

Personal Communication Profile

There is no time limit to this questionnaire. It will probably take 10 to 15 minutes. The more spontaneous and honest you can be the more accurate the results probably will be.

Instructions

If you agree with a statement, mark a plus (+). If you disagree mark a minus (-). Be sure to place either a plus mark or a minus mark in the appropriate colour box.

1.	<input type="checkbox"/>	Teenagers would be better off if they tried harder to understand and utilise the experience of older people.
2.	<input type="checkbox"/>	I enjoy driving fast.
3.	<input type="checkbox"/>	Generally I manage to keep a calm appearance even though I am all upset inside.
4.	<input type="checkbox"/>	There are too few people nowadays with enough courage to stand up for what is right.
5.	<input type="checkbox"/>	People who tend to be "bossy" actually lack self-confidence although they do not realise this.
6.	<input type="checkbox"/>	I do not like it when people are not clear about what I say and ask me to repeat it.
7.	<input type="checkbox"/>	Effective leadership means to enable people to give the best of themselves rather than seek the best for themselves.
8.	<input type="checkbox"/>	There is too much sex and violence on TV nowadays.
9.	<input type="checkbox"/>	In my opinion it is healthy to discuss freely sex, intimacy etc.
10.	<input type="checkbox"/>	I find it difficult to stick to a diet, stop smoking, etc.
11.	<input type="checkbox"/>	In my opinion speed limits should be strongly enforced.
12.	<input type="checkbox"/>	Parents tend to be too permissive nowadays.
13.	<input type="checkbox"/>	I believe that absolute openness and honesty with others is possible.
14.	<input type="checkbox"/>	In my opinion 95% of the important life decisions are based on feelings.
15.	<input type="checkbox"/>	Too many people allow others to push them around.

16.	<input type="checkbox"/>	Although most people are not, I seem to be quite comfortable with a long period of silence.
17.	<input type="checkbox"/>	I can recall situations where, as a child, older people made me feel ashamed.
18.	<input type="checkbox"/>	Sometimes children need to be smacked for their own good.
19.	<input type="checkbox"/>	We need more rather than less censorship on the television, films and in magazines etc.
20.	<input type="checkbox"/>	Even with strangers I seldom feel bored, impatient or lonely.
21.	<input type="checkbox"/>	I know that sometimes I ought to eat and drink less than I do.
22.	<input type="checkbox"/>	The good opinion of others is important to me.
23.	<input type="checkbox"/>	My parents encouraged exploring and learning things for myself.
24.	<input type="checkbox"/>	I am uncomfortable when something unexpected happens.
25.	<input type="checkbox"/>	Even when one feels life is not worth living no one is justified in committing suicide.
26.	<input type="checkbox"/>	I try to attend many courses, lectures, etc.
27.	<input type="checkbox"/>	Sometimes I tell myself "Shut-up; you are talking too much".
28.	<input type="checkbox"/>	A remedy for the modern divorce situation would be to make the conditions for divorce more stringent so that marriage would be considered in a more serious light.
29.	<input type="checkbox"/>	I seldom if every blush.
30.	<input type="checkbox"/>	Most mistakes result from misunderstanding rather than carelessness.
31.	<input type="checkbox"/>	Tense situations can make you feel so uncomfortable that I must do something about them.
32.	<input type="checkbox"/>	Most youngsters would benefit from obligatory military service.
33.	<input type="checkbox"/>	I have had to change my strong convictions many times as a result of new information.

34.		Humility is one of the virtues, perhaps the greatest one.
35.	<input type="checkbox"/>	Long hair seems to compensate for small brains nowadays.
36.	<input type="checkbox"/>	Experience is useful, but in most instances it needs to be modified by new facts and information.
37.	<input type="checkbox"/>	Marriage between people from different races or countries can cause trouble.
38.	<input type="checkbox"/>	All work and no play add up to a dull life, and that is not the way I want to live.
39.		Sometimes I hear myself say "I do not make the rules, I just follow them".
40.	<input type="checkbox"/>	You cannot change human nature.
41.	<input type="checkbox"/>	I do not believe that there has to be a natural and unresolvable conflict between organisations and individuals.
42.		Sometimes I get so discouraged that I want to run away.
43.	<input type="checkbox"/>	Capital punishment should never be completely done away with.
44.	<input type="checkbox"/>	People should attend church more often.
45.	<input type="checkbox"/>	Most discussions carry some consequences and I like to evaluate these as closely as possible before make a decision.
46.		I am concerned about the approval of others.
47.	<input type="checkbox"/>	I like to run things, be "boss of the situation", take charge.
48.	<input type="checkbox"/>	Even at social gatherings I find myself discussing business or seeking information.
49.		Being a subordinate is not that easy but it is better than being the boss.
50.	<input type="checkbox"/>	I quickly become bored with a situation.
51.	<input type="checkbox"/>	I believe that society would be better off if the laws were more rigorously enforced.

52. I am not ashamed of my tears when I am sad enough to cry, even when others are around.

53. When I think people are wrong or stupid I say so.

54. I envy people who quit their career in order to start a new life-style.

55. I just cannot trust people like others seem to.

56. Even though there may be a standard approach to a situation, I like to work out new ways.

57. I put things off until they can't be put off any longer.

58. I am inclined to be enquiring, challenging and aggressive.

59. Most people are capable of sustained self-direction and control.

60. Forms of physical activity make me feel good.

61. I get angry and disturbed with someone I think is submissive and compromising.

Instructions

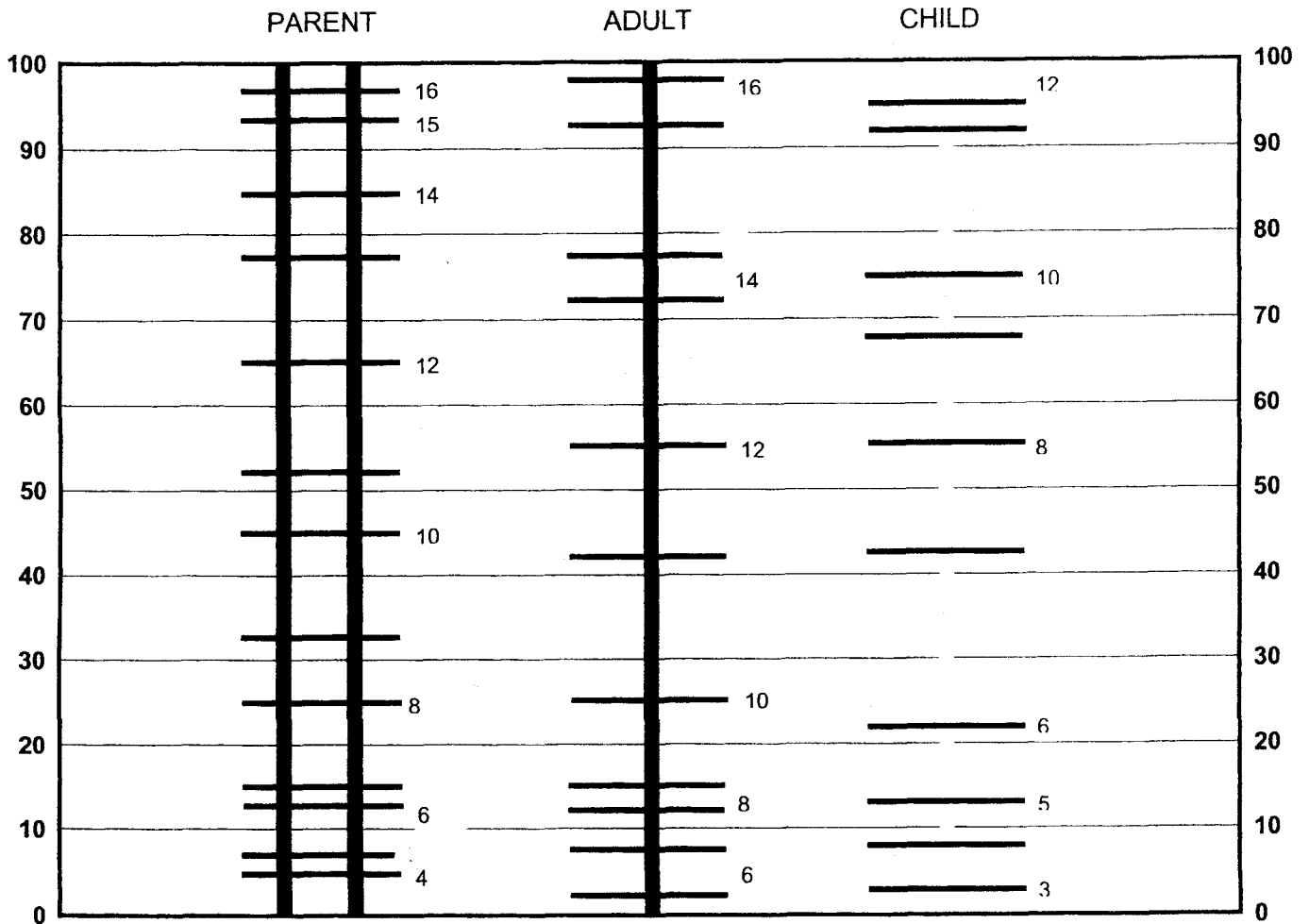
You score one point for each item you have answered with plus. Answers with minus do not score. Use the scales below.

1	<input type="checkbox"/>	32	<input type="checkbox"/>	3	<input type="checkbox"/>	2	
4	<input type="checkbox"/>	35	<input type="checkbox"/>	7	<input type="checkbox"/>	6	
5	<input type="checkbox"/>	37	<input type="checkbox"/>	9	<input type="checkbox"/>	10	
8	<input type="checkbox"/>	40	<input type="checkbox"/>	13	<input type="checkbox"/>	14	
11	<input type="checkbox"/>	43	<input type="checkbox"/>	16	<input type="checkbox"/>	17	
12	<input type="checkbox"/>	44	<input type="checkbox"/>	20	<input type="checkbox"/>	21	
15	<input type="checkbox"/>	47	<input type="checkbox"/>	23	<input type="checkbox"/>	24	
18	<input type="checkbox"/>	50	<input type="checkbox"/>	26	<input type="checkbox"/>	27	
19	<input type="checkbox"/>	51	<input type="checkbox"/>	29	<input type="checkbox"/>	31	
22	<input type="checkbox"/>	53	<input type="checkbox"/>	30	<input type="checkbox"/>	34	
25	<input type="checkbox"/>	55	<input type="checkbox"/>	33	<input type="checkbox"/>	39	
28	<input type="checkbox"/>	58	<input type="checkbox"/>	36	<input type="checkbox"/>	42	
		61	<input type="checkbox"/>	38	<input type="checkbox"/>	46	
				41	<input type="checkbox"/>	49	
				45	<input type="checkbox"/>	54	
				48	<input type="checkbox"/>	57	
				52	<input type="checkbox"/>	60	
				56	<input type="checkbox"/>		
				59	<input type="checkbox"/>		

PARENT SUBTOTAL Nurturing Caring Indulgent	PARENT SUBTOTAL Controlling Organising Critical	
PARENT		ADULT
		CHILD

P.A.C. Profile

Plot the totals of Parent, Adult and Child on the personality diagram below. Connect the established points and you will have your P.A.C. profile.



Interpretation of your P.A.C. Profile

The highest percentage score of the three indicates the ego state most used by you. If there is a difference of twenty or more on the percentage scale between the highest and the second highest, this means that this ego state usage is dominant for you. If there is less than 20% difference, then there is a likelihood that there is switching between the two ego states of which most people are not consciously aware.

Parent Ego State

Now plot the Parent subtotals on the Parent diagram. You will then have a profile of your Parent ego state as to the strength of the nurturing, caring, indulgent Parent and the controlling, organising, critical Parent.

