

Drivers

The "Do" Messages of How to Please Mum and Dad



Be Perfect: "You're only OK if you get everything right."

Allower: "It's OK to be yourself."



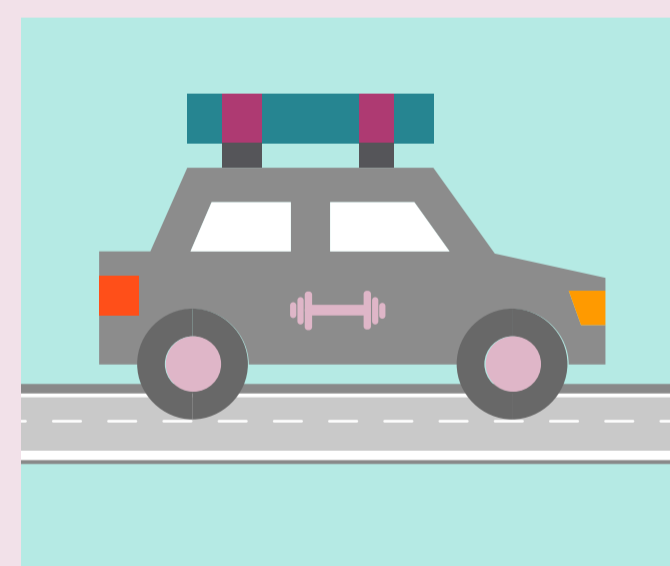
Please Others: "You're only OK if you please other people."

Allower: "It's OK to consider and please yourself."



Be Strong: "You're only OK if you hide your feelings and wants from people."

Allower: "It's OK to be open and to take care of your own needs."



Try Hard: "You're only OK if you keep trying hard to do things."

Allower: "It's OK to do it"



Hurry Up: "You're only OK if you do everything right now."

Allower: "It's OK to take your time"

