

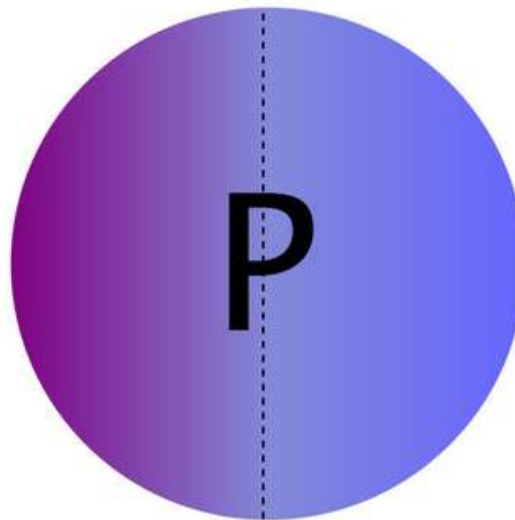


EMMA GERASIMATOS

PARENT ADULT CHILD

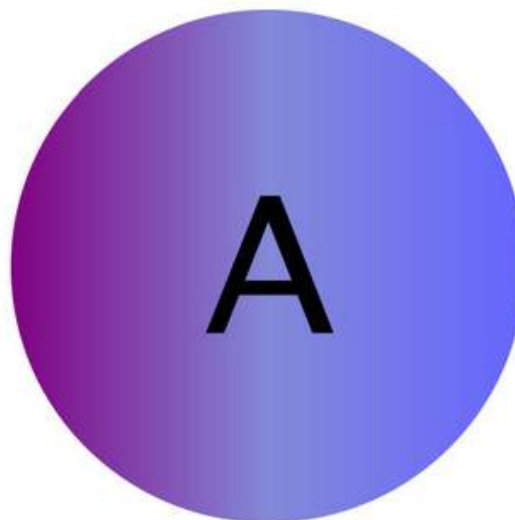
Critical Parent

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.

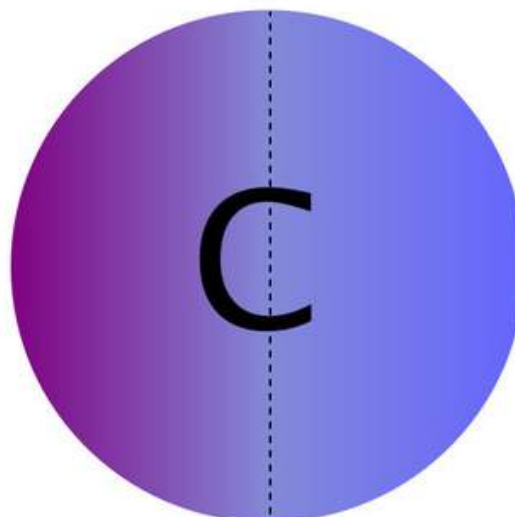


Adult

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-themoment part of self.

Critical Parent

CP

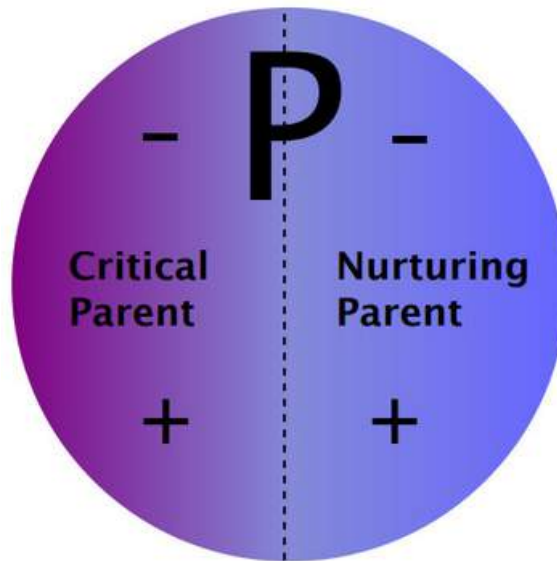
When I behave in ways which copy my parents telling me what to do.

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-

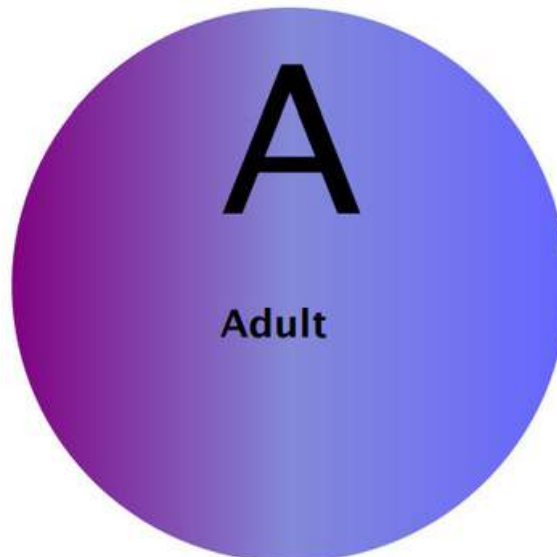
Help is given from a position which discounts the other person.

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

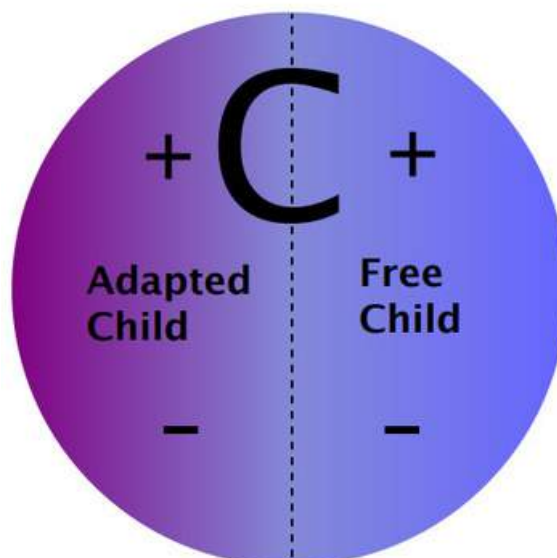
Way of behaving that fits into what my parents expected

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