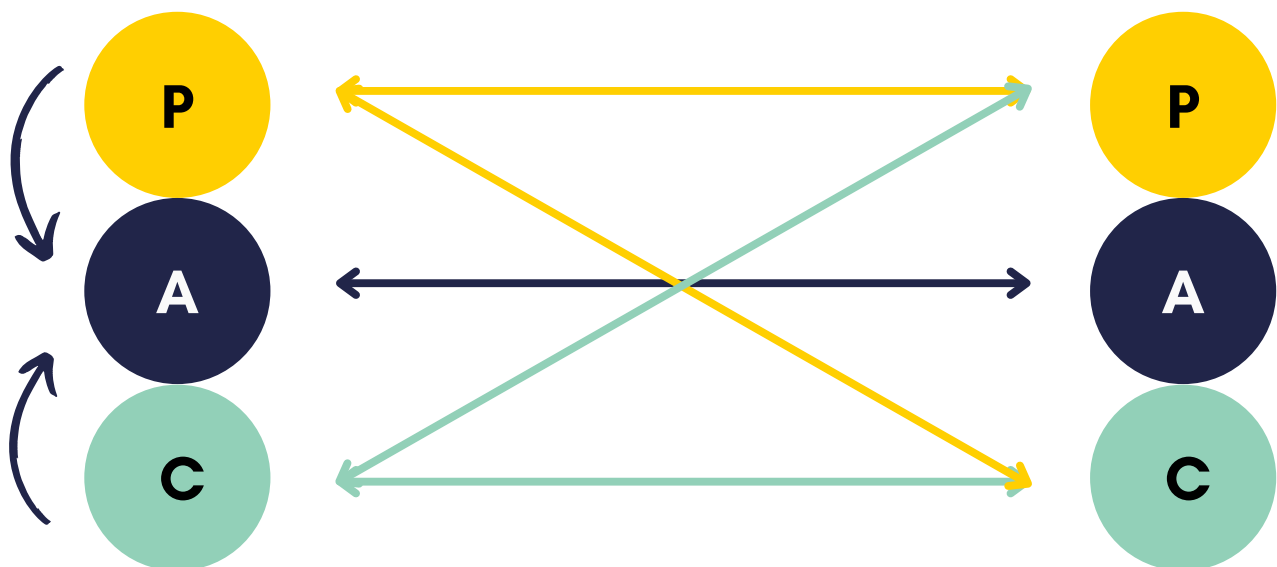


# EGO STATES

## WHAT ARE THEY?

In the late 1950s, psychiatrist Eric Berne developed the concept of Transactional Analysis - a theory around the ego state of a person when a transaction (conversation) takes place. This theory, identifies three different ego states; Parent, Adult, Child. Built on Freudian psychoanalysis, it is the understanding that when we respond to someone or even, when we speak to ourselves, we are coming from one of these three states. Someone's state can cause us to react from the reciprocating space. For example, the parental advice 'don't forget your coat' when delivered with a certain tone, might elicit a childlike response of 'don't tell me what to do'. The challenge is in recognising these states when they are unhelpful for us and bringing it back to an 'adult' discussion.

## THE DIFFERENT TRANSACTIONS



## HOW CAN YOU BRING THE ADULT TO YOUR CONVERSATIONS?

### TYPES OF CHILD

This is specifically related to how you responded as a child. Your Child will encompass the thoughts, emotions and behaviours you had as a child.

**Free Child** - spontaneous, behaving independently and how you choose to. You feel safe to express yourself authentically.

**Adapted child** - responds in the way that's expected of them - abides rules but also challenges authority. In extreme cases this is the side of you that might aim to please in order to feel validated and accepted.

### TYPES OF PARENT

This is specifically related to emotions, patterns, behaviours and tendencies that you experienced from your parents or parental figures.

**Nurturing Parent:** kind, caring and protective side of your parents. You are compassionate and look after yourself and others.

**Controlling (or Critical) Parent:** tries to make the Child do as the Parent wants them to do. It is the part of you that tries to control people through criticism, discounting and blaming.

**Adult** - the Adult in us is the rational person who talks reasonably and assertively. The Adult is comfortable with themselves and reacts appropriately to situations that are present. It is, for many of us, our 'ideal self'.