



(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