

SABIN JOHN
Form 4
January 28, 2005

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
SABIN JOHN

2. Issuer Name and Ticker or Trading Symbol
COMPETITIVE TECHNOLOGIES INC [CTT]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

(Last) (First) (Middle)
1960 BRONSON RD
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
01/26/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

FAIRFIELD, CT 06824

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)		
				Code	V	Amount				(A) or (D)	Price
Common stock	01/26/2005		F(1)			4,248	D	\$ 10.925	9,162	D	
Common stock	01/26/2005		M(2)			10,000	A	\$ 2.14	19,162	D	
Common stock	01/26/2005		M(2)			10,000	A	\$ 2.5	29,162	D	
Common stock	01/27/2005		S			6,378	D	\$ 10.41	22,784	D	
Common stock	01/28/2005		S			4,500	D	\$ 10.933	18,284	D	

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
Stock Option - Right to buy	\$ 2.14	01/26/2005		M ⁽³⁾	10,000	01/02/2003 01/02/2013	Common stock	10,000
Stock Option - Right to buy	\$ 2.5	01/26/2005		M ⁽³⁾	10,000	01/02/2004 01/02/2014	Common stock	10,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SABIN JOHN 1960 BRONSON RD FAIRFIELD, CT 06824	X			

Signatures

Jeanne Wendschuh, attorney in fact for John Sabin
Date: 01/28/2005

**Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Shares owned for at least six months tendered in payment for shares acquired on exercise of stock options.

(2) Shares acquired on exercise of stock option by tendering shares owned for at least six months.

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(3) Exercise of stock option.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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