IDENTIFYING OK EGO STATES
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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

1. Demonstrates faith and belief in values, principles, and other people.
2. Examines opinions and feelings
3. Adheres to firm guidelines in actions and decisions.
4. Is kind and good to self.
5. Can be manipulated in an OK manner
6. Enjoys life and most situations.
7. A mini computer that can operate on limited information.
8. Listens well, but doesn't advise unless asked.
11. Does for others without expecting something in return.
12. Says "I like you", "I feel good with you", etc.
13. Determines safety of interpersonal relationships.
14. Says "Yes", "No", "I need more information", etc.
15. Takes care of personal needs in an open manner.
16. Demonstrates care, warmth, and real concern.
17. Expects others to perform and take care of themselves.
18. Makes decisions, evaluates and seeks information.
19. Demonstrates curiosity, intuition, and creativity.
20. OK Critical or Controlling Parent.
21. Openly asks for what is wanted.
22. Takes ownership of personal opinions and feelings (I think, feel).
23. Checks out hunches with others.
24. Provides permission for Child.
25. Demonstrates natural feeling and spontaneity.

KEY
NP = Nurturing Parent
FP = Firm Parent
A = Adult
LP = Little Professor
FC = Free Child

FIND THE ANSWERS AT THE BOTTOM UPSIDE DOWN

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OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT

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