

# SOME OPTIONS FOR THE 5 DRIVERS

THINK ABOUT WHICH OPTIONS ARE USEFUL FOR YOU OR SOMEONE THAT YOU KNOW

FROM THE TRANSACTIONAL ANALYSIS JOURNAL JAN 1997 VOL 27 NO 1

AUTHOR          DRIVER	Kahler & Capers, 1974	Klein, 1980	Stewart & Joines, 1987	Hay, 1992	Positive Attributes: Clarkson, 1992
"TRY HARD"	It's OK to do it It's OK to finish what you are doing It's OK to do it well It's OK to win	It's OK to fail-and to succeed and to get on with things	DO IT	Recognition for finishing	EXPERIMENTATION CREATIVITY ENTHUSIASM
"HURRY UP"	It's OK to take your time It's OK to live now (You have time to do anything you want to)	It's OK to use Adult and say "we" as well as "I"	TAKE YOUR TIME	Recognition for accuracy	SPED PACING
"PLEASE ME"	It's OK to take care of your own needs. It's OK to consider yourself and to respect yourself. It's OK to rely on your own judgement.	It's OK to please yourself (and let others please themselves) and freely like and dislike what others do	PLEASE YOURSELF	Recognition for being assertive	AGREEABLENESS EMPATHY
"BE STRONG"	It's OK to be open and take care of your own needs It's OK to be close and feel and express feelings	It's OK to be rejected and to accept and ask for things for your own Child	BE OPEN AND EXPRESS YOUR WANTS	Recognition for letting others help	ENDURANCE RESOLUTENESS STEADFASTNESS
"BE PERFECT"	It's OK to be yourself It's OK to make a mistake It's OK to fail It's OK to get dirty	It's OK to appreciate the variety of human attributes and values	YOU'RE GOOD ENOUGH AS YOU ARE	Recognition for meeting deadlines at an appropriate level of detail	EXCELLENCE HIGH-QUALITY STANDARDS



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.