

TRANSACTIONAL ANALYSIS QUESTIONNAIRE

KEY: 4 - Always; 3 – Frequently; 2 – Sometimes; 1 – Rarely; 0 – Never

- 1A I need to do everything as quickly as possible
- 1B I feel responsible for making other people feel good
- 1C I hide my feelings from other people
- 1D I demand perfection from myself when doing something
- 1E I seem to have more difficulty doing things than other people I know

- 2A I speak so quickly that other people have difficulty understanding what I say
- 2B I do not like to say no when somebody asks me to do something
- 2C I endure things quietly without complaining
- 2D I try to use words without making the slightest mistake
- 2E I find life difficult; everything requires a lot of effort

- 3A I never have enough time
- 3B I have put other people first ever since I was small
- 3C When I've made a decision, I'd rather die than change my mind
- 3D When I pass on information I do so in great detail in order that people understand me
- 3E When I'm talking I find it difficult to give straight answers

- 4A I leave things to the last minute and then get panicky as time runs out
- 4B I need to be loved by everybody
- 4C I never ask for help
- 4D Even when I do something well I think I could have done it better
- 4E Most things are more complicated than they seem

- 5A When I'm doing something I'm already thinking about the next thing I have to do
- 5B I worry about what people will say when I'm doing something
- 5C When everybody gets excited I remain cool to give them support
- 5D I try to be positive but end up being negative
- 5E I don't know what I want and find it hard to set clear goals

- 6A I always arrive early for appointments and meetings
- 6B I expect people to understand when I need something without having to ask for it
- 6C I hate to be protected
- 6D I hate to see anything out of place and I can't stand untidy clothing
- 6E I don't know why I bother because nothing comes out the way I want

- 7A I get impatient waiting for people to do things and end up doing them myself
- 7B I like people to care for me
- 7C I find it difficult to deal with people who become emotional
- 7D I find it difficult to tolerate other people's mistakes or excuses
- 7E I only value things attained through great effort

- 8A I find it difficult to stay still and become agitated when others are talking to me
- 8B I find it difficult to look people in the eye when they are talking to me
- 8C I believe the more a person can endure, the more they are worthy of admiration
- 8D I'm always correcting people
- 8E I repeat myself frequently to make sure that people understand me

- 9A I tend to interrupt people or complete their sentences for them
- 9B I try to anticipate the needs of others in order to meet their wishes
- 9C Duty and discipline come first in my life
- 9D I have to be number one in both my studies and my work
- 9E I try to get people to do what I want, even if I have to insist

- 10A When I ask for something I expect an immediate reply; I can't stand slow people
- 10B I hate people to say no when I make a request
- 10C I have to show strength even when I feel completely destroyed inside
- 10D I demand other people make the maximum effort in their studies and work
- 10E I expect people to make a great effort in whatever they do

- 11A I find it hard to listen to people and am often thinking of other things
- 11B I need people to support me if I have a problem
- 11C If people tell jokes I just smile; I would find it difficult to laugh
- 11D I prefer to do things myself to ensure they are done properly
- 11E I often moan about life's difficulties

- 12A I walk quickly wherever I go
- 12B If I ask a favour, I do it in a humble tone of voice
- 12C I like to be left alone to sort out my problems
- 12D If doodling I draw geometric shapes
- 12E As much as I try, I leave many things unfinished

SCORES

KEY: 4 - Always; 3 – Frequently; 2 – Sometimes; 1 – Rarely; 0 – Never

	Hurry Up	Please Me	Be Strong	Be Perfect	Try Harder
No	A	B	C	D	E
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
Total					

VALUES

- Adults have the responsibility of ensuring that their children grow up equipped to take their place in life in as happy and fulfilling a way as possible
- Adults give their children guidelines about values to help them understand how to do this
- However, children are unable to understand the complexities of the guidelines and convert adult guidelines into rules
- These rules become rigid, repetitive patterns of thought, feelings and behaviour which tend to take over in times of stress
- If adults have rigid patterns of their own, they tend to reinforce the same values in their children

Five Driving Values		
The Drivers	Passed on by following messages	Which results in ...
Hurry Up	Do not take long Do not think Do not relax Do not waste time	Speed Efficiency Responsiveness
Please Me	Do not put yourself first Do not be assertive Do not say no to requests Do not expect help from others Do not put your own needs first	Consideration Kindness Service to others Passive behaviour
Be Strong	Do not show your feelings Do not give in Do not ask for help	Courage Strength Reliability Control
Be Perfect	Do not make mistakes Do your best Do not be childish Keep things orderly and tidy Do not be natural	Being right Achievement Success Competitiveness
Try Harder	Never be satisfied Do not relax Never finish	Persistence Patience Determination Effort