

# DRIVERS

## WHAT ARE THEY?

Back in 1975, the psychologist Taibi Kahler identified that we tend to be driven by 5 different drivers when we feel not OK. These drivers are messages we've received throughout childhood and we activate them when we feel challenged in the hope that it resolves the issue. This can be not so helpful in the long-run!

### So what?

Understanding that we have an internal driver pulling us a certain way can be helpful for when it literally starts driving us to where we don't want to be. I like to think of them as the gang from Mario Kart racing. Are you still happy that they're behind the wheel? Is it time you gave Luigi some back seat driving tips? Let's meet them.

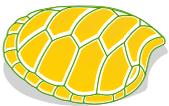
## THE DIFFERENT DRIVERS



**Be Perfect:** Like it says on the tin, everything needs to be executed to perfection. There is no space for making mistakes. Improvements are constantly made in the hope to be accepted.



**Please Me:** This person isn't happy until they know that others are. They feel responsible for the feelings of others and feel good enough only when they are taking care of others.



**Hurry Up:** Everything needs to be done and it needs to be done, like, yesterday. This person is always in a rush as it validates their feeling of being good enough and they worry about being late.



**Try Hard:** This person is all about trying your hardest. However, it doesn't mean that things get accomplished as it's all about trying for them. They can get lost in details and overcomplicate things.



**Be Strong:** This person is prepared to tolerate bad conditions and heavy loads so that people don't think they're weak. This person puts importance on ploughing on and doesn't tend to take responsibility for their thoughts or feelings.

## WHAT TYPE OF SITUATIONS BRINGS OUT YOUR DRIVER?

### THE INTERNAL MESSAGE

Be Perfect: You should be better

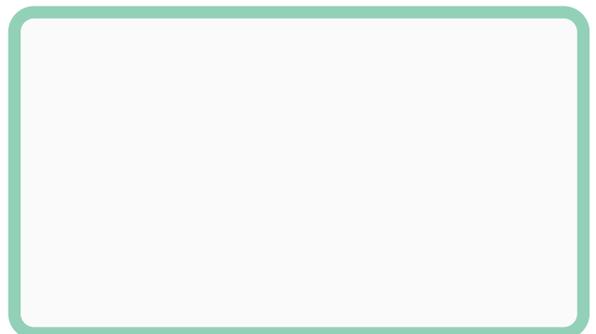
Hurry Up: You're going to be late

Be Strong: Don't let them think you're weak

Please Me: You can only be appreciated and good enough when caring for others

Try Hard: You are not working hard enough!

### WHAT DO YOU NEED TO HEAR?



Looking at the above, what advice would you give each of these people?  
Is there anything you need to remember for yourself?