

How Transactional Analysis Concepts Can Help Your Work



Parent



Adult



Child



You will want to talk to and **inspire** the child ego state.

It is the **emotional self** that makes many decisions.

Solid differentiation occurs when these 3 ego states **work** together:



Adult



Free Child



Self Soothing Parent

Free Child

The spontaneous, emotive, creative, and “in the moment” part of self



Adapted Child

The part of self that makes emotional decisions for self protection based on past and present experiences. It is designed for safety and often operates from fight, flight, or pleasing compliance.

Noelle's clients spend too much time in Adapted Child.

They fear Free Child, hide and are blocked.

They rely on externals to ignite Free Child.

Free Child

The spontaneous, emotive, creative, and “in the moment” part of self



Adapted Child

The part of self that makes emotional decisions for self protection based on past and present experiences.

It is designed for safety and often operates from fight, flight, or pleasing compliance.

You want to activate the **Free Child**.
This is where motivation and inspiration arise.

When you activate the **Adapted Child**, you end up with low differentiation, collapse, or a rebellious response like:

-  "I can do it myself."
-  "NO!"
-  "I won't let you tell me what I need or what I should do."

Parental control is often imagined.

Free Child
The spontaneous, emotive, creative, and “in the moment” part of self



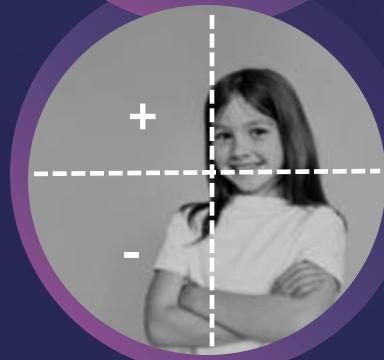
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The part of self that makes emotional decisions for self protection based on past and present experiences. It is designed for safety and often operates from fight, flight, or pleasing compliance.

When you are working with a client or connecting with a couple...

Avoid Critical Parent



Adapted Child is where
shame and self-doubt live.



**Emphasize Nurturing Parent,
Adult And Free Child**

Connect and activate the
spontaneous and creative
Free Child

This is desired but was
often squashed.