-type: none"> <li>☹ Worry about others thoughts</li> <li>☹ Excessive time spent doing things for others</li> <li>☹ Not assertive enough</li> <li>☹ Low self esteem</li> </ul>   | <ul style="list-style-type: none"> <li>☺ Practise saying no</li> <li>☺ Allocate time to activities just for yourself</li> <li>☺ Have clear personal goals and take steps to achieve them</li> </ul>           |

# *Personality Drivers*

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|--|--|--|-------------------------------|------|
|  |  |  | ● Own objectives not achieved | them |
|--|--|--|-------------------------------|------|