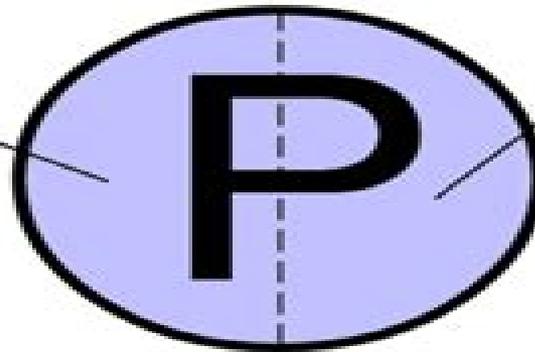


# The Transactional Analysis Parent-Adult-Child Model

## Critical Parent

Monitors adherence to rules, shoulds and musts, and expectations of self and others. Largely automatic.



## Nurturing Parent

Voice of unconditional acceptance, hope, and optimism. The source of self-soothing and self-recognition

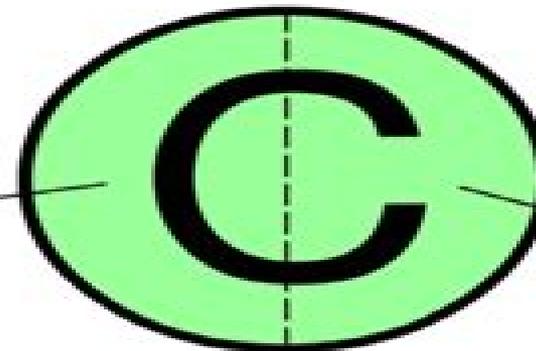


## Adult

The planner, observer, organizer, and analyzer. The part of self that can think logically and rationally and act accordingly.

## Adaptive Child

The part of self that makes emotional decisions about self and the world based on past and present drivers, injunctions, biology, and environment.



## Free Child

The spontaneous, emotive, creative, and in-the-moment part of self.

# Transactional Analysis

**Guillaume Favre**



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