



Ego State Model

The ego state model is a useful way of understanding personality and 'what goes on inside'. Understanding the model allows us to make sense of particular phenomena, such as;

- Ways of thinking, feeling and behaving that give rise to fluctuations in mood which we all experience on a daily basis
- Why we react in certain ways in different situations
- Why we hold on to old ways that we know feel maladaptive but which we just can't seem to let go of
- The nature of our internal dialogue

PARENT

Our Parent ego state consists of behaviours, thoughts and feelings that have been taken on unquestioned from our parents or primary attachment figures, grandparents, school teachers etc. during approximately our first five years of life. These borrowed or copied behaviours, thoughts and feelings were taken on by the child in everything that they saw or heard their parents do and subsequently are stored recorded in the child's Parent ego state.

ADULT

The Adult ego state is the part of our personality which is adapted to the 'here and now' reality. It is age-appropriate.

As a child grows and develops awareness and self-actualisation, their ability to learn that things in life can be different to previously learned concepts grows. Information is processed and filed based on previous experience and the Adult data grows.

CHILD

Our Child ego state consists of thoughts, feelings and behaviours off the back of our own experiences. This part of our personality has the capacity to experience the internal and external world in the same way we did as a child so it can experience old ways of thinking, feeling and behaving.

It is childlike but not childish. Content is constantly being updated making for a dynamic process.