

The Drivers Challenge Questionnaire

This questionnaire is not a “personality” test. It is intended to stimulate your self-awareness and indicate what kind of stress behaviour you may typically or frequently get into. Answer the questions, “yes”, “no”, or “to some extent”.

Scoring: mark 2 for ‘yes’, mark 1 for ‘to some extent’ and 0 marks for ‘no’.

Question	Score
1. Do you set yourself high standards and then criticise yourself for failing to meet them?	
2. Is it important to you to be right?	
3. Do you feel discomforted by small messes or discrepancies such as a spot on a garment or the wallpaper, an ornament or tool out of place, or a disorderly presentation of work?	
4. Do you hate to be interrupted?	
5. Do you like to explain things in detail and precisely?	
6. Do you do things especially for others that you don't really want to do?	
7. Is it important for you to be liked?	
8. Are you fairly easily persuaded?	
9. Do you dislike being different?	
10. Do you dislike conflict?	
11. Do you have a tendency to do a lot of things simultaneously?	
12. Would you describe yourself as “quick” and find yourself getting impatient with others?	
13. Do you have a tendency to talk at the same time as others, or finish their sentences for them?	
14. Do you like to “get on with the job” rather than talk about it?	
15. Do you set unrealistic time limits (especially too short)?	
16. Do you hide or control your feelings?	
17. Are you reluctant to ask for help?	
18. Do you have a tendency to put yourself, or find yourself, in the position of being depended on?	
19. Do you have a tendency not to realise how tired, or hungry, or ill you are, but instead “keep going”?	

Question	Score
20. Do you prefer to do things on your own?	
21. Do you hate “giving up” or “giving in” always hoping that this time it will work?	
22. Do you have a tendency to start things and not finish them?	
23. Do you tend to compare yourself, or your performance, with others and feel inferior or superior accordingly?	
24. Do you find yourself going round and round in circles with a problem, feeling stuck but unable to let go of it?	
25. Do you have a tendency to be the rebel or “odd one out” in a group?	

Scoring the questionnaire

Questions	Driver	Total score
1-5	Be Perfect	
6-10	Please People	
11-15	Hurry Up	
16-20	Be Strong	
21-25	Try Hard	

A score of 6 or more in any section indicates a tendency towards that particular driver. Most people experience all of the drivers at different times, but generally people do have two or three drivers which crop up regularly.