

## HEALTHY PERSONALITY DEVELOPMENTAL STRUCTURE

### PARENT

The five primary attributes of the Parent ego-state are the provision of :

**PERMISSION** : To Love, To Change, To Do Things Well.

**POTENCY** : By holding values that promote love, change, and doing things well.

**PROTECTION** : By active decisions and means to do no harm or allow no harm to come others in your care, custody or control.

**REPETITION** : You have to explain to children (people) several times for them to get it.

**REASSURANCE** : Children (people) need emotional reassurance that they are OK.

### ADULT

The Adult ego-state operates rationally when not contaminated by the Parent or Child ego-state. It provides a data-base for Loving, Changing, and Doing Things Well. Part of the job of the Adult is to question authority, and to question the assumptions that we have grown up with in our childhood.

### CHILD

The Natural Child is the core of our self. Our internal wisdom, creativity, and authenticity often gets lost or submerged as we develop our Adapted Child which develops in order to cope with our family of origin, school and the rest of the world in general. Sometimes the decisions of childhood are functional and sometimes they are dysfunctional. We need to examine them to help regain our core, our wisdom, our authenticity and freedom--our self.

The greatest gift that we can give ourselves, our children, our clients, our friends, our neighbors, our country, our world, is that we have examined our childhood and kept the functional decisions and dump the dysfunctional decisions that do not work and keep us stuck in misery.

To that end we must examine the contents of our Parent-Adult-Child ego-states and determine what is worthwhile--keep it--determine what is not worthwhile--and discard it, with respect and understanding for ourselves and our parents.

This is a journey and venture that is a life-long adventure. To love does not mean to never get angry. To change does not mean to placate to keep the peace. To do things well does not mean to be perfect.

Among other things, To Love means to confront difficult issues with care and respect. Among other things, To change means to develop a capacity for the toleration of uncertainty so that anxiety avoidance is not the primary determinate of our decisions. Among other things, To Do Things Well means to give 95% of ourselves in our quest & path -- 100%ers burn out -- keep 5% for emergencies .

The **PROCESS** of working with spouses, lovers, clients, family, friends, colleagues, is the same.  
Love, Care, Patience, Respect, Clear Limits, Learning.



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.