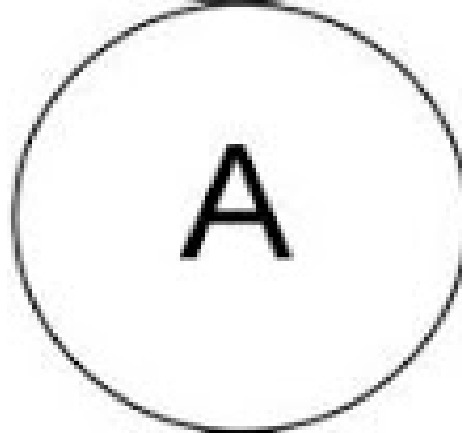
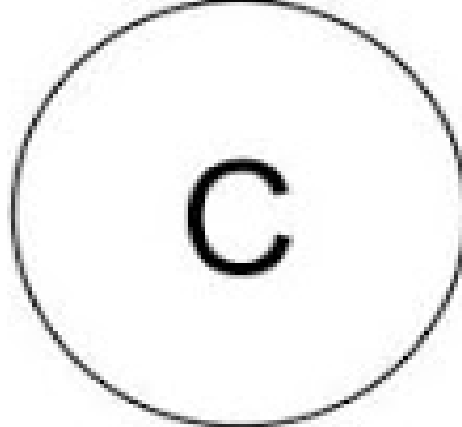


PARENT EGO STATE
Behaviours, thoughts and feelings copied from parents or parent figures



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