

Stress Test - What drives you?

You are a committed teacher and in your everyday school life you keep coming up to the limits of your capacity or even sometimes beyond?

This questionnaire helps you to reflect on how you can use your inner beliefs to better manage everyday stress.

Take these three steps:

- 1) 25 different statements – how much do they apply to you?
- 2) Evaluate your answers to the statements and learn which inner beliefs are driving you.
- 3) Find your personal allowers that help you regain control of the inner drivers.

1) How much do the following statements apply to you? Mark the most appropriate answer per statement.

Qu 1. Being better than others is very important to me.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 2. It is very important to me that I feel liked by others.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 3. I always have to try hard and do my best.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 4. I check things myself rather than trust others.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 5. I am constantly in motion and busy.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 6. When dealing with others, I am intent on keeping distance. Too much closeness diminishes the authority.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 7. People who "mess around" make me feel upset.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 8. It is important for me to be accepted by others. For this reason, I put my own interests aside.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 9. I frequently deal with several things simultaneously.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 10. I believe that most things are not as easy as many people think. They see these things as way too easy.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 11. Whenever I do a job, I do it extremely thoroughly. There must be no errors.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 12. I have to be really sick to allow myself to stay home from work.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 13. I often have numerous projects going on simultaneously.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0



Qu 14. I usually have a very tight schedule.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 15. I always try to be diplomatic. I do not want to appear strange.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 16. Asking for help is a sign of weakness.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 17. Achievements do not fall into one's lap, you have to work hard.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 18. Positive feedback from others is very important to me. If this is lacking, I am dissatisfied with myself.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 19. I also personally take care of trivial matters to ensure that everything works out.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 20. My motto is: "How I feel is nobody's business!"

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 21. I struggle to say no.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 22. I find it difficult to declare a task as "finished". You can always improve something.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 23. I often fear to miss the important issues in life!

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 24. My motto is: "If you rest, you rust."

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Qu 25. I am not easily shook.

I totally agree
4

I rather agree
3

I partly agree
2

I rather disagree
1

I totally disagree
0

Self assessment questionnaire

2) The statements you answered above are linked to five different inner drivers. You can find out which one is driving you most with the help of the tables below. Insert the points you received for your answer to the respective question and calculate the sum in the very right cell.

Be perfect					
Qu 1	Qu 4	Qu 11	Qu 19	Qu 22	Total
					<hr/>

Be strong					
Qu 6	Qu 12	Qu 16	Qu 20	Qu 25	Total
					<hr/>

Try hard					
Qu 3	Qu 10	Qu 13	Qu 17	Qu 24	Total
					<hr/>

Please people					
Qu 2	Qu 8	Qu 15	Qu 18	Qu 21	Total
					<hr/>

Hurry up					
Qu 5	Qu 7	Qu 9	Qu 14	Qu 23	Total
					<hr/>

Which of these drivers is the strongest? You can now rank the drivers by placing the one with the most points in the top line, the one with the second most, in the second line and so on.

My personal inner drivers	
Driver	Points
1.	
2.	
3.	
4.	
5.	

3. The allowers

Are you surprised or do you think now: Yes, I have known this companion for a long time?

All five drivers are important and useful. Only when they take over the leadership, our thinking and acting is more and more controlled by them subconsciously. If you have given 15 or more points to one or more drivers in this questionnaire, this could be the case!

On the following pages, you will find a short text for each driver that will help you to empathize with your inner beliefs.

You'll find a five-step guide to getting out of automated thinking patterns and reprogramming your thoughts.

Choose the sentence that fits best for you from the list of allowers and repeat it as often as possible, in different situations.

Last but not least, you will find further ideas for the conscious handling of your inner beliefs.



Be perfect!

The message of this driver is: Don't make any mistakes! You have to show a perfect performance to deserve love and appreciation! By just being yourself, you are of no interest to anyone.

These inner beliefs helped you to develop accuracy, meticulousness, and made you a sophisticated person.

On the other hand, it is very stressful to exercise so much control and you will often be dissatisfied because: "Nobody is perfect!"

Do you want to achieve your satisfaction with less effort and more enjoyment at work?

Naturally one cannot turn off internal beliefs or drivers from one day to the next. However, you can reprogram your inner dialogs:

- **Step 1:** Watch yourself how often your inner driver speaks up.
- **Step 2:** Recognise the good intention of this driver and consciously feel competent.
- **Step 3:** Find a suitable "Allower" for yourself. In the list below you find some ideas.
- **Step 4:** Couple this Allowers to everyday activities, and remind it over and over again when you brush your teeth, you go out of the apartment, if you wait at a traffic light or on the bus, ...)
- **Step 5:** Find role models for alternative behaviours and learn from people who are good at dealing with the inner driver "Be Perfect".

Allowers:

- + I can make mistakes and learn from them.
- + I can also be satisfied with 90%.
- + 90% are completely sufficient.
- + I'm good enough the way I am.
- + I do my best, and that's enough.
- + The way I am, I am adorable.
- + I feel over-looked but actually I am brave
- + I feel disappointed but actually I am protected



You can also try this:

- Practice applauding yourself and acknowledging the perfection of your actions and deliverables.
- Observe how often you criticize others - verbally or nonverbally. Try to suppress this impulse more often and, moreover, to focus on what suits. How does this change your social relationships?
- When you realize that you are once again stepping into the perfection of a work, just pause for a moment and consider for yourself whether that is really so important to you.
- Purposely do something once a week not as good as you could or cancel a task shortly before completion. Keep the feeling of inadequacy that causes this in you consciously.

Be strong!

The message of this driver is that you have to do everything on your own. Need for help creates dependency, and it is important to avoid it at all cost. Grit your teeth and keep your emotions under control, so as not to show any weakness.

These inner beliefs made you a strong and sovereign person.

On the other hand, always having to be strong can also be a burden, because “Be strong-types” tend to harden and become inflexible. They miss real contact with others because their hard shell is a barrier for both of them.

Do you want to discard some of the burden that drives you to always have to be strong?

Naturally one cannot turn off internal beliefs or drivers from one day to the next. However, you can reprogram your inner dialogs:

- **Step 1:** Watch yourself how often your inner driver speaks up.
- **Step 2:** Recognise the good intention of this driver and consciously feel sovereign and strong.
- **Step 3:** Find a suitable "Allower" for yourself. In the list below you find some ideas.
- **Step 4:** Couple this Allower to everyday activities, and remind it over and over again when you brush your teeth, you go out of the apartment, you wait at a traffic light or on the bus, ...)
- **Step 5:** Find role models for alternative behaviours and learn from people who are good at dealing with the inner driver “Be Strong”.

Allowers:

- + I can trust.
- + I can share my wishes with others.
- + I can get help and accept it.
- + To show emotions is a sign of strength.
- + I feel burdened but actually I am optimistic.
- + I feel rigid but actually I am creative.
- + I feel inadequate but actually I am deserving.
- + I feel dumb but actually I am caring.



You can also try this:

- Observe yourself in everyday life and consciously register how often you push emotions aside or violently oppress them. Try, at least now and then, to let some of these feelings come to the outside.
- Ask someone once a week for help with an activity that you could actually do on your own.
- Pause a few times a day in what you are doing and do a quick "body scan": mentally, from top to bottom, gradually penetrate all the muscle groups in your body. Which ones are tense? Where are you rigid, where loose in your attitude?
- Think about which of your qualities and personality traits other than your strength can be attractive and adorable to others.

Try hard!

The message of this driver is: Do your utmost! Only if you take the ultimate effort you can do things truly well.

These inner beliefs made you strong and persistent.

On the other hand you run the risk of subordinating yourself and your needs to necessities.

Do you want to regain supremacy over your effort and dedication and bring more ease into your life?

Naturally one cannot turn off internal beliefs or drivers from one day to the next. However, you can reprogram your inner dialogs:

- **Step 1:** Watch yourself how often your inner driver speaks up.
- **Step 2:** Recognise the good intention of this driver and consciously feel challenged.
- **Step 3:** Find a suitable "Allower" for yourself. In the list below you find some ideas.
- **Step 4:** Couple this Allower to everyday activities, and remind it over and over again when you brush your teeth, you go out of the apartment, wait at a traffic light or on the bus, etc.
- **Step 5:** Find role models for alternative behaviours and learn from people who are good at dealing with the inner driver "Try hard!".

Allowers:

- + I decide for myself what I use my power for.
- + I can be helped.
- + With each completed task, more contentment and serenity comes into my life.
- + I celebrate my productivity and liveliness.
- + Even if it is easy and fun, it is valuable.
- + I feel conquered, but actually I am lucky.
- + I feel trapped, but actually I am amused.

You can also try this:

- When you start working, start it consciously with confidence and serenity.
- Write down a list of projects that you have done well. Which of your skills were crucial to your success? Create a folder in which you document your achievements and successes and, if possible, document them with photos.
- Ask a person of your choice for help with a task that you could actually do on your own.
- Close your eyes and remember the terms "lightness" and "playfulness". Is there an association that comes to mind first? A picture, an animal, a piece of music, a specific memory or something completely different? Pick an item that symbolizes this association for you and place it on your desk or another place where you see it several times a day. It should remind you of lightness and playfulness in your life.!



Please others!

The message of this driver is: Always be amiable! Always adapt to the situation! By just being myself, I am of no importance, worthless and have no rights. In order to mean anything I have to serve the wellbeing of others!

These inner beliefs helped you to become a compassionate and attentive person.

On the other hand, when you are primarily concerned with the needs of others, you lose sight of yourself.

Do you want to maintain a fulfilling relationship with yourself as well as with others?

Naturally one cannot turn off internal beliefs or drivers from one day to the next. However, you can reprogram your inner dialogs:

Step 1: Watch yourself how often your inner driver speaks up.

Step 2: Recognise the good intention of this driver and consciously feel compassionate.

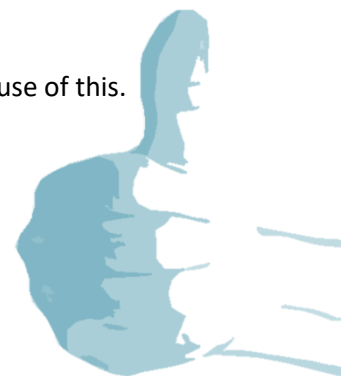
Step 3: Find a suitable "Allower" for yourself. In the list below you find some ideas.

Step 4: Couple this Allower to everyday activities, and remind it over and over again when you brush your teeth, you go out of the apartment, you wait at a traffic light or on the bus, ...)

Step 5: Find role models for alternative behaviours and learn from people who are good at dealing with the inner driver "Please others!".

Allowers:

- + I can take my needs and opinions seriously.
- + I am allowed to exercise.
- + I am ok, even if someone is dissatisfied with me. The world will not end because of this.
- + I can do it myself, too.
- + I take care of myself and the others.
- + I feel rejected, but actually I am understanding.
- + I feel not-heard, but actually I am daring.
- + I feel used, but actually I am welcome.
- + I feel put-upon, but actually I am attractive



You can also try this:

- Observe yourself in everyday life while you are talking to others. How often do you nod, smile approvingly or make other gestures confirming your counterpart? Can you suppress these impulses now and then on a trial basis?
- Pay attention to the way you express yourself. How often do you use interrogative sentences when you are actually making suggestions or wanting to express your opinion? For example: "Should not we go to the café on the market today?" Instead of "Let's go to the café on the market today!"? How often do you weaken what you are saying in a sentence by using phrases like "it's a bit like that ..." or "maybe I'm wrong, but I think ..."? Practice yourself to say directly what you mean.
- Reject a request from someone, if you don't really like to fulfil it.
- Stop three times a day and ask yourself: If it only was up to me now - would I continue what I'm doing right now?

Hurry up!

The message of this driver is: Always look ahead! You are not allowed to take space nor time for yourself, keep going! If you waste your time, you miss the important things.

These inner beliefs give you a high level of activity and commitment.

On the other hand, if you are constantly chasing time, you are not able to enjoy the moment. You take too little time to process your experiences and run the risk of making the same mistakes again and again.

Do you want to regain supremacy over your time and live more consciously in the here and now?

Naturally one cannot turn off internal beliefs or drivers from one day to the next. However, you can reprogram your inner dialogs:

- **Step 1:** Watch yourself how often your inner driver speaks up.
- **Step 2:** Recognise the good intention of this driver and consciously feel spirited.
- **Step 3:** Find a suitable "Allower" for yourself. In the list below you find some ideas.
- **Step 4:** Couple this Allower to everyday activities, and remind it over and over again when you brush your teeth, you go out of the apartment, if you wait at a traffic light or on the bus, ...)
- **Step 5:** Find role models for alternative behaviours and learn from people who are good at dealing with the inner driver "Hurry up!".

Allowers:

- + I am the boss of my time.
- + I can take the time I need.
- + I can take breaks.
- + I give meaning to my life by taking my time.
- + I am allowed to consider my rhythm and my form of the day.
- + I feel rushed right now, but basically I'm careful. I feel hounded, but actually I am aware.



You can also try this:

- Take a record of yourself while speaking to others or giving a lecture. Do you speak fast, ticked off and without dot and comma? Try to moderate your speech speed.
- How often do you use expressions which relate to hurry and tempo - "for short", "as fast as possible", "still the same", etc.?
- How often do you interrupt others when they speak? Can you suppress these impulses?
- Take a look at your calendar of recent weeks and months. Does it also contain idle times, phases in which there are no entries? Are there any rest and relaxation phases you have left? Or do you jump from one activity to the next and never come to a standstill? Try out what changes when you consciously include periods of idleness in your daily routine!
- When you realize that impatience (with yourself or others) is rising in you, feel it consciously for a few moments. Where in your body do you feel it most? Get in touch with this body region and send a few breaths there.
- Take lessons in mindfulness.