9. Generally speaking, people who get the most from life:
   - a. Are willing to give of themselves to help others.
   - b. Handle life’s problems in a very practical manner.
   - c. Don’t worry or concern themselves with small problems.

10. Most people would enjoy better health if they would:
    - a. Keep themselves in better physical condition.
    - b. Worry less and take better care of themselves.
    - c. Accept and like themselves more.

11. When a person makes a mistake, he/she should:
    - a. Learn from his/her error and not do it again.
    - b. Recognize that everyone makes mistakes.
    - c. Forgive him/herself for the error.

12. You are to take care of 3 four-year-old children for two hours while
    their mothers are shopping. You will:
    - a. Help them find something interesting and fun to do.
    - b. Observe their activities so they do not hurt themselves or others.
    - c. Get down on the floor and play with them.

13. You have been planning several weeks on a “fun” type weekend with another couple.
    At the last moment, they call and say they have decided not to go. You will probably:
    - a. Go ahead without them or find something else fun to do instead.
    - b. Postpone your plans and feel somewhat disappointed.
    - c. Try to talk them into changing their minds and going with you.

14. At a party, someone accidentally spills ice cream on your clothing. You will:
    - a. Clean it up as best you can and enjoy yourself.
    - b. Go home and change or leave as soon as possible.
    - c. Feel anger at the person who was so clumsy.

15. Others might describe you as:
    - b. Informal, wise, helpful.
    - c. Kind, loving, understanding.
    - d. Straightforward, self-confident, well-organized.
    - e. Fun to be with, very much alive, spontaneous.
    - f. Helpful, agreeable, cooperative.
    - g. Clever, somewhat rebellious, independent.

16. As I think about myself, I find that
    - a. I am often critical of others’ thoughts and actions.
    - b. Others seem to come to me for advice.
    - c. I demonstrate a real concern for others’ feelings.
    - d. I listen well when others are talking.
    - e. I do a lot of different things for enjoyment.
    - f. I am not as self-confident as I want to be.
    - g. I like to discuss controversial subjects.

17. Perhaps my greatest personal assets are:
    - a. My ability to do a job well.
    - b. My concern to help others do better.
    - c. My sincerity in dealing with others.
    - d. My ability to evaluate situations and make decisions.
    - e. My ability to enjoy life and other people.
    - f. My loyalty to people, ideals and beliefs.
    - g. My ability to take care of myself.

NOW TAKE THE NUMBERS FROM THESE 2 SHEETS AND TRANSFER THEM TO THE NEXT SHEET - THE EGO STATE ANALYSIS SHEET