

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

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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



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.

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

Avoid Critical Parent



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

Adult



Adapted Child is where
shame and self-doubt live.



Connect and activate the
spontaneous and creative
Free Child

This is desired but was
often squashed.