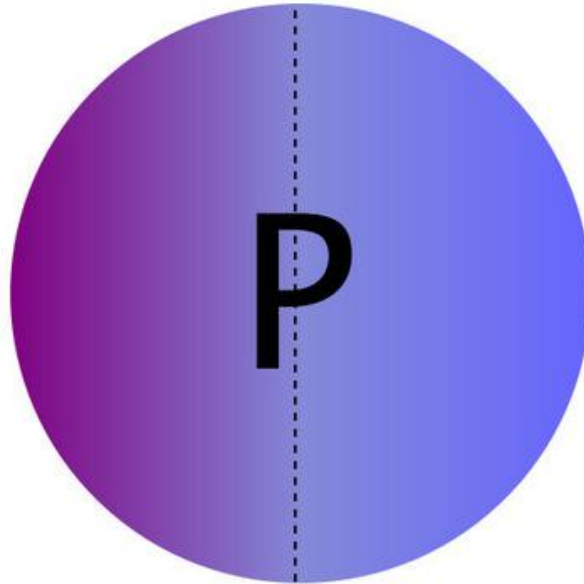


PARENT
ADULT
CHILD



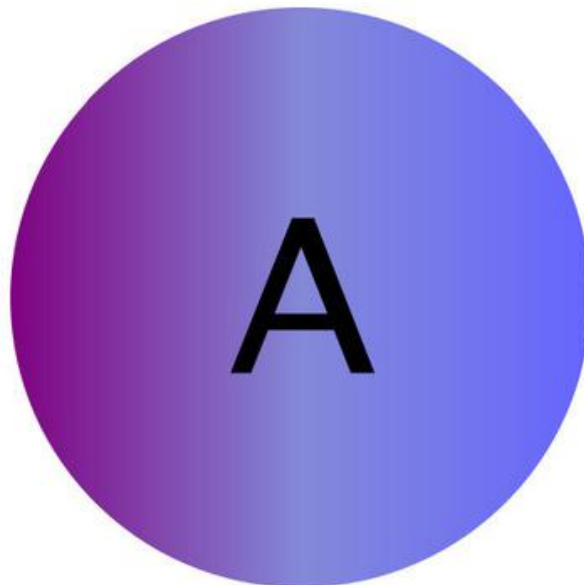
Critical Parent

Monitors adherence to rules, shoulds and musts, and expectations of self and others. Largely automatic



Nurturing Parent

Voice of Unconditional acceptance, hope, and optimism. The source of self soothing and self recognition.

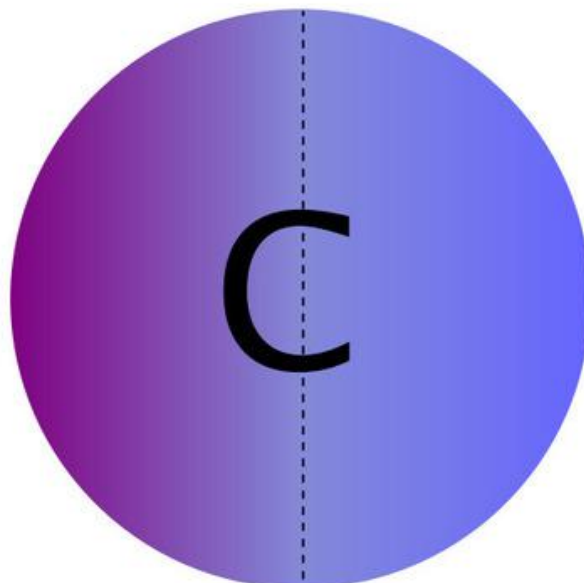


Adult

The planner, observer, organiser. The part of self that can think logically and rationally and act accordingly.

Adapted Child

The part of self that makes emotional decisions about self and the world based on past and present drivers, injunctions, biology and environment

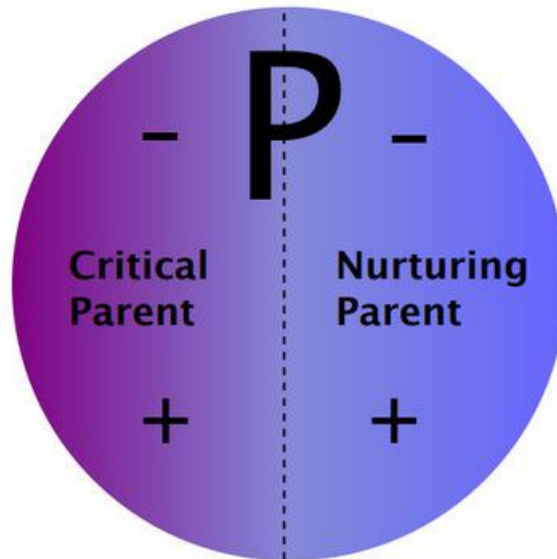


Free Child

The spontaneous, emotive, creative an in-the-moment part of self.

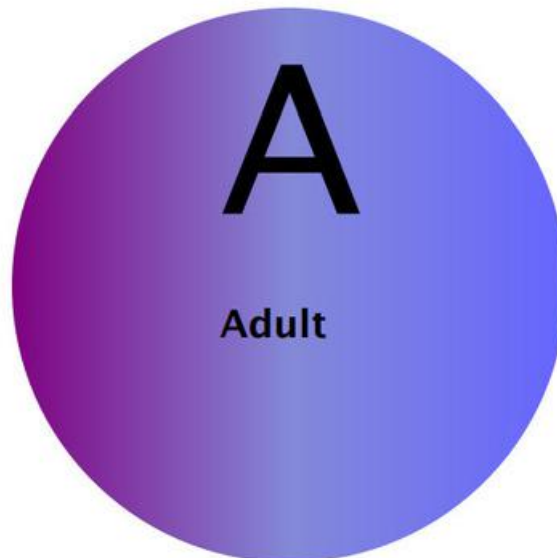
Critical Parent

CP
When I behave in ways which copy my parents telling me what to do.
CP-
Putting Down or discounting the other person
CP+
Parental directives genuinely aimed at protecting or promoting well being



Nurturing Parent

NP
Replaying the behaviours on my parents when looking after me
NP+
Caring from a genuine regards for others helped
NP-
Help is given from a position which discounts the other person.



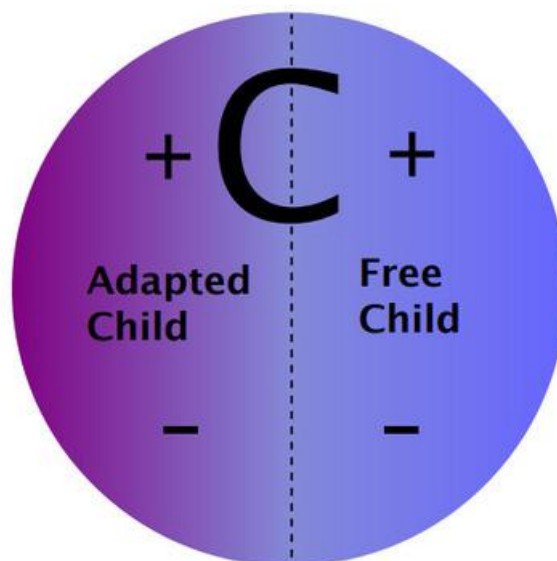
Adult

A
Any behaviour as a response to the "Here and Now"

This is where strategies are stored for solving problems. Reality is tested. Evaluates what is happening in the Parent and Child ego states. When healthy, Adult integrates Parent demands and Child needs

Adapted Child

AC
Way of behaving that fits into what my parents expected
AC+
Productive ways of behaving as a grown up
AC-
Replaying Childhood behaviour that is no longer required.



Free Child

FC
Engaging in behaviours from my childhood that pay no attention to Parent rules or limits
FC+
Expressing emotions in a safe situation
FC-
Uncensored child emotions