

# 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   a. The BEST choice, most like you  
  1   b. 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 straightfoward 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. I 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.