



(ACoA Recovery View,
Gravitz,
Bowden, 1985)

(Transformation
View,
Ferguson, 1980)

(Classical
View,
Campbell, 1946)

Some Characteristics of the Real Self and the Co-dependent Self.

Real Self

Authentic Self
True Self
Genuine
Spontaneous
Expansive, loving
Giving, communicating
Accepting of self and others

Compassionate
Loves Unconditionally
Feels feelings, including appropriate, spontaneous, current anger
Assertive
Intuitive
Child Within, Inner Child
Ability to be child like
Needs to play and have fun
Vulnerable
Powerful in true sense
Trusting
Enjoys being nurtured
Surrenders
Self-indulgent
Open to the unconscious
Remembers our Oneness
Free to grow

Private self

Co-Dependent Self

Unauthentic Self, mask
False Self, persona
Ungenuine, "as-if" personality
Plans and plots
Contracting, fearful
Withholding
Envious, critical, idealized, perfectionistic
Other-oriented, overly conforming
Loves conditionally
Denies or hides feelings, including long-held anger (resentment)
Aggressive and/or passive
Rational, logical
Over-developed parent/adult scripts; may be childish
Avoids play and fun
Pretends always to be strong
Limited power
Distrusting
Avoids being nurtured
Controls, withdraws
Self-righteous
Blocks unconscious material
Forgets our Oneness; feels separate
Tends to act out unconscious often painful patterns repeatedly
Public self