

Transactional Analysis Egostates

	Structuring Parent	Nurturing Parent	Adult	Adapted Child	Natural Child	Rebel Child
Possible Strengths	Decisive Sets Clear Boundaries By the Book Authoritative Assertive Systematic Firm	Caring Helpful Reassuring Encouraging Understanding Supportive Soft Tactile Gentle Sympathetic	Logical Reasoning Non-Judgmental Objective Here and Now Based Non-emotional Open Minded Interested Good Listener Good questioner Debates Works with the facts Calm Thoughtful Attentive Quizzical	Courteous Fits in with others Compliant Passive Polite Conforming Mild mannered Accommodating Non-Demanding	Spontaneous Curious Friendly Energetic Fun-Loving Creative Uninhibited Joyfulness Excited	Non-conformist Change agent Independent
Possible Limitations	Dominant Opinionated Judgmental Forceful Overbearing	Smothering Over-Protective	Robotic Unfeeling Cold Serious Probing	Over-compliant Anxious Hesitant Needy Needs assurances Non-decisive Teases Others Spitefulness	Selfish Over-emotional Demanding Tearful	Rebellious to authority Defiant Obstructive Over-emotional Stubborn

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