



Transactional Analysis

Here's my simple six-step summary of Transactional Analysis:

1. It is a theory of **personality**
2. We have **three** separate ways of **thinking, feeling and reacting** to events which is based on our experiences and beliefs, formed since childhood
3. The three ways are called **Parent** ego, **Adult** ego and **Child** ego
4. The Parent ego is **nurturing** or **controlling**
5. The Adult ego is **logical** and **natural**
6. The Child ego is **free** and/or adapted and represents **actual** thoughts, feelings and reactions

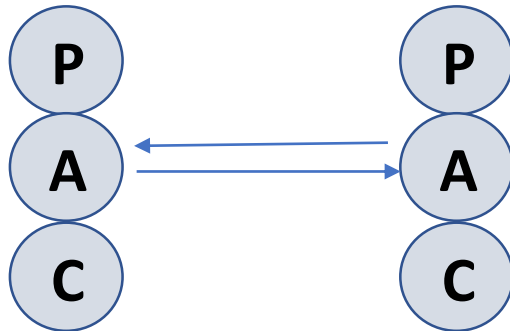


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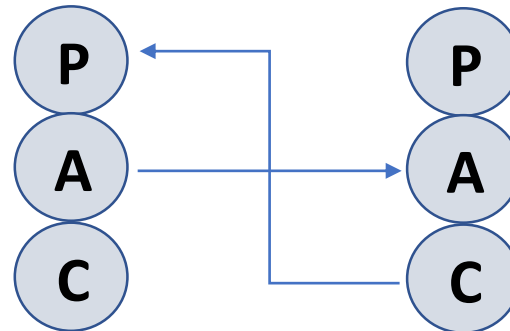
P = Parent

A = Adult

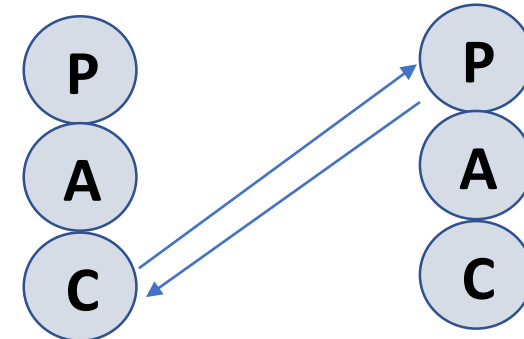
C = Child



Complimentary



Crossed



Complimentary