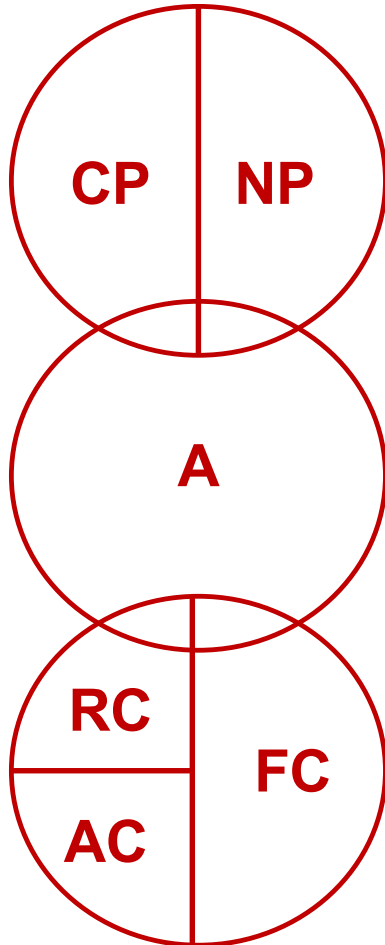




Ego States

Critical Parent

- Moralistic
- Judgemental
- Anxious
- Authoritarian



Nurturing Parent

- Reassuring
- Caring
- Encouraging
- Supportive
- Understanding

Adult

- Non-judgemental
- Open-minded
- Interested
- Confident
- Reality based
- Curious

Rebellious Child

- Defiant
- Complaining
- Sulky

Adapted Child

- Compliant
- Passive
- Worried

Free Child

- Curious
- Energetic
- Fun-loving
- Spontaneous
- Imaginative

NOTES

AUTHENTIC

Integrity
Courageous
Authentic
Strategic
Discerning

ACHIEVEMENT

Decisive
Results oriented
Purposeful
Visionary
Productive

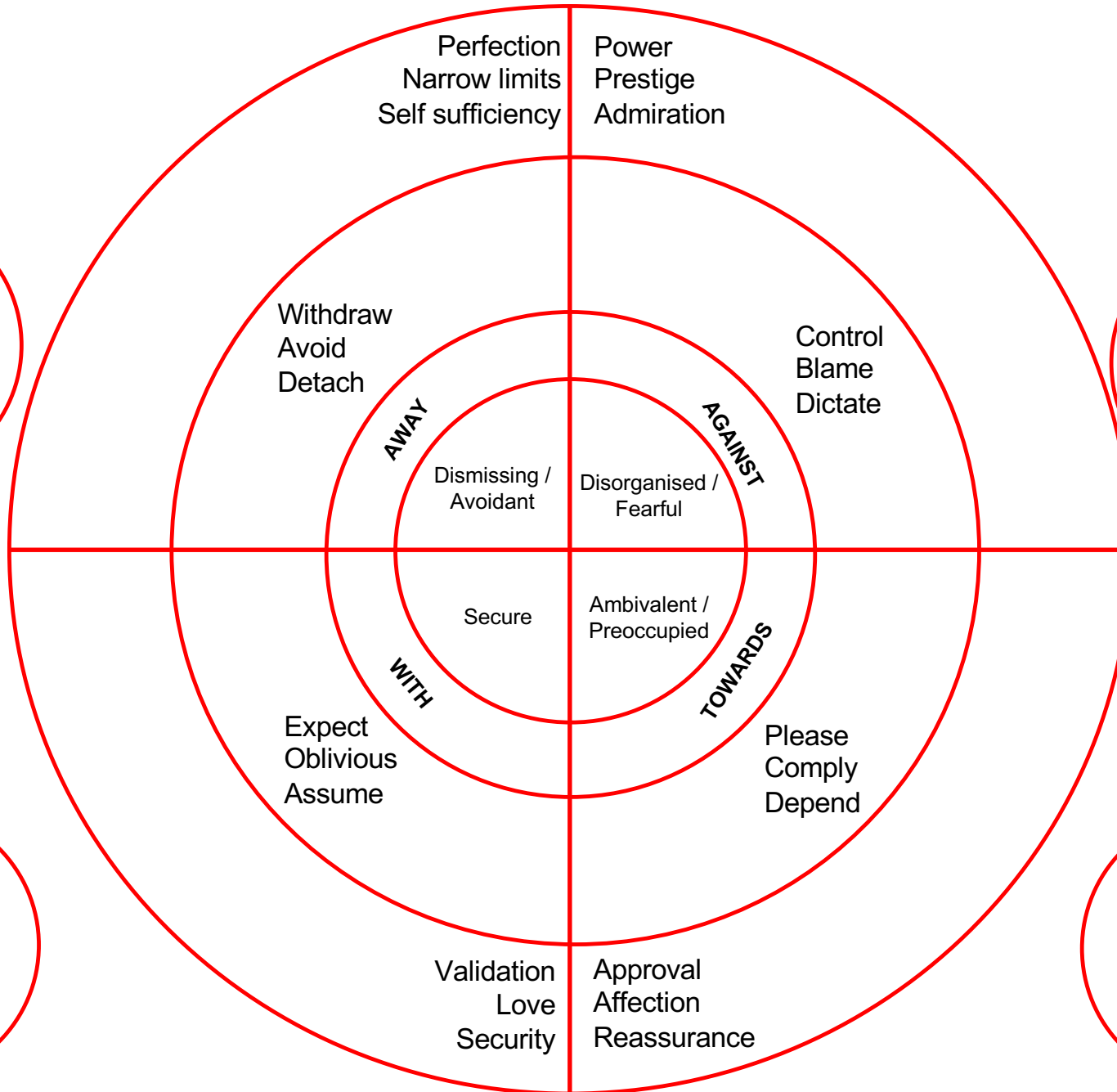


SELF-ESTEEM

Whole-hearted
Expressive
Honest
Open
Generous

RELATEDNESS

Caring
Collaborative
Relational
Balanced
Composed





ORIGINS OF RELATIONSHIPS

Be Perfect	Be Strong	Try Hard	Please Others	Hurry Up
I don't make mistakes – ever.	Don't show weakness to anyone	Never give up, there's always a way	I am here to serve others	The devil makes work for idle hands
It's wrong to get things wrong	Don't let life get the better of you	Give things a try, you never know	It's good to make others feel good	You've got to stay on top of things
Everything needs to be in the right place	Giving up or quitting is failure	I can take on much more than others	I'm okay if you feel okay	If you're awake do something
Lists help you stay ordered	Life is a battle you need to win	I'm a bit of a super wo/man	My opinion isn't as important as yours	I hate waiting around for others
I'm as close to perfect as I know how to be	Emotions get in the way	Others are impressed with how much I do	I'm the peace keeper around here	Just make a decision and move on
I have my life operating better than others	I am excellent in a crisis	There's always something needing me	Others need to be heard	There's no need to over think things
I am better than others, and they know	Stay in control of your emotions	Give it to me, I'll get it done	How can I help this situation	I can churn through work like no one else
I have really high standards	Avoid getting attached to people and things	I might not quite finish everything I start	I'm not always appreciated- that's ok	Time is precious, don't waste a minute
Even I struggle to live up to my standards	I don't have a silly side to me	I give everything I try a 100%	I strive to make things better	Just get on with it already!
Others should just do it like me	I don't like to be out of control	I cant get to everything but I'll try my hardest	I like to be liked by others	I could have done that in half the time

BEHAVIOUR	DESCRIPTION	IMPACT
Calmness	Psychological and mental serenity regardless of the circumstances.	How can you become less reactive to triggers from your environment / specific people? What makes you less vulnerable to a limbic reaction?
Clarity	The ability to perceive situations accurately without distortion from extreme beliefs and emotions	How can I be more objective about this situation? What would a beginners mind notice as possibilities?
Curiosity	Having a strong desire to know or learn something new about a situation, person or topic	How wonderful / fascinating! How can I understand more?
Compassion	To be be open heartedly present and appreciative of others without without needing to fix, change and keep distance	How might this person be suffering? What prevents this other person from being released from their suffering?
Confidence	Maintaining a strong belief in your ability to stay present and and handle or repair anything that happens because, “ no matter what, it’s okay and it will work out the way it should”	I have healed and repaired from previous failures and mishaps how can I bring that awareness to this situation Where is the lesson in this?
Courage	Recognition that you have strength in the face of threat, challenge and danger	How might I achieve my goal here? How might I make amends here? How might I heal my inner pain / shame in healthier ways?
Creativity	The use of your imagination to produce original ideas	What can I do to release my ability to generate creative learning and solutions to challenges What moves me into a state of flow?
Connectedness	The state of feeling a part of a larger entity such as a partnership, team, family, community or organisation	What is my highest purpose? How can I reveal truth about myself in this situation? How can I relax my defences?
Contrition	Contrition is the result of remorse when we experience a feeling of deep anguish over something we’ve done that has created a bad circumstance or caused injury to others (whether that injury was intended or unintended). The word comes from a Latin word meaning “to bite with more force,” and refers the gnawing feeling or gnashing of teeth a person of conscience who knows they have done wrong might experience. It’s a moral response to a moral failure and as such, it arises out of a sense of guilt.	Step 1: Express Remorse. Every apology needs to start with two magic words: "I'm sorry," or "I apologize." ... Step 2: Admit Responsibility. Next, admit responsibility for your actions or behaviour, and acknowledge what you did. ... Step 3: Make Amends. ... Step 4: Provide some level of reassurance that you will make every effort to ensure it won't happen again