



The 5 Saboteurs Assessment



Instructions

On the following six pages you will find a test developed by Aevolus, S.A. in Paris. The original concept was called 'Drivers' and was presented by Taibi Kahler in an article written in 1975 in the *Transactional Analysis Journal*. It has since then been reproduced in a variety of forms including the 5 Saboteurs

▪ Please print out the following six pages and fill in the test using the following instructions:

1. Read through each one of the 50 items listed in the left column of the tables that appear on the first five pages and identify the response that best describes your relationship to that item
2. Refer to the scale listed on the top of the right hand columns:
➤ Never ➤ Maybe ➤ Often ➤ Sometimes ➤ That's Me
3. Circle the number that is located in the quadrant that corresponds to your answer
4. When you have completed all 50 items, transfer your numbers to the grid on the last page
5. On this last page, the number of the questions are written in the left hand column of each one of the five vertical, rectangular boxes – transfer the number you circled into the gray quadrant located to the right of each question number
6. When you have completed the transfer of your numbers, add up the numbers located within each vertical, rectangular box and place the total to the right of the **Bold Purple** letters written on the bottom of that box

▪ Bring all six pages to the course – you will discover the meaning behind your scores on the first day

The 5 Saboteurs Test (1/5)

	Never	Maybe	Sometimes	Often	That's Me
1. If something needs to be done properly, I feel happier doing it myself	0	1	2	3	4
2. When a person is slow in getting his/her words out, I feel like interrupting or finishing his/her sentence for him/her	0	1	2	3	4
3. I tend to offer assistance even though no one asked me for help	0	1	2	3	4
4. I am not ready to go when it is time to leave	0	1	2	3	4
5. I feel uncomfortable when a person expresses his/her feelings openly	0	1	2	3	4
6. If a person makes mistakes while speaking, I really need to hold back from openly correcting him/her	0	1	2	3	4
7. I get irritated if a person operates in a slow manner	0	1	2	3	4
8. It is important that people are kind and friendly toward me	0	1	2	3	4
9. It is challenging for me to ever "fully" complete what I start	0	1	2	3	4
10. I have a hard time dealing with people who complain	0	1	2	3	4

The 5 Saboteurs Test (2/5)

	Never	Maybe	Some- times	Often	That's Me
11. I find it difficult to comment when something is not done properly	0	1	2	3	4
12. I sometimes talk too fast	0	1	2	3	4
13. I wait for people to finish before I start speaking	0	1	2	3	4
14. I am known to work very long hours	0	1	2	3	4
15. I am not perceived as soft-hearted	0	1	2	3	4
16. I like things to be done properly, even if it means taking more time	0	1	2	3	4
17. I want to do a great many things, but I never seem to have enough time	0	1	2	3	4
18. I like to know if people are pleased with me and what I have accomplished	0	1	2	3	4
19. I sometimes repeat myself because I am not sure people have understood	0	1	2	3	4
20. I do not like admitting that I am wrong or that I have made a mistake	0	1	2	3	4

The 5 Saboteurs Test (3/5)

	Never	Maybe	Some- times	Often	That's Me
21. I often think that I could have done a better job	0	1	2	3	4
22. I often think about my next thing to do before the one at hand is complete	0	1	2	3	4
23. I believe that it is important for me to make people happy	0	1	2	3	4
24. I get irritated by people who are not working hard enough	0	1	2	3	4
25. In life, I have to fend for myself	0	1	2	3	4
26. In general, I quickly see where to apply corrective measures in order to help improve the situation	0	1	2	3	4
27. I prefer to get working on projects rather than planning and preparing for them first	0	1	2	3	4
28. I feel better when I know that I am appreciated for who I am and what I do	0	1	2	3	4
29. I believe that success and achievement require hard work and long hours	0	1	2	3	4
30. I manage to accomplish a great deal, even when I have surpassed my limits	0	1	2	3	4

The 5 Saboteurs Test (4/5)

	Never	Maybe	Some- times	Often	That's Me
31. Prior to starting a new task, I need to gather all of the necessary information	0	1	2	3	4
32. I often procrastinate and complete things at the last minute	0	1	2	3	4
33. I enjoy feeling needed by people	0	1	2	3	4
34. I am never sure about being successful ahead of time	0	1	2	3	4
35. It is not easy for me to simply trust others and go with what they are saying	0	1	2	3	4
36. For as long as a piece of work is not completed to my standards, I simply start it over again	0	1	2	3	4
37. I always feel like I am in a race against time	0	1	2	3	4
38. I find it difficult to say no when a person asks me to do something	0	1	2	3	4
39. I feel satisfied from having had to fight to achieve what I had to achieve	0	1	2	3	4
40. For me, crying is a sign of weakness	0	1	2	3	4

The 5 Saboteurs Test (5/5)

	Never	Maybe	Sometimes	Often	That's Me
41. I often beat myself up or making mistakes	0	1	2	3	4
42. I often tap my fingers or my feet	0	1	2	3	4
43. I prefer to help people than ask people for help	0	1	2	3	4
44. I like to be acknowledged for the effort I put into my work	0	1	2	3	4
45. I like to have my emotions under control and not visible	0	1	2	3	4
46. I like what I accomplish to be perfect	0	1	2	3	4
47. I do not like waiting in line	0	1	2	3	4
48. I enjoy being in the role of confidant	0	1	2	3	4
49. I often say: "Well, at least I tried ..." or something similar	0	1	2	3	4
50. I do not like admitting to or displaying my weaknesses	0	1	2	3	4

The 5 Saboteurs Test: *Scoring Grid*

Question	Score	Question	Score	Question	Score	Question	Score	Question	Score
1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	
31		32		33		34		35	
36		37		38		39		40	
41		42		43		44		45	
46		47		48		49		50	
BP =		HU =		PO =		TH =		BS =	