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“Apply yourself.
Without effort, you cannot be
prosperous.
Though the land be good, You
cannot have an abundant crop
without cultivation”.

K&R Counselling

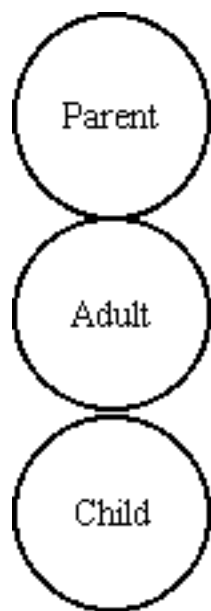


*'Professional service,
Personal care'*

T.A

K&R Counselling
FREE Consultation

Imagine that your personality has three big divisions. In one is stored all your childhood thoughts, feelings, and behaviours. In another is stored all your memories of your parent's thoughts, feelings and behaviours. And the third section is your current thoughts, feelings, and behaviours. These areas of your personality have been called your Child, Parent, and Adult ego states.



Have you ever seen a mature person act like a child, expressing thoughts, feelings, or behaviour in a childlike way? Odds are that person was 'in' the *Child* part of their personality, which would be very similar to the way they were as a child. Maybe you've experienced this when you go back home for a visit: you walk in the front door and feel like a child again, relating to your parents the same way you used to as a child, not like the adult you usually are. You're in your *Child ego state*. The same goes for when you find yourself acting just like your mother or father; standing with the same posture, same tone of voice, same expressions, lecturing. Maybe even giving the same reasons that you heard for doing something. Well you're in your *Parent ego state*, replaying what you saw in your parents.

As for the Adult ego state; when you are responding to the present with thoughts, feelings, and behaviours that are appropriate for a mature grown up person who has many options and decision making capabilities, then you are in your *Adult*. Typically, the *Adult* collects information and assesses consequences of various alternatives, then chooses the most appropriate one.

You have your unique **PAC** (*Parent Adult Child*) ego states, and I have mine. So when we get together to communicate or relate to each other, any of my **PAC** ego states can be interacting with any of your **PAC** ego states. Once you get the idea of ego states relating to each other, figuring out what's going on between people is a whole lot easier. This is one of the strengths of **T.A** (Transactional Analysis).