

Your Parent

The Parent ego state is a way of thinking, acting, feeling, and believing similar to our parents' ways.

YOUR PARENT:

1. Establishes rules and sets limits in a commanding tone.
2. Enforces the rules in a confident or demanding tone.
3. Socializes by rewarding and punishing.
4. Supports others by doing things for them.
5. Judges who and what are right for you and others, according to the commands and regulations from your parents.
6. Passes on rules and traditions by teaching, preaching, and commanding.
7. Protects the weak and fearful by standing up for them.

Negotiating

In conflict situations people often: play VICTIM, not asserting their rights or describing their feelings, or

play PERSECUTOR in an attempt to get their way and take revenge on the other person for some injury. Don't play VICTIM!

Don't play PERSECUTOR!

First, ask yourself:

1. What were my initial feelings?
2. What do I want and need from this relationship?

Second, Negotiate.

1. Describe your own feelings and your understanding of the other's feelings.
2. Affirm that you value the person and the relationship.
3. Describe what you want and need from the relationship.
4. Agree upon guidelines for future behavior.

The Role of Victim

Like the Rescuer, the Victim role is a patterned and stereotyped way of relating to others.

The role of Victim is often played from the Child ego state.

The Victim believes that other people ought to be responsible for him.

The Victim acts like a person who has little or no power to control the things that happen to him.

The Victim acts helpless, and pleads for someone to help him.

The Victim's message is:

WHY DOES THIS ALWAYS HAPPEN TO ME?

Your Adult

The Adult ego state is a way of acting, feeling, and believing that is objective and reasoning.

YOUR ADULT

1. Gathers, sorts, and stores information for use when appropriate.
2. Is thoughtful, using the logical processes of analysis and reflection.
3. Acts in a controlled manner, based on consideration of facts, alternatives, and consequences.
4. Solves problems in a systematic way.
5. Reacts to situations primarily in the here and now.
6. Thinks about different possible futures for self and others.
7. Turns off feelings of fear, insecurity, and rejection when they are unrealistic.
8. Can bring together the beliefs, feelings, and responses of the Parent and the Child.
9. Is creative, seeking new ways to see things and interpret events.

Your Natural Child

The Child ego state acts, feels, and believes in a way similar to the way you did when you were young.

YOUR NATURAL CHILD IS:

1. Uncensored—joyful and energetic.
2. Spontaneous—apt to break rules, to act without thinking.
3. Energetic—moving, exploring, intuiting, doing.
4. Sensuous—feeling, touching, seeing.
5. Creative—filled with new ideas and ways of doing things.
6. Loving and adventurous.