




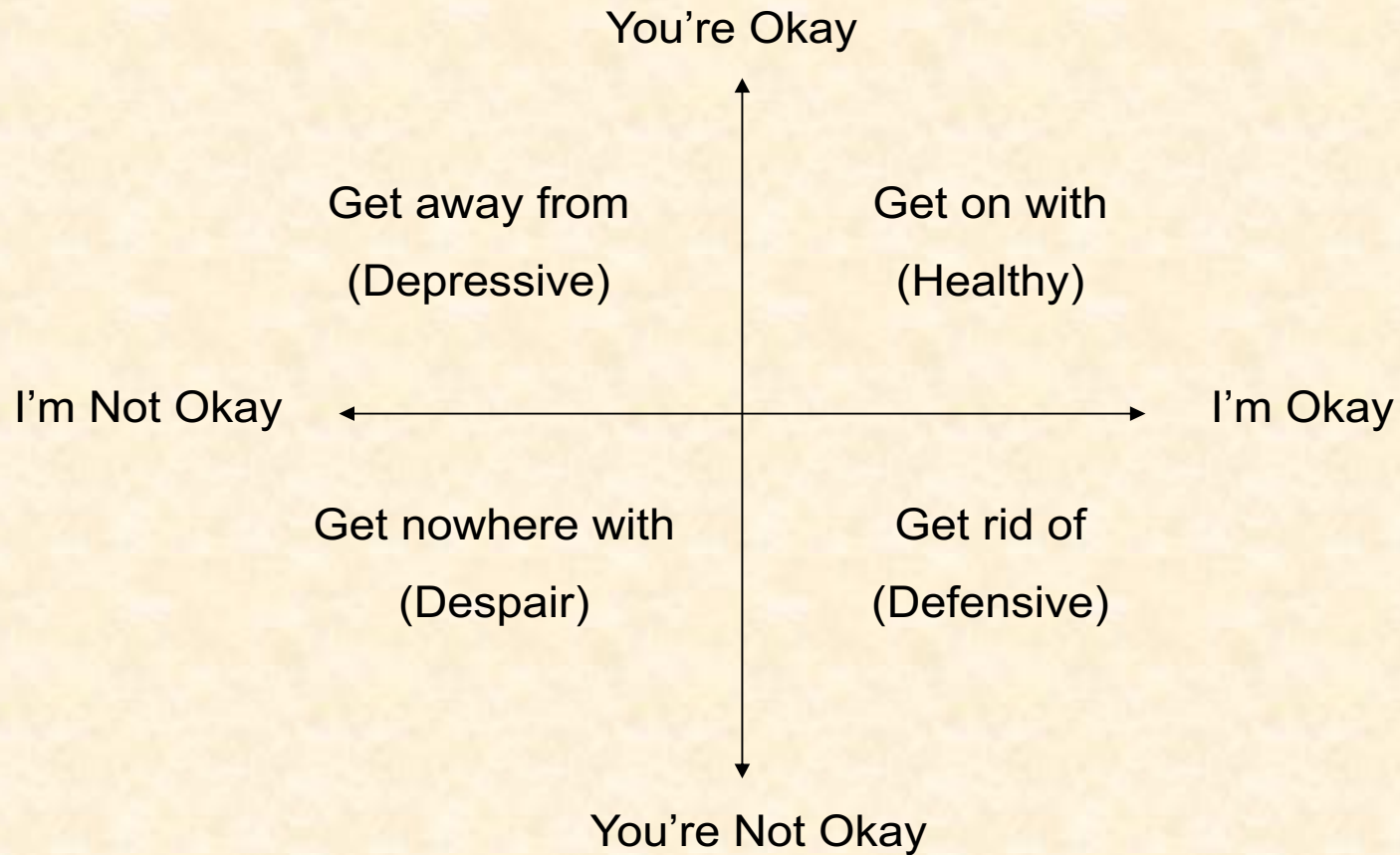
Ego State	Stands for	Expressions	Body Language
	The taught concept of life, including beliefs and values learned from our parents	"You should", "ought to", always, never, don't lie, cheat, steal, "I'll take care of you"	Finger pointing, patronizing, also caring, "helpful"
	The thought approach to problem-solving, including ability to form opinions / problem-solve based on data	"Why", "How", "Who", "Where", "How much", "probably", reasoned statements	Composed, calm, open
	The felt sense of ourselves and others, feelings and thoughts based on childhood experiences	"I wish", "I want", "I don't care", "I love you"	Excitement, rebelliousness, curiosity, giggles, tease...

Position Hunger

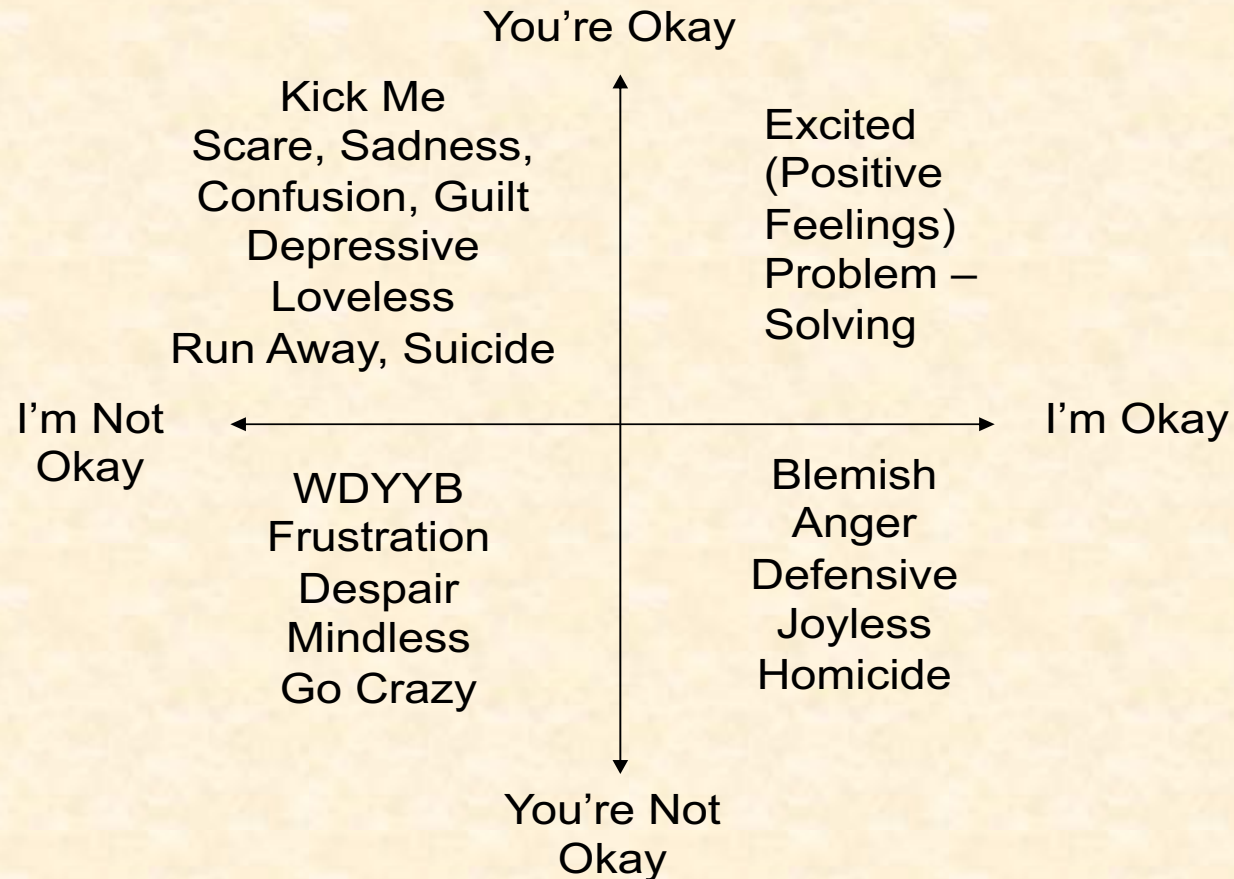
Existential Life Positions:

1. I'm Okay – You're Okay (Reality)
2. I'm Not Okay – You're Okay (Depressive)
3. I'm Okay – You're Not Okay (Defensive)
4. I'm Not Okay – You're Not Okay (Despair)

Okay Corral



Typical Behaviors in Each Quadrant



The Five Drivers

- Be Perfect
- Be Strong
- Try Hard
- Please Others
- Hurry Up

The Injunctions

Behavioral

1. Don't be or don't exist
2. Don't be well or sane
3. Don't be you
4. Don't make it
5. Don't be close or trust
6. Don't grow up
7. Don't be a child
8. Don't be important
9. Don't belong
10. Don't enjoy
11. Don't talk
12. Don't

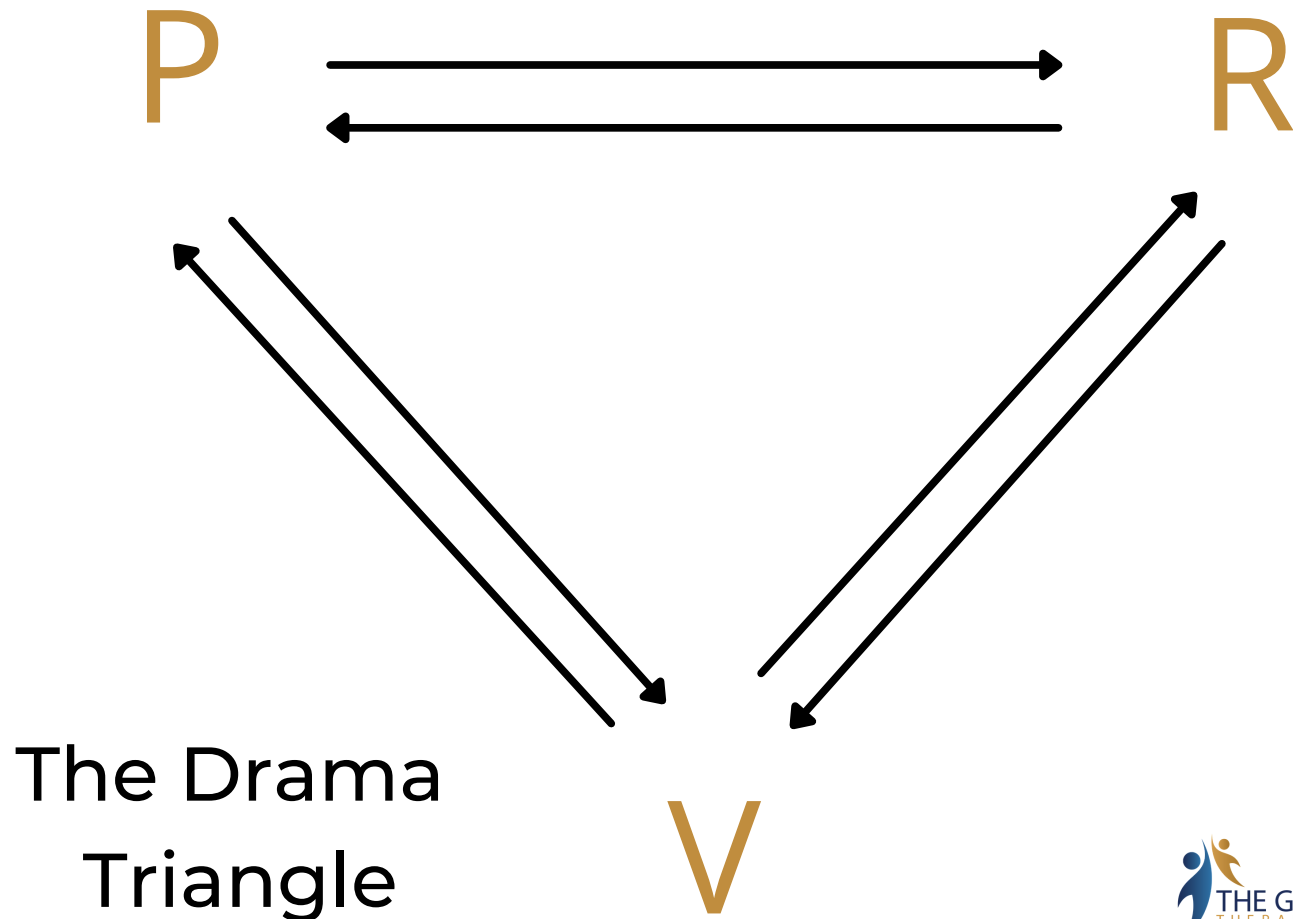
Feeling

1. Don't feel
2. Don't feel (x)
3. Don't feel what you feel,
feel what I feel

Thinking

1. Don't think
2. Don't think (x)
3. Don't think what you think,
think what I think

Traditionally, there are three major characters in a drama (1) the victim, who appears to be losing and often wins in the end; (2) the persecutor, who is the bad guy and often loses in the end and becomes a victim; and (3) the rescuer, who is the good guy yet often is victimized by those who really do not want to be rescued. These possible interactions can be diagrammed as a triangle.



On life's many stages it is not uncommon for the entire cast of characters to know how to play all the hands in all the games. Each is able to switch and play the three basic roles.