



**Critical, Controlling
Abusive Parent**



Inconsistent Parent



Permissive Parent



Structuring Parent



Nurturing Parent

IN

**Adapted Child
Conditional
Love**



**Socially
Empathic
Child**



Free Child

**Wild Rebel
Child**



Hurt – Shame - Anger - Rebellion

Hurt Child



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