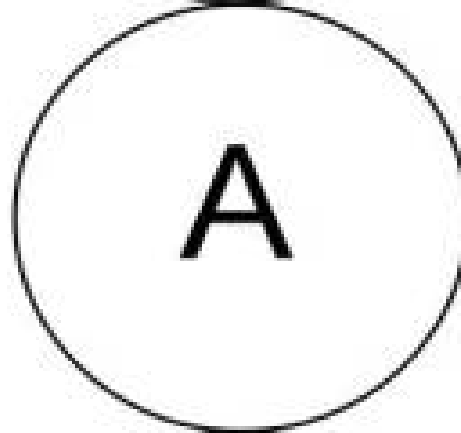
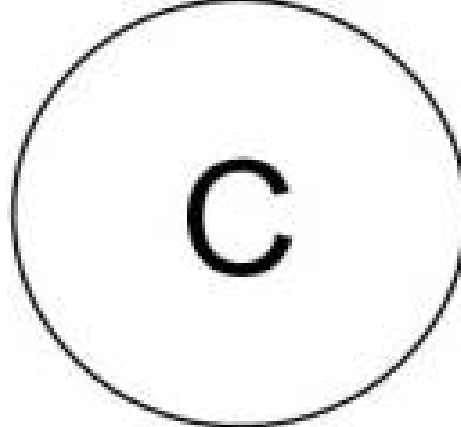


**PARENT EGO STATE**  
Behaviours, thoughts and feelings copied from parents or parent figures



**ADULT EGO STATE**  
Behaviours, thoughts and feelings which are direct responses to the here and now



**CHILD EGO STATE**  
Behaviours, thoughts and feelings replayed from childhood