

## Your Personal Profile

Your Personal profile is based on Transactional analysis, which is a way of understanding behaviour. It is based on the belief that we can learn from studying more closely the way our decisions and communications are based on our thoughts and feelings.

Think of your brain as a video recorder and that we have Parent, Adult and Child tapes (egos) to play on that recorder.

### The Parent ego

The basic information on this tape comes from your experience of life with your parents and your teachers, particularly in early life. Remarks like - "Sit up straight at table", "Use your knife and fork not your fingers", "Bring it here, Mummy will help you", will be on your Parent tape and can be played back.

You can sometimes hear children scolding each other, e.g. "Don't touch that - Mummy says so". When we feel, think, talk and behave in the way we remember our parents did then we are playing our parent tape. Often it is the parent attitude which shows in later life, rather than the actual words, e.g. "In our line of business..." or "Leave it to me..."

The parent ego has two sides:

- The controlling, disciplines, restricting parent
- The helpful, caring, loving parent

The controlling parent is the one who scolds when the children are late for dinner and the caring parent is the one who is happy they arrived home safely.

The parent ego is very strongly imprinted on the brain and works automatically, particularly if we are involved in any critical or evaluation process.

The critical parent uses words and phrases like:

Right - Wrong	What will people say...
Good _ Bad	That's the limit!
Never - Always	Why haven't you....
Sensible - Careless	You must never...

The nurturing parent uses words and phrases like:

Oh Dear! What a shame....	Don't be afraid...
Take care...	I'll help you....
Please remember to.....	It won't take me long to....
Don't be late...	Poor you...

## The adult ego

All facts, logical and linked experiences and common senses are recorded on your Adult tape.

The adult ego is the mature and deliberating part of personality. Your actions and words, when this tape is played, are sensible and well-considered, as opposed to the almost automatic reactions of the parent ego. The adult ego collects information, evaluates it, works out probabilities, tackles and solves problems, all in logical, calm collected way. You concentrate on facts, not feelings and prejudices. The adult ego is independent of age. A child, too, can use common sense as a background for his/her actions.

As a rule, the adult ego asks questions and seeks out facts, e.g.

What is that?	Let's find out.
What do you think?	Let's experiment.
Why did it happen?	Let's define it.
What are the choices?	How can we handle it best?

## The child ego

The child tape represents the child you once were. On it are recorded all your emotions, all your early experiences, together with your initial views of yourself and others. The child ego reacts emotionally with the feelings and instincts of childhood.

The child ego has two facets:

### The natural child:

This is primitive, impulsive, instinctive, undisciplined and demanding.

### The adapted child:

This carries the influence of a person's upbringing which 'does as it is told' and gives rise to guilt, rebellion, disobedience, compromises.

Examples of phrases used in the child ego state are:

I like...	You always try to...	I will in a moment....
I won't...	Let's play...	If only...
I must...	Help me...	If, she can, so can I...
I feel...	Wow!	It's mine...

# Personal Profile

<u>Critical Parent</u>	<u>Nurturing Parent</u>	<u>Adult</u>	<u>Natural Child</u>	<u>Adapted Child</u>
<b><u>Words</u></b>				
Never	Good	correct	Fantastic	Can't
Should	Nice	How	Fun	Wish
Ought	I love you	What	Want	Try
Must	Splendid	Why	Won't	Hope
Bad	Tender	Results	Hate	Please
Always	Poor thing	Practical	Scared	Thank you
Good	Don't worry	Alternative	Hi!	Sorry
Ridiculous	There there	Quantity	Super	Ought
Do	Let me	Where	Mine	Excuse me
Don't	Be careful	Objective	Secret	After you
<b><u>Voice</u></b>				
Critical	Loving	Even	Free	Whining
Condescending	Encouraging	Confident	Excited	Defiant
Sneering	Comforting	Inquiring	Loud	Manipulating
Disgusted	Sympathetic	Calm	Giggling	Apologetic
<b><u>Gestures/Expressions</u></b>				
Closed	Open arms	Thoughtful	Uninhibited	Pouting
Points fingers	Accepting	Alert	Loose	Sad
Frowning	Smiling	Open	Spontaneous	Helpless
Rigid	Caressing	Straight	Flirtatious	Immobile
Angry	Consoling	Interested	Wide-eyed	Sullen
<b><u>Attitude</u></b>				
Judgmental	Understanding	Open	Curious	Agreeing
Moralistic	Caring	Level	Fun-loving	Compliant
Authoritarian	Giving	Evaluative	Changeable	Ashamed