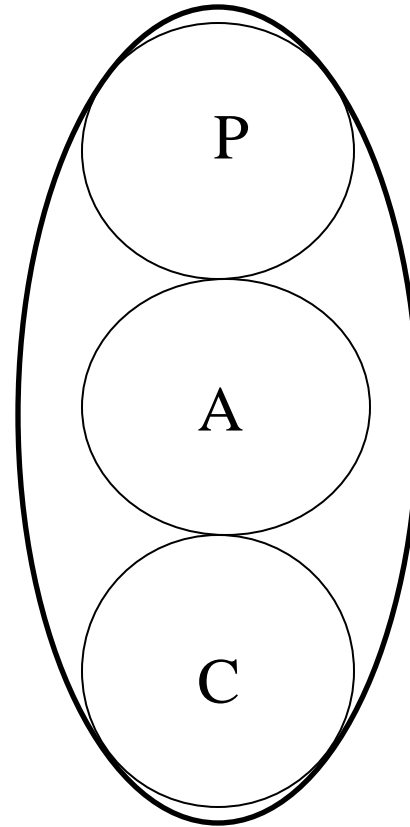




Ego State Model

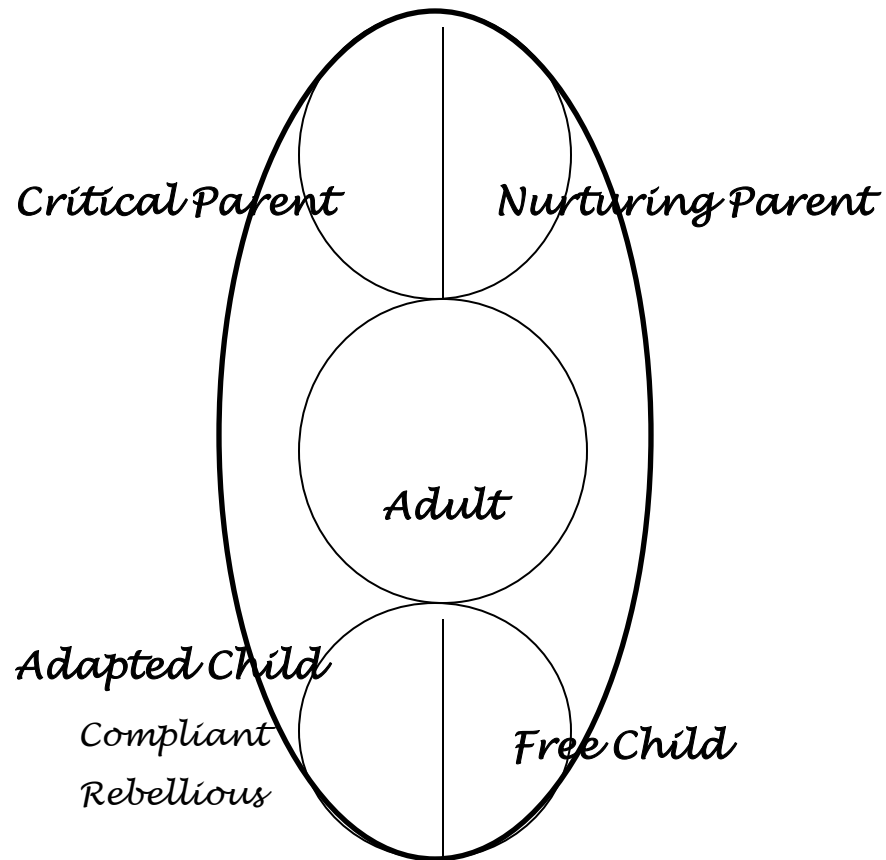
Transactional Analysis

Ego States



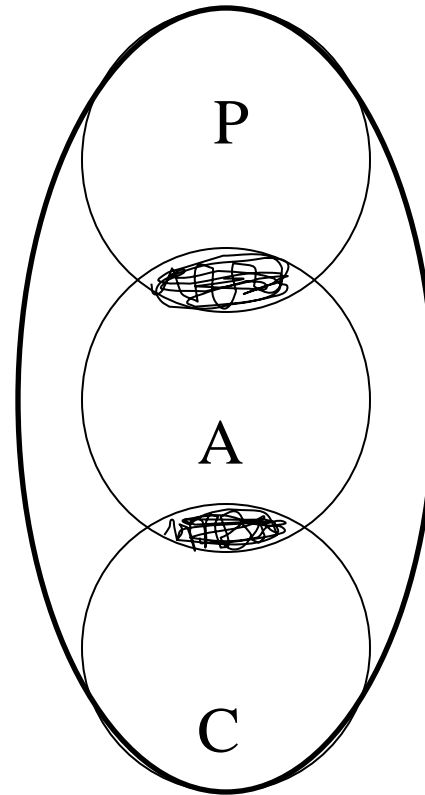
Transactional Analysis

Ego States



Transactional Analysis

Ego States Contamination



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My Ego-Gram (when communicating well)

Draw your ego-gram when communication well with a member on this team.

Critical

Nurturing

Adult

Adapted

Free

Parent

Parent

Child

Child



My Ego-Gram (in conflict)

*Draw your ego-gram when stuck in conflict with a member of the team.
How do I want to shift my energy?*

Critical

Nurturing

Adult

Adapted

Free

Parent

Parent

Child

Child