

IDENTIFYING OK EGO STATES

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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

- _____ 1. Demonstrates faith and belief in values, principles, and other people.
- _____ 2. Examines opinions and feelings
- _____ 3. Adheres to firm guidelines in actions and decisions.
- _____ 4. Is kind and good to self.
- _____ 5. Can be manipulated in an OK manner.
- _____ 6. Enjoys life and most situations.
- _____ 7. A mini computer that can operate on limited information.
- _____ 8. Listens well, but doesn't advise unless asked.
- _____ 9. A computer.
- _____ 10. Provides protection for Child.
- _____ 11. Does for others without expecting something in return.
- _____ 12. Says "I like you", "I feel good with you", etc.
- _____ 13. Determines safety of interpersonal relationships.
- _____ 14. Says "Yes", "No", "I need more information", etc.
- _____ 15. Takes care of personal needs in an open manner.
- _____ 16. Demonstrates care, warmth, and real concern.
- _____ 17. Expects others to perform and take care of themselves.
- _____ 18. Makes decisions, evaluates and seeks information.
- _____ 19. Demonstrates curiosity, intuition, and creativity.
- _____ 20. OK Critical or Controlling Parent.
- _____ 21. Openly asks for what is wanted.
- _____ 22. Takes ownership of personal opinions and feelings (I think, feel).
- _____ 23. Checks out hunches with others.
- _____ 24. Provides permission for Child.
- _____ 25. Demonstrates natural feeling and spontaneity.

KEY

- NP = Nurturing Parent
- FP = Firm Parent
- A = Adult
- LP = Little Professor
- FC = Free Child

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

- 14-A 15-FPA,FC 16-NP 17-FPA 18-A 19-LP 20-FP 21-FPA,FC 22-A 23-LP 24-NP 25-FC
- 1-FP 2-A 3-FP 4-NP,FC 5-LP 6-FC 7-LP 8-NP 9-A 10-FP 11-NP,FC 12-FC,NP 13-LP



**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.**