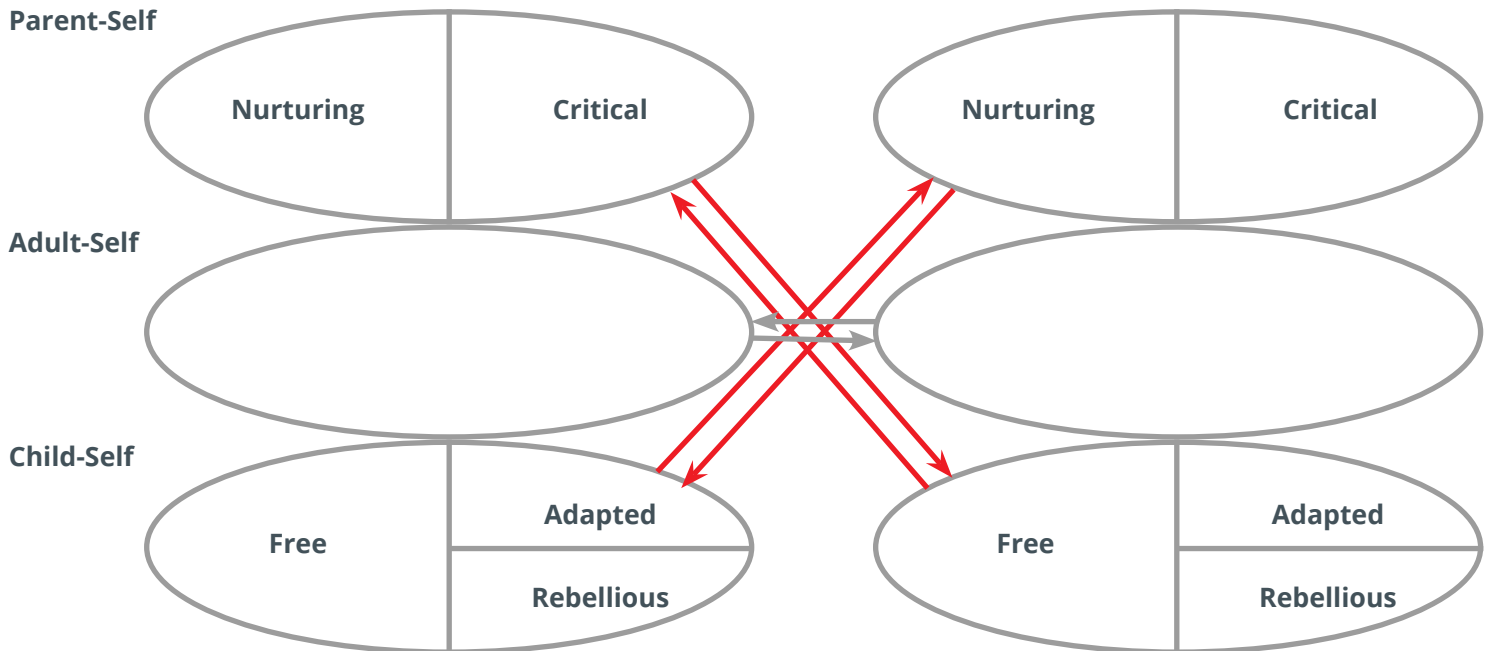


# Transactional Analysis (TA) Communication Model



## Critical parent

Ensuring order, controlling, judging and evaluating; "you should", "you may", "you must". Criticizes, makes negative judgments, generalizes, rebukes, patronizes, moralizes, punishes, commands, thinks in black and white categories; only recognizes either/or

## Nurturing parent

Caring, supporting, advising, praising, tending, consoling, listening, being understanding and patient, reassuring, encouraging, making positive judgments, helping

## Adult

Considering, analyzing, gathering data, reasoning, drawing conclusions, behaving objectively, observing, expressing non-biased views, reflecting, monitoring own standards, solving problems constructively

## Free child

Experiencing and expressing feelings, laughing, crying, chilling out, enjoying things, showing enthusiasm, being spontaneous, impulsive and creative, experiencing the world with curiosity

## Adapted child

Adapting, taking a sub-ordinate role, feeling guilty, feeling helpless, complying, being frightened, feeling sorry for oneself, waiting until everything gets better

## Rebellious child

Sulking, defying, being rebellious, revolting, protesting, feeling cranky, angry, feeling hurt

We tend to answer from the self in which we are addressed by the other (rule nr. 1) – however, if we manage to change levels, the other will most probably follow (rule nr. 2)

### Avoid diagonal conversations like

- parent to child, or-
- child to parent

Instead, try to communicate from adult to adult at eye level

If others address you in your child or parent self when you don't find it appropriate, **change to an adult-adult conversation by asking interested questions**