

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.
- _____ 7. Has influencing Critical Parent.
- _____ 8. Often says, "Why don't you....?".
- _____ 9. Manipulates others to do for him/her.
- _____ 10. Believes strongly in tradition.
- _____ 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.
- _____ 24. Argues, defends, scapegoats and blames.

KEY

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

**FIND THE ANSWERS AT THE
BOTTOM UPSIDE DOWN**

14-HC 15-DC 16-CP 17-DC 18-RP 19-CP 20-HC 21-CP/RP 22-HC/DC 23-RP 24-DC
1-DC 2-CP 3-HC 4-CP 5-RF 6-HC/DC 7-HC 8-RF 9-HC 10-CP 11-DC 12-RF 13-RP



**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.**