

Lightbulb Moments

Transactional Analysis Drivers (No. 1 in a series of 10)

Be Perfect

You're only okay if you get everything right.



Values

- 💡 Achievement
- 💡 Autonomy
- 💡 Success
- 💡 Being right

Resulting Messages

- 💡 Don't make a mistake
- 💡 Don't take any risks



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Transactional Analysis Drivers (No. 2 in a series of 10)



Be Perfect

- 💡 Be willing to appreciate different values held by other people rather than just seeing your own as valuable
- 💡 List all your personal values and rank in order of importance
- 💡 Work out how to respond to the most important and the least important
- 💡 Make a point of communicating your feelings
- 💡 Be willing to laugh at yourself
- 💡 Be gentle with yourself



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Transactional Analysis Drivers (No. 3 in a series of 10)

Be Strong

You're only okay if you hide your wants and feelings.



Values

- 💡 Courage
- 💡 Strength
- 💡 Reliability

Resulting Messages

- 💡 Don't show your feelings
- 💡 Don't give in
- 💡 Don't ask for help



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Transactional Analysis Drivers (No. 4 in a series of 10)

Be Strong



- 💡 Be aware of your feelings and try to express them more often
- 💡 Learn to take as well as to give in order to look after yourself
- 💡 Look for more ways to work with others
- 💡 Try to be more aware of your physical needs by listening to what your body is telling you
- 💡 Take regular meal breaks and take time off when you are feeling ill



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Transactional Analysis Drivers (No. 5 in a series of 10)

Hurry Up

You're only okay if you do everything right now.



Values

- 💡 Speed
- 💡 Efficiency
- 💡 Responsiveness

Resulting Messages

- 💡 Don't take long
- 💡 Don't over think things
- 💡 Don't waste time
- 💡 Don't relax



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Transactional Analysis Drivers (No. 6 in a series of 10)

Hurry Up



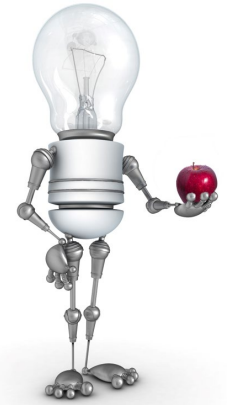
- 💡 Learn to speak more slowly and watch your tendency to interrupt before others have finished speaking
- 💡 Don't wait until the last minute to do something
- 💡 Be on time by not trying to do one more thing before an appointment
- 💡 Create structure, plan and make lists
- 💡 Consciously slow down and take pleasure in the present moment
- 💡 Make time to express appreciation
- 💡 Realise that you don't have to prove how much you can do



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Transactional Analysis Drivers (No. 7 in a series of 10)



Please Others

You're only okay if you please others.

Values

- 💡 Consolidation
- 💡 Kindness
- 💡 Service

Resulting Messages

- 💡 Don't be assertive
- 💡 Don't say "No"
- 💡 What you want is not important



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Transactional Analysis Drivers (No. 8 in a series of 10)

Please Others

- 💡 Stop being so nice, unless you really mean it
- 💡 Develop your autonomy and value despite what others may think or say
- 💡 Say what is on your mind and ask for what you want
- 💡 Take responsibility for your own action and avoid taking responsibility for others
- 💡 Listen carefully and respond to what people say rather than what you believe they want
- 💡 Be aware of how you deal with conflict and stop trying to avoid it



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Transactional Analysis Drivers (No. 9 in a series of 10)

Try Hard



You're only okay if you keep trying hard to do things.

Values

- 💡 Persistence
- 💡 Patience
- 💡 Determination

Resulting Messages

- 💡 Keeping trying
- 💡 Don't be satisfied
- 💡 Don't relax



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Transactional Analysis Drivers (No. 10 in a series of 10)

Try Hard



- 💡 Notice how often you say, *"I'll try"* and say *"I won't"* or *"I will"* instead
- 💡 Before you take on extra work, check that it is realistic for you to do so
- 💡 Check that you want to do things rather than you ought to do them
- 💡 Try to stop comparing yourself to others
- 💡 Be aware of what you can and can't change so that you don't persist in trying to change the unchangeable



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Providing Tools 4 Change

+44 (0) 161 244 8884

www.ei4change.com

info@ei4change.org.uk

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