IDENTIFYING NOT-OK EGO STATES
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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

____ 1. Often says "Yes-but".
____ 2. Demonstrates prejudice toward values, principles and other people.
____ 3. Demonstrates scare, loneliness and worry.
____ 4. Uses words indicating absolutes, i.e. always, never, all, none.
____ 5. Gives advice without being asked.
____ 6. Feels attacked or persecuted.
____ 8. Often says, "Why don't you...?".
____ 9. Manipulates others to do for him/her.
____ 11. Finds fault, without offering positive solutions.
____ 12. Does for others but expects obligations in return.
____ 13. Projects guilt to others.
____ 14. Demonstrates weakness, incapability and helplessness.
____ 15. Takes care of personal needs in an open manner.
____ 16. Adheres to rigid rules in actions and decisions.
____ 17. Rebels against rules and standards.
____ 18. Overprotects and discounts the thinking ability of others.
____ 19. Has strong internal Helpless Child he/she is protecting.
____ 20. Hints and cons instead of directly asking for something.
____ 21. Expects others to perform according to his/her standards.
____ 22. Says "I can't" when "I won't" is meant.
____ 23. Uses insincere words of endearment: Honey, Dear, Young Fellow, Little Buddy, etc.

KEY

CP = Critical Parent
RP = Rescuing Parent
A = Adult
HC = Helpless Child
DC = Defensive Child

FIND THE ANSWERS AT THE BOTTOM UPSIDE DOWN


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