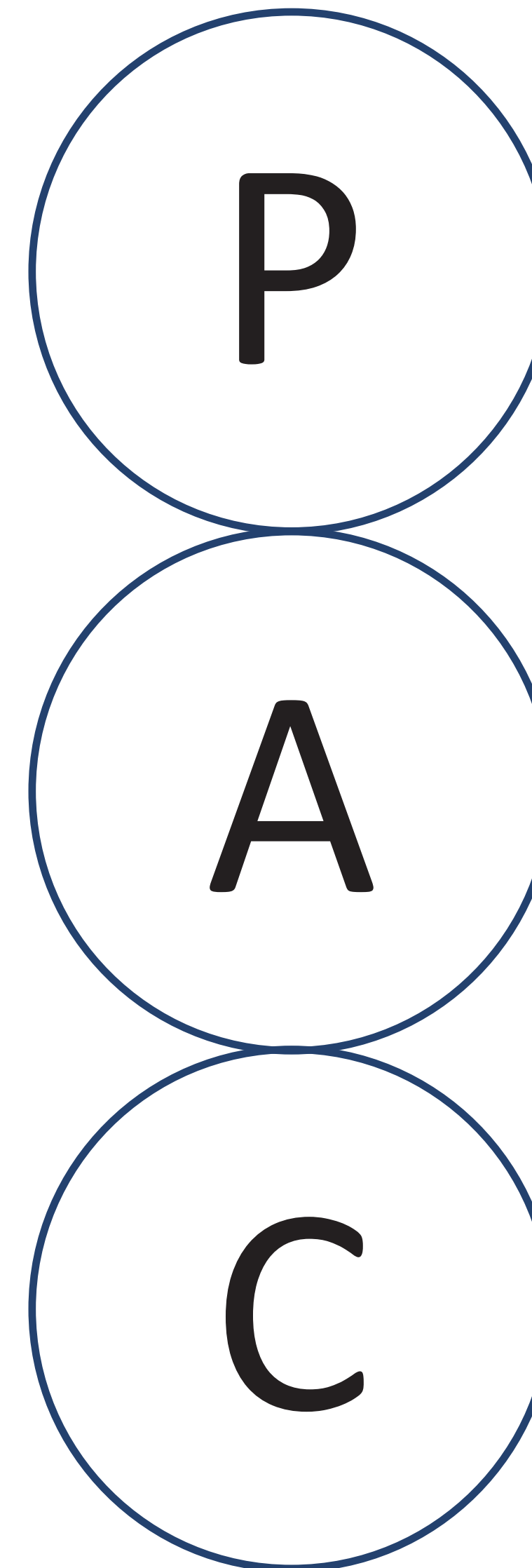
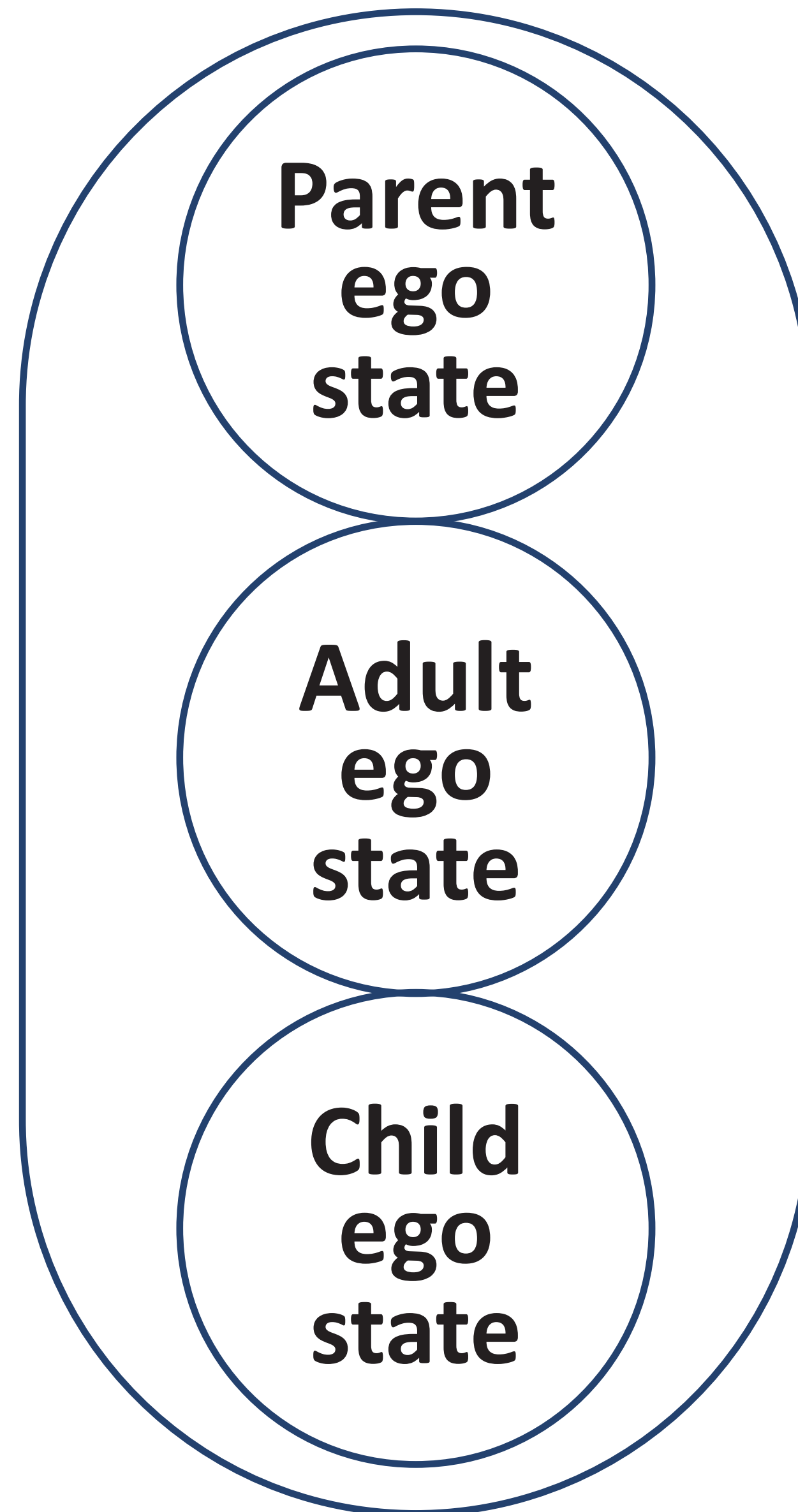
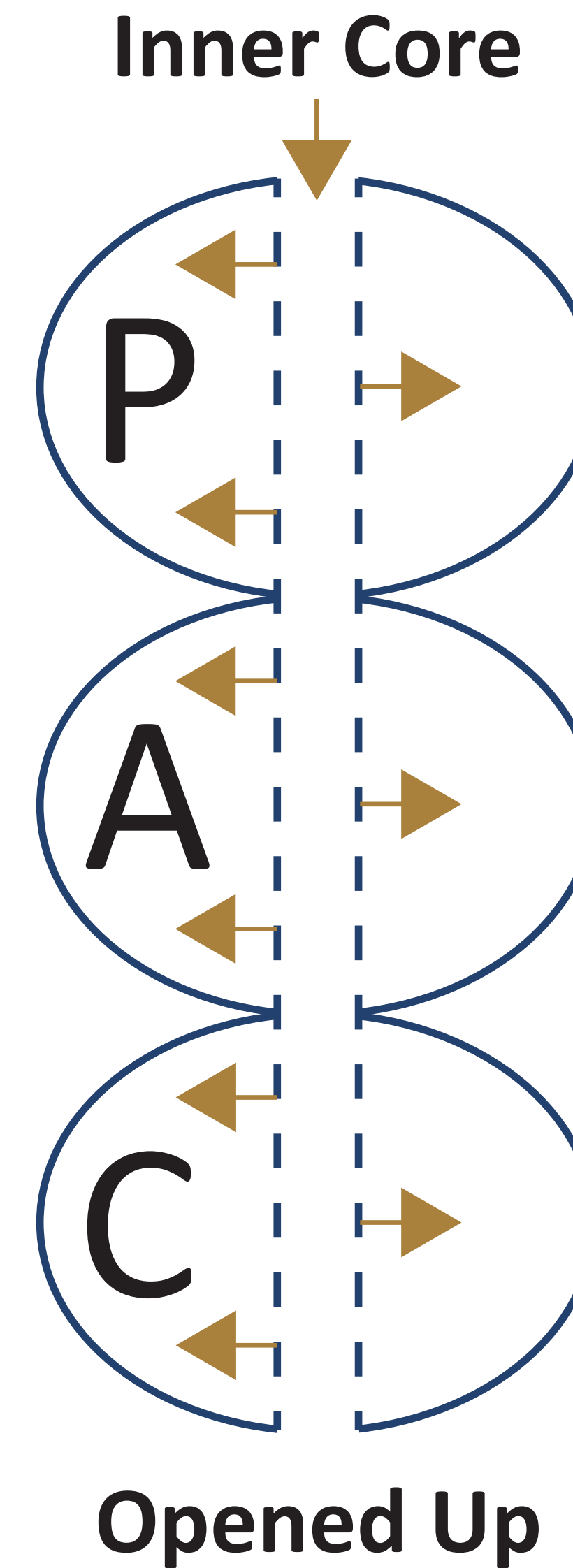
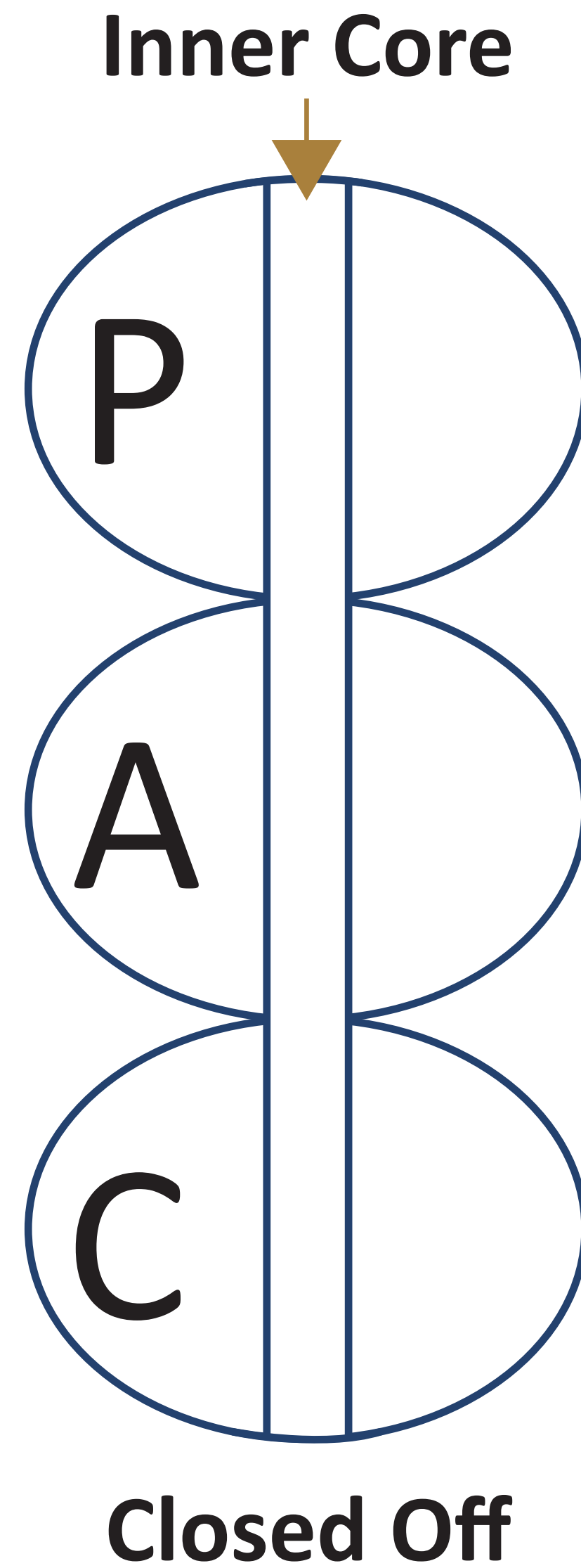


EGO STATE DIAGRAM



← Simplified
Diagram

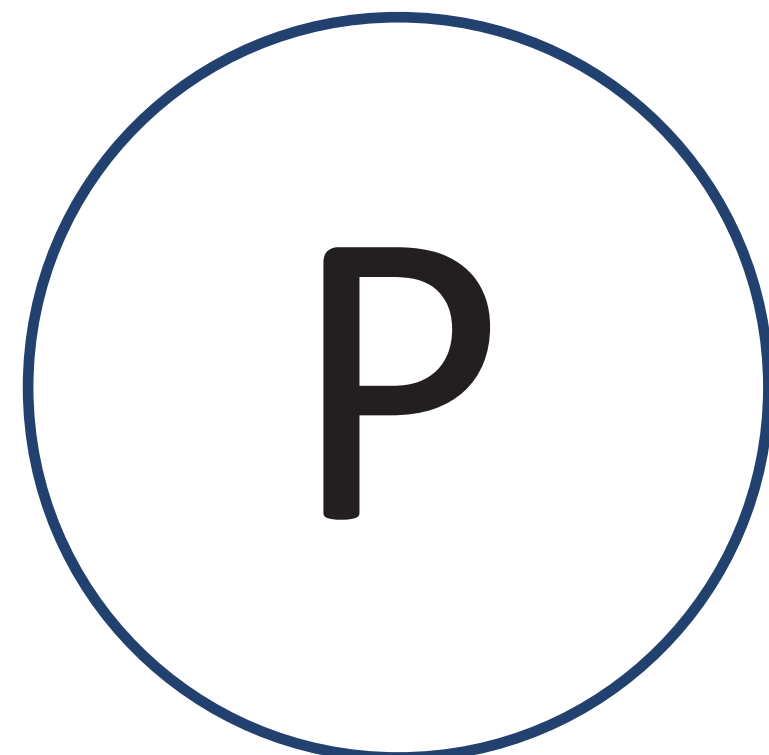
CLOSED AND OPENED INNER CORES



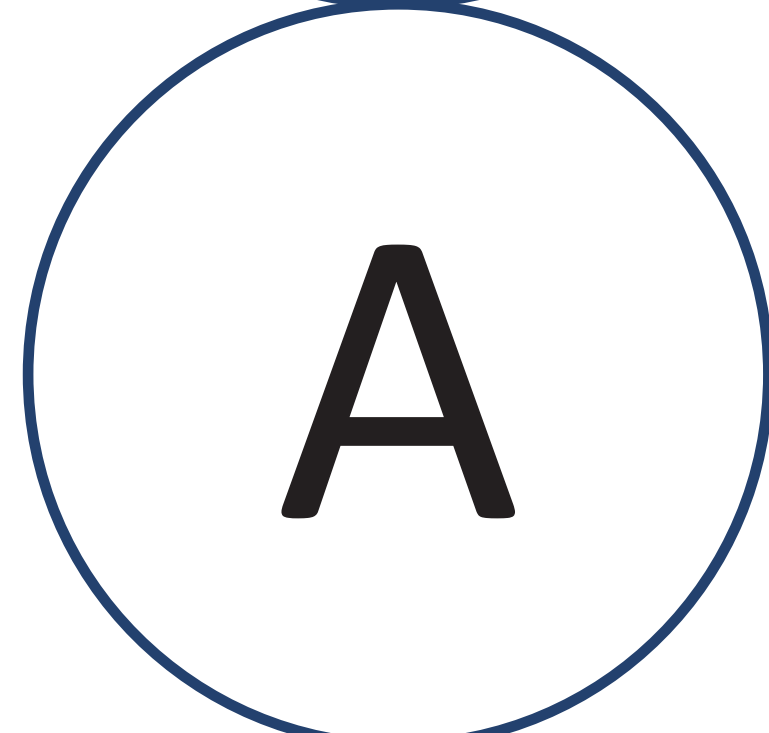
In: A New Self by Muriel James

TIME IN EACH EGO STATE

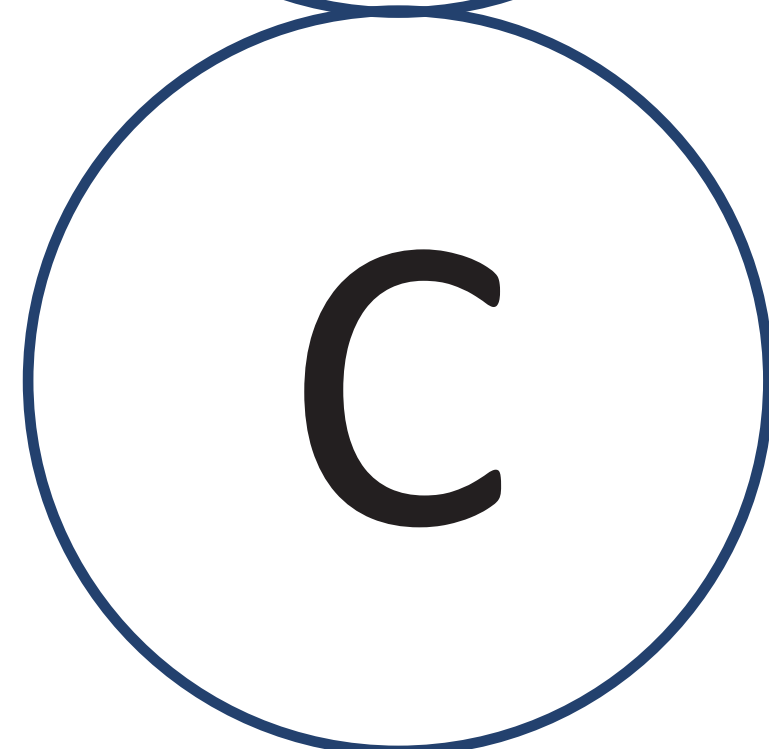
Hours or minutes



{ Directing or advising others
Taking care of others



{ Thinking analytically
Acting rationally

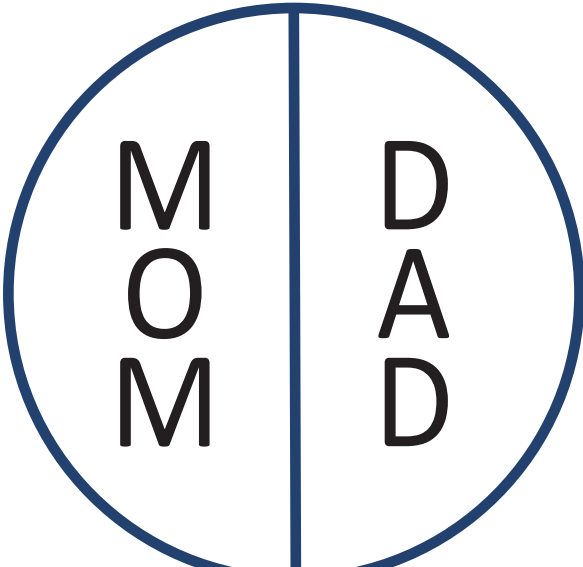


{ Acting like an obedient child
Acting like a rebellious child
Acting like a playful child

Select a problem you would like to solve. Describe it briefly.

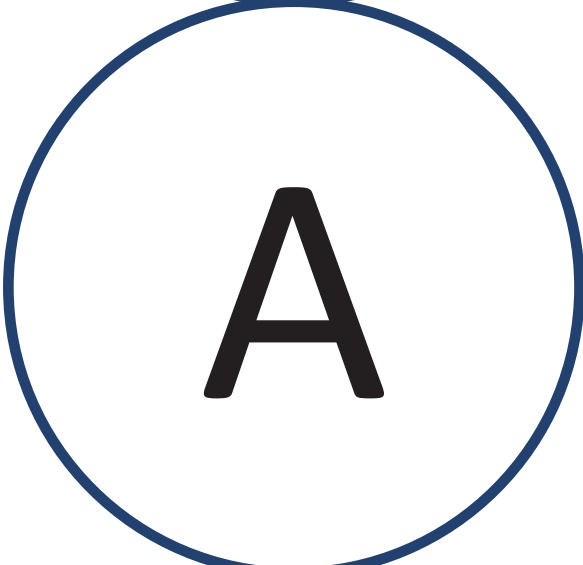
The problem is _____

Mom would say _____
and do _____
and feel _____



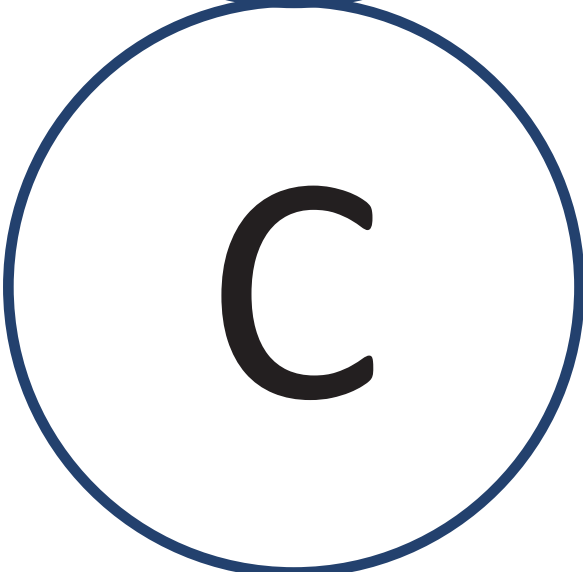
Dad would say _____
and do _____
and feel _____

Facts I already have: _____



Facts I need to get: _____

My basic uncensored feelings
about this are: _____



The feelings I learned to have
about things like this are: _____

My hunch is: _____