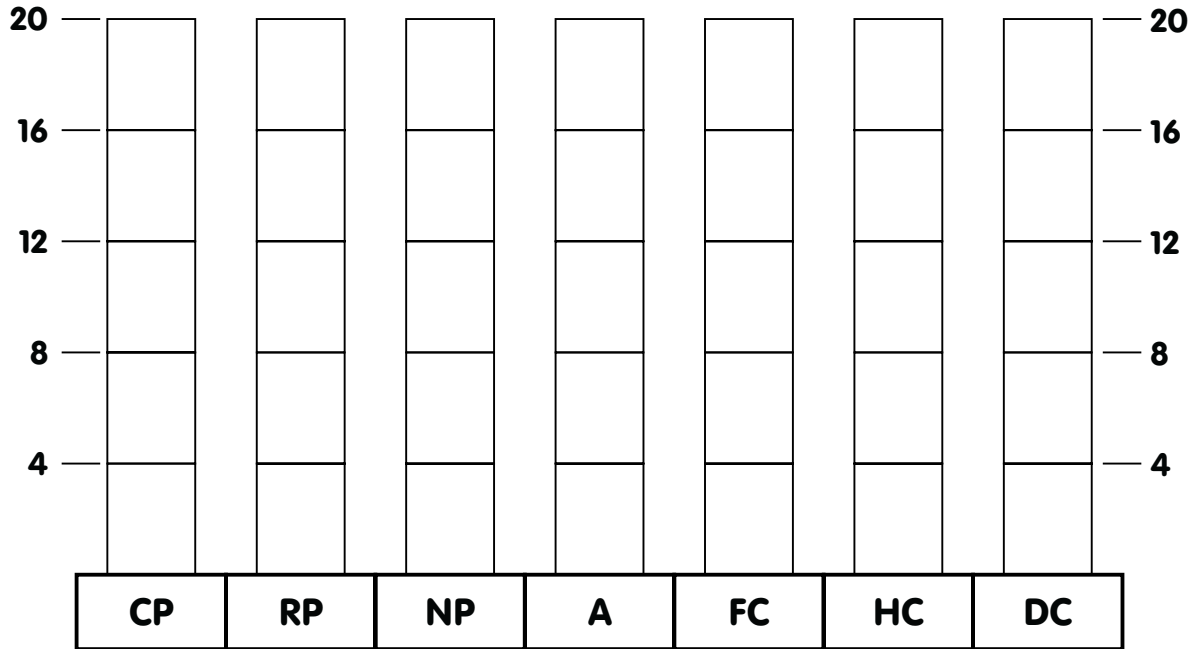
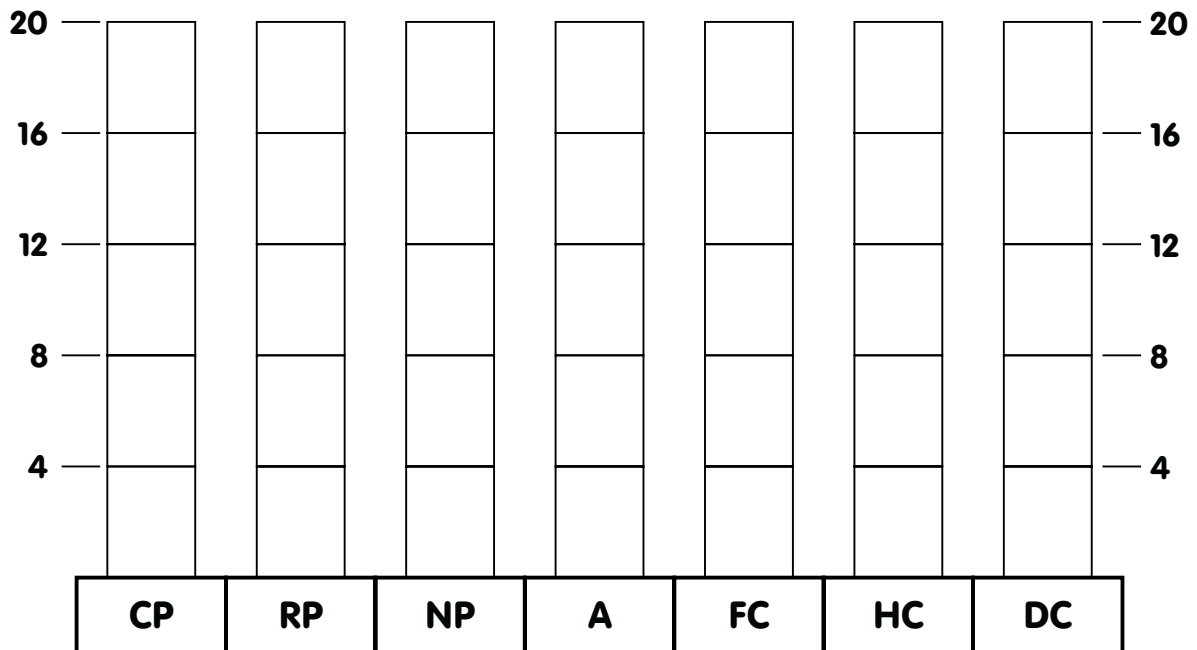


EGO GRAM FILL IN SHEET

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FROM SELF ASSESSMENT - TA FOR MANAGEMENT



CP = Critical Parent RP = Rescuing Parent NP = Nurturing Parent A = Adult FC = Free Child HC = Helpless Child DC = Defensive Child



1. Plot your Ego Gram on the this page by:
2. Plot the TOTALS numbers from the previous page on 1 of the 2 charts above.
3. Shade in the area to make a vertical bar chart. Compare with others. Discuss with interest, curiosity.



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.