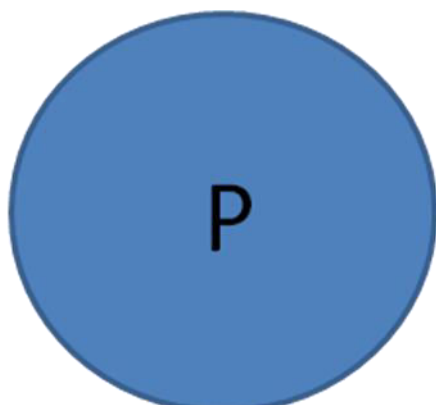
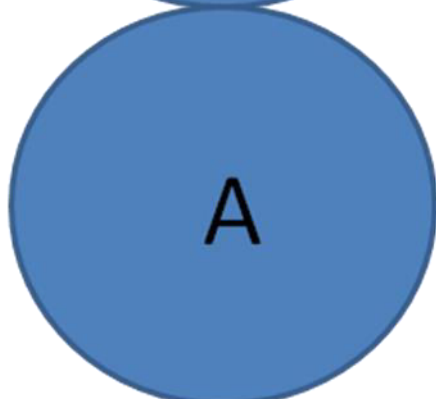


What are ego states?



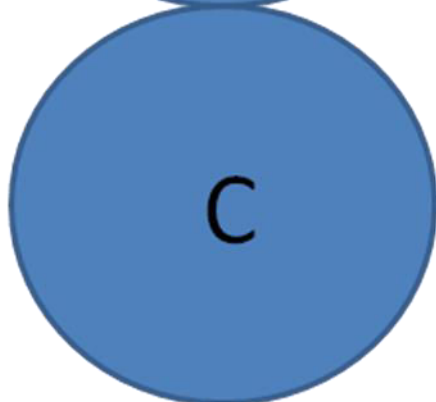
PARENT EGO STATE

Behaviours, thoughts, and feelings copied from parents, parental figures or primary care givers.



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.