



Worksheet 1: Ego-States

Reflect the past 24 hours. In which situations did you operate from the parent ego-state, adult ego-state and child ego-state. Note down your thoughts. What did you tell yourself in your head? What did you say about yourself? What did you say about others and the world? How did you feel? How did you act?

Parent: _____

Adult: _____

Child: _____

Reflect situations where other people have been in parent ego-state, adult ego-state or child ego-state. How did they act? How did they speak?

Parent: _____

Adult: _____

Child: _____



What did you learn from this reflection exercise?

