

## Driver Questionnaire – adapted from the questionnaire by Mary Cox

### Here's what to do...

- Firstly, print off this sheet – it will make scoring easier.
- Then, answer the questions below with 'Yes', 'No' or 'To some extent';

<b>1</b>	Do you set yourself high standards then criticise yourself for failing to reach them?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>2</b>	Is it important for you to be <b>right</b> ?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>3</b>	Do you feel discomforted (e.g. annoyed, irritated) by small messes or discrepancies, such as a spot on a garment or the wallpaper, an ornament or a tool out of place, a disorderly presentation of work?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>4</b>	Do you hate to be interrupted?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>5</b>	Do you like to explain things in detail and precisely?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>6</b>	Do you do things (especially for others) that you don't really want to do.	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>7</b>	Is it important for you to be <b>liked</b> ?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>8</b>	Are you fairly easily persuaded?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>9</b>	Do you dislike being different?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>10</b>	Do you dislike conflict?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>11</b>	Do you have a tendency to do a lot of things simultaneously?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>12</b>	Would you describe yourself as 'quick' and find yourself getting impatient with others?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>13</b>	Do you tend to talk at the same time as others and finish their sentences for them?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>14</b>	Do you like to 'get on with the job' instead of talking about it?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>15</b>	Do you set unrealistic time limits (especially too short)?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>16</b>	Do you hide or control your feelings?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>17</b>	Do you have a tendency to not to realise how tired or hungry or ill you are, but instead keep going?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>18</b>	Do you tend to put yourself (or find yourself) in the position of being depended upon?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>19</b>	Are you reluctant to ask for help?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>20</b>	Do you prefer to do things on your own?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>21</b>	Do you hate 'giving up' or 'giving in', always hoping that this time it will work.	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>22</b>	Do you have a tendency to start things and not finish them?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>23</b>	Do you tend to compare yourself and your performance with others and feel inferior or superior accordingly?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>24</b>	Do you find yourself going round in circles with a problem feeling stuck, but unable to resolve it?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>
<b>25</b>	Do you have a tendency to be a 'rebel' or the 'odd one out' in the group?	<b>Yes</b>	<b>To some extent</b>	<b>No</b>

- When you have done – score each line with 'Yes'=2, 'To some extent'=1 and 'No'=0.
- Next, divide the questions into 5 blocks by drawing a line after lines 5, 10, 15 & 20.
- Label the 5 blocks, in order, '**Be Perfect**', '**Please Others**', '**Hurry Up**', '**Be Strong**' and '**Try Hard**'.
- Now count up the scores within each of the 5 blocks and record them here;

Driver	Score (0 to 10)
Be Perfect	
Please Others	
Hurry Up	
Be Strong	
Try Hard	

- Highlight the driver scores that are **7 or above** – these are the driver behaviours that are significant for you.