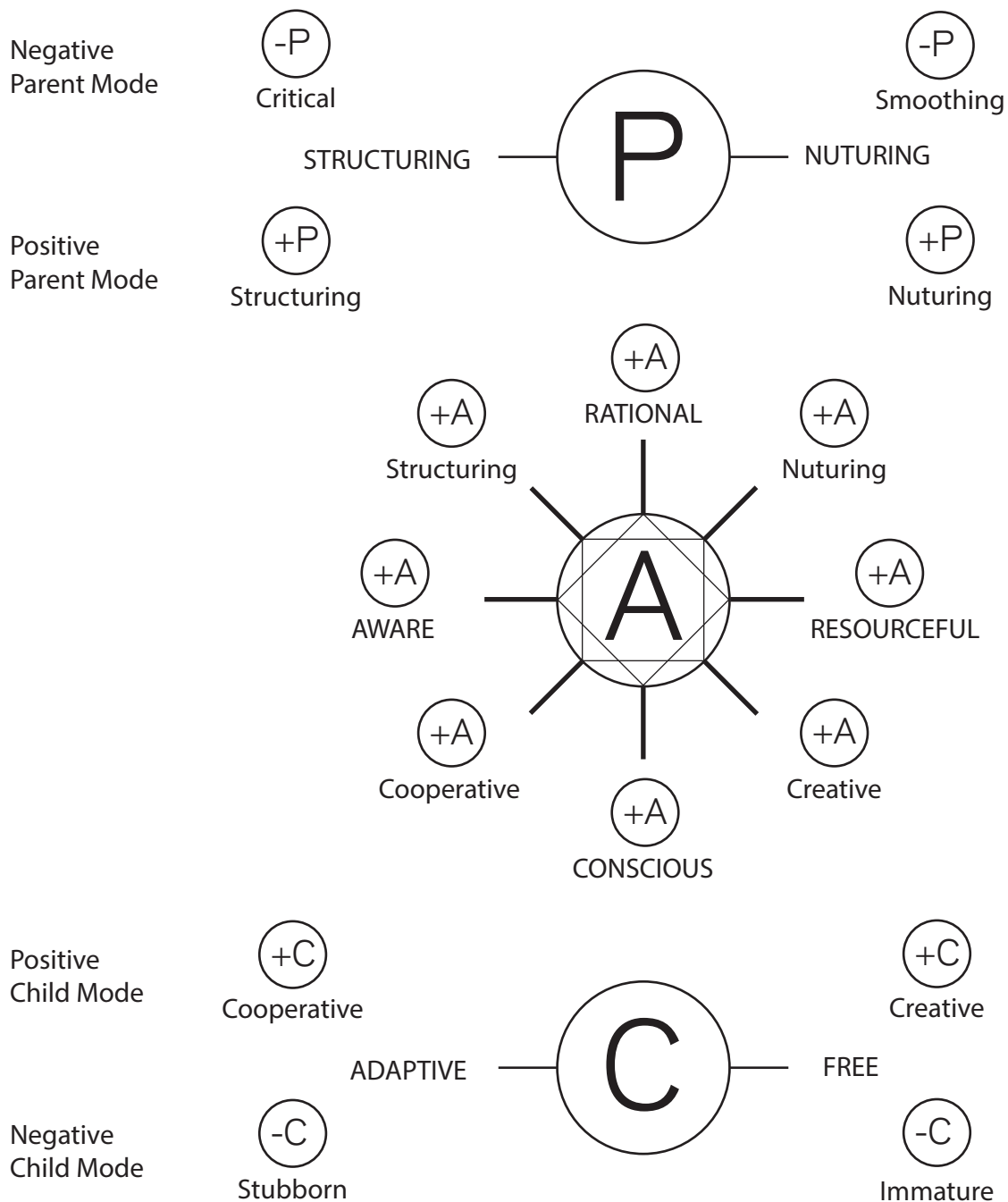


# Ego State Model

At any given time, a person experiences and manifests their personality through a mixture of behaviors, thoughts and feelings. We experience constant movement between all three ego states. Typically, according to Transactional Analysis, there are three ego-states that people consistently use:



Parent: a state in which people behave, feel, and think in response to an unconscious mimicking of how their parents (or other parental figures) acted.

Adult: a state in which people behave, feel, and think in response to what is going on in the "here-and-now," using all of their resources as an adult human being with many years of life experience to guide them.

Child: a state in which people revert to behaving, feeling and thinking similarly to how they did in childhood.