

DRIVERS and INJUNCTIONS

Injunctions

Negative, restrictive script messages
stored in the Child ego state.



“You’re different.” **DON’T BELONG**

“Kids are too noisy.” **DON’T BE A CHILD**

“I wish I never had you.” **DON’T EXIST**

“Why aren’t you like . . . ?” **DON’T BE YOU**

“Who do you think you are?” **DON’T SUCCEED**

“Your needs aren’t important.” **DON’T BE IMPORTANT**

“Don’t tell me how you feel.” **DON’T BE CLOSE**

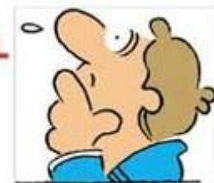
“This is the sickly one.” **DON’T BE WELL**

“Think you’re clever do you?” **DON’T THINK**

“Don’t leave me.” **DON’T GROW UP**

“Be brave.” **DON’T FEEL**

“You might get hurt.” **DON’T**

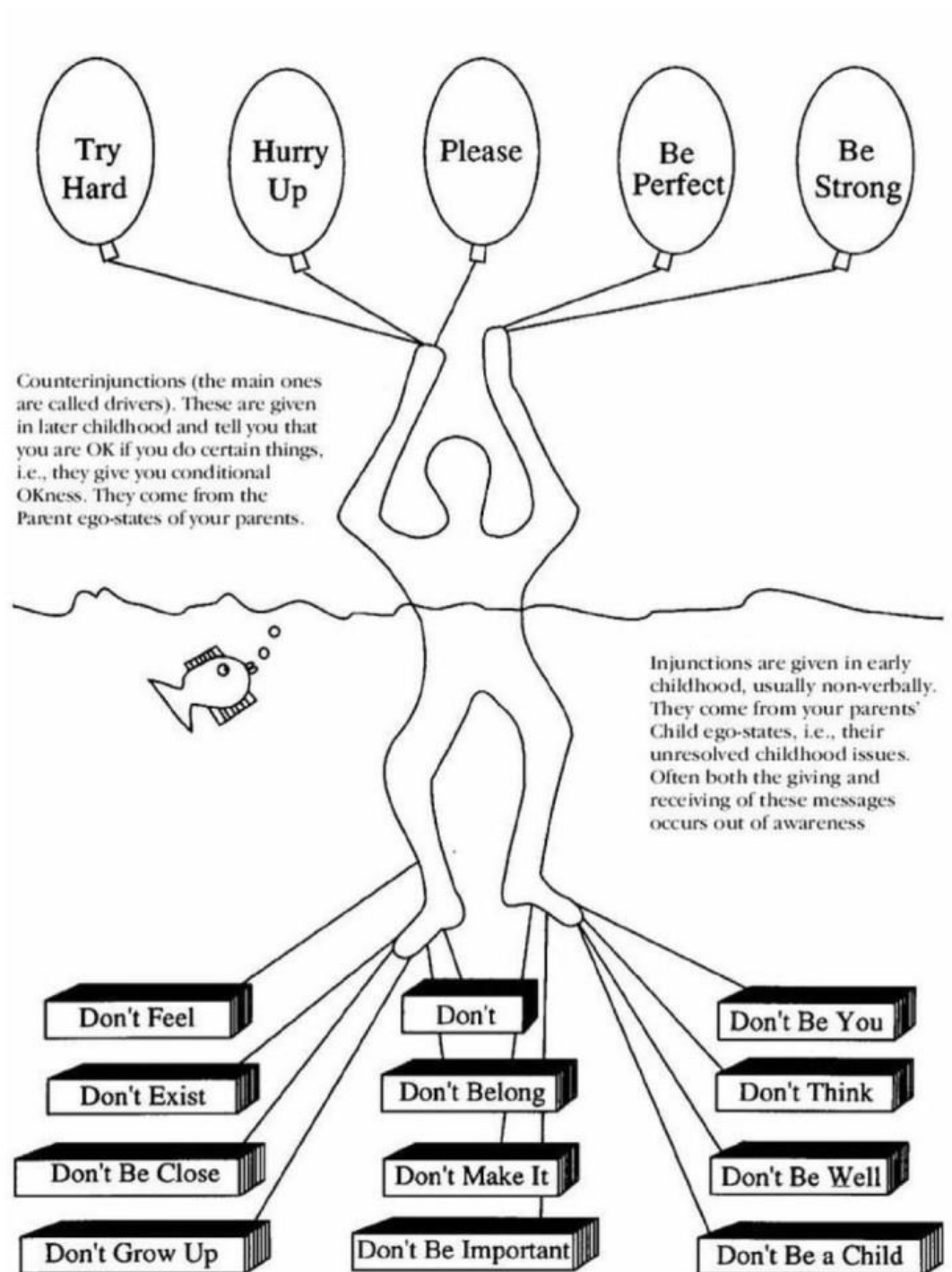


Ref: Robert and Mary Goulding

Transactional Analysis Drivers

Driver: Please People	Driver: Be Strong	Driver: Be Perfect	Driver: Hurry Up!	Driver: Try Hard
Strengths: Teamworking Tunes in to people Involves people	Strengths: Objective Calm under pressure. Able to make difficult people decisions	Strengths: Well organised Accurate/detailed work Project planning	Strengths: Delivers to time – and saves time Gets a lot done Responds well to pressure	Strengths: Enthusiastic and proactive Good problem solver Follows up on all aspects of task
Weaknesses: Lack of assertion Hesitance Reluctance to say no Can get upset	Weaknesses: Not accepting help Self critical Over assertive Hard to get to know	Weaknesses: Over checking Not involving others at draft stage Poor delegation De-motivating criticism	Weaknesses: Makes mistakes Interrupts Books appointments too close together May not get to know people well	Weaknesses: Takes on too much Gets sidetracked Makes jobs too big Discounts positives of self
To Reframe: It's OK to have own needs	To Reframe: It's OK to be vulnerable, ask for help	To Reframe: It's OK to make a mistake	To Reframe: It's OK to take your time	To Reframe: It's OK to succeed and recognise your successes

Injunctions and Drivers



Connection to self

