

Personal Drivers

Do you have any of these tendencies? They could be contributing to poor mental health.

Be Strong

- Find it hard to talk about feelings
- Find it hard to admit to anything that might be seen as a weakness
- Find it hard to ask for help
- Need to show you can cope
- Use distancing words like "one" or "people" when talking about yourself
- Use few gestures

Be Perfect

- Set high standards for yourself and others
- Be dissatisfied with your own work even if its okay
- Want to get it right first time
- Want to do things yourself
- Find it hard to delegate
- Find it hard to take criticism
- Be picky

Try Hard

- Give the impression you have a lot to do
- Commit a lot of energy to showing you are trying hard
- Exaggerate your movements
- Talk about how hard things are the like "difficult", "cant", "I don't get it."

Hurry Up

- Be impatient , rush to get next job done
- Be concerned about time
- Get agitate
- Fidget
- Pressure others to "get on"
- Be thinking about the destination and not enjoy the journey
- Find your gaze changes direction frequently/rapidly
- Use words like "quick", "get going", "hurry" etc

Please People

- Find you are always aware of others moods
- Find conflict difficult
- Take steps to avoid conflict
- Find it hard to upset others
- Put up with things so as not to "rock the boat"
- Smile when your uncertain about your relationships to other people
- Use a laugh to soften statements
- Find that your tone of voice rises at the end of the sentence to check ."hmmm?" "ok?"