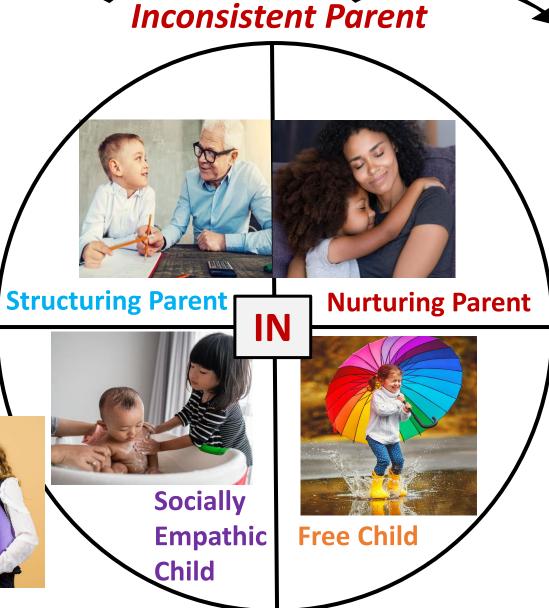




**Critical, Controlling Abusive Parent** 











**Permissive Parent** 





### **Critical Parent – You are not OK**

You are not enough

You are wrong

You are to blame

You should / ought / must

## Nurturing Parent – You are Ok

You are enough

I'm proud of you

It's ok to have needs

#### Hurt child – I am not OK

I am not enough

It is my fault

I am to blame

I can't / I shouldn't / I mustn't

Free child – I am OK

I am enough

It's OK to be me

I can / I may

#### Rebel child – You are not OK

I am angry

It's NOT my fault

I am NOT to blame

I want to fight / to run / to hurt

Adapted Child – I am OK IF...

**Anxious** 

Watchful

Hypervigilant

I want to be loved

# Adult – We are OK

**Perspective** 

**Balance** 

Choice