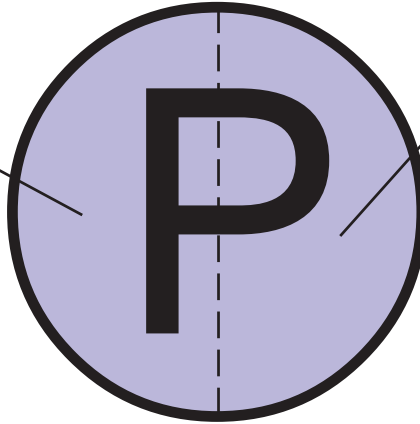


The Transactional Analysis Parent-Adult-Child Model

Critical Parent

Monitors adherence to rules, shoulds and musts, and expectations of self and others. Largely automatic.



Nurturing Parent

Voice of unconditional acceptance, hope, and optimism. The source of self-soothing and self-recognition

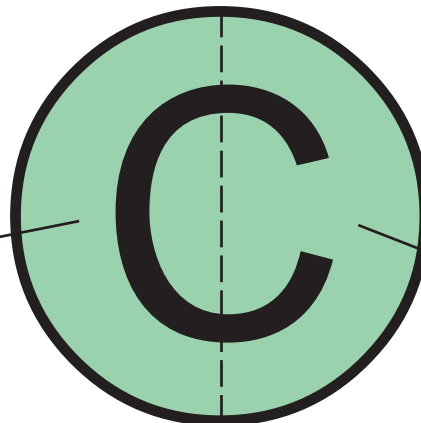
A yellow circle with a large black letter 'A' in the middle, representing the Adult ego state.

Adult

The planner, observer, organizer, and analyzer. The part of self that can think logically and rationally and act accordingly.

Adaptive Child

The part of self that makes emotional decisions about self and the world based on past and present drivers, injunctions, biology, and environment.



Free Child

The spontaneous, emotive, creative, and in-the-moment part of self.