

EGO STATE ANALYSIS

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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

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:
- a. Strong, firm, decisive.
 - b. Informed, wise, helpful.
 - c. Kind, loving, understanding.
 - d. Straightfoward, 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



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.