EGO STATE ANALYSIS

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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

The next several pages contain a series of optional choice statements. Make 2 choices for each statement. Score a 2 for the choice that BEST describes you and a 1 for the choice that describes the NEXT best. LEAVE THE OTHERS BLANK.

When you finish this questionnaire, you will be given a sheet upon which to record your answers.

example: 1.

2. The BEST choice, most like you

1. the next BEST choice, next most like you

1. Disregarding income, the career I would like would be:
   ___ a. Owning and running my own business.
   ___ b. Being some type of counselor or advisor.
   ___ c. Being around and close to people.
   ___ d. About what I am doing now or where I am going.

2. Other people like me because:
   ___ a. They know they can depend on me in time of need.
   ___ b. I show care and concern for them as a person.
   ___ c. I am honest and straightforward with them.
   ___ d. I usually enjoy what I am doing.

3. When family members or friends become upset or worried, I tend to:
   ___ a. Show my concern for their feelings but do not offer advice.
   ___ b. Listen closely but do not offer advice unless specifically asked.
   ___ c. Try to get them into a better mood by suggesting something fun to do.
   ___ d. Advise them on how I think they could solve their problems.

4. When someone gets on me for doing something wrong, I usually:
   ___ a. Calmly hear them out before saying something.
   ___ b. Do what the situation calls for without getting upset.
   ___ c. Apologize for the mistake and try to do better.
   ___ d. Explain how or why the mistake happened.

5. When I think about government and politicians in general:
   ___ a. get fed up with the overall mess they have made.
   ___ b. I vote my convictions and do not hassle myself.
   ___ c. I realize how little I can do about it.
   ___ d. I get sort of angry at some of the ridiculous laws they have passed.

6. Many of my problems come from:
   ___ a. Getting others to do what they should.
   ___ b. Getting others to think for themselves.
   ___ c. Lacking courage and confidence in myself.
   ___ d. Convincing others to let me do things my own way.

7. When someone is doing something that I think is wrong, I usually:
   ___ a. Show them the right way to do it.
   ___ b. Try to help them see what is really correct.
   ___ c. Ask if they have considered other ways.
   ___ d. Tell them what will happen if they do it wrong.

8. Generally speaking, the most successful people:
   ___ a. Work hard and fulfill their responsibilities.
   ___ b. Seem to know who they are and what they want.
   ___ c. Have the courage and confidence to think and act on their own.

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.