



Life Scripts

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Ego State	Stands for	Expressions	Body Language
P Parent	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"
A Adult	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
C Child	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...



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Stands for	Stands for	Stands for	Stands for	Stands for
Ego State	Stands for	Stands for	Stands for	Stands for
P Parent	The taught concept of life, including beliefs and values learned from our parents	OP Outer Parent	Adopted for another's "ought to", always, never, don't lie, cheat, steal, "I'll take care of you"	Adopted finger pointing, patronizing, also caring, "helpful"
A Adult	The thought approach to problem-solving, including ability to form opinions / problem-solve based on data	A Adult	Reasoning "I think", "I feel", "I want", "I don't care", "I love you"	Reasoning, calm, composed, open
C Child	The felt sense of ourselves and others, feelings and thoughts based on childhood experiences	PC Parent-Child	Reasoning "I think", "I feel", "I want", "I don't care", "I love you"	Reasoning, calm, composed, open



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)

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Okay Corral

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Typical Behaviors in Each Quadrant

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The Five Drivers

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

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The Injunctions

Behavioral	Feeling
1. Don't be or don't exist	1. Don't feel
2. Don't be well or sane	2. Don't feel (x)
3. Don't be you	3. Don't feel what you feel, feel what I feel
4. Don't make it	
5. Don't be close or trust	
6. Don't grow up	
7. Don't be a child	Thinking
8. Don't be important	1. Don't think
9. Don't belong	2. Don't think (x)
10. Don't enjoy	3. Don't think what you think, think what I think
11. Don't talk	
12. Don't	

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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.

P

R

V

The Drama Triangle

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