

EGO STATES

THE WOUNDED CHILD - Ego State:

- Intense feelings
- Emotional regression
- Feels less worth & value than others
- Immature / Irresponsible / Out of control
- Abandoned
- Needy / Insatiable / Wanting
- Bad / Flawed / No Standards
- No Boundaries/ or very damaged Boundaries

THE ADAPTED TEENAGER - Ego State:

- Critical / Attacking
- Better than / Superior
- Abandoning / Neglectful
- Demanding (of Self & Others)
- Needless / Want-less
- Hyper-responsible / Hyper-Controlling
- Uses walls for Boundaries
- Perfect / Good / Unreachable Standards
- High intensity

THE FUNCTIONAL ADULT - Ego State:

- Recovery / Self-love / Affirming
- Non-judgmental (Self-esteem / Reality)
- Nurturing / Meets wants and needs appropriately
- Accountability / Responsible
- Boundaries / Shielded Vulnerability
- Moderation / Balance
- Humility / Mature / Creativity
- Inter-Dependent
- Intimate / Being present
- Creates Safety