

Drivers	Mannerisms or verbal signs	Self criticiser	Under stress I...
Hurry Up	Talk fast. Fidget. Interrupt.	I'm wasting time	Rush Work very fast
Please Others	Submissive Check OK	I'm unpopular	Do whatever you say
Be Perfect	Sub phrases Smart clothes	I make mistakes	Analyse. Logic.
Be Strong	Immobile. Quiet. Inscrutable.	I'm too soft.	Clam up. Self control.
Try Hard	I'll try. High but low. Shrugs. Worry.	I'm lazy, I give up too easily.	Complain about bad luck. Plod on.