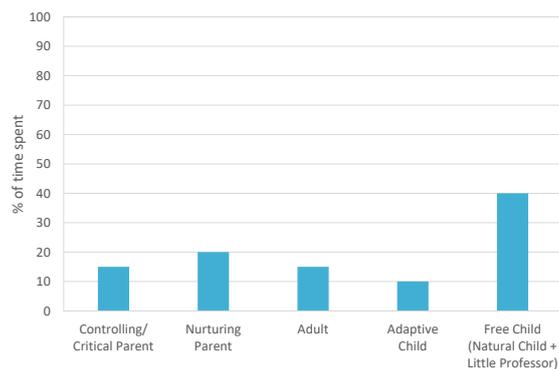


My Personal Ego State Chart

Do you know how well developed each of your ego states is?

Completing the “My Personal Ego State Chart” **on page 2** will enable you to see at a glance your ego state development. Here’s an example:



Instructions:

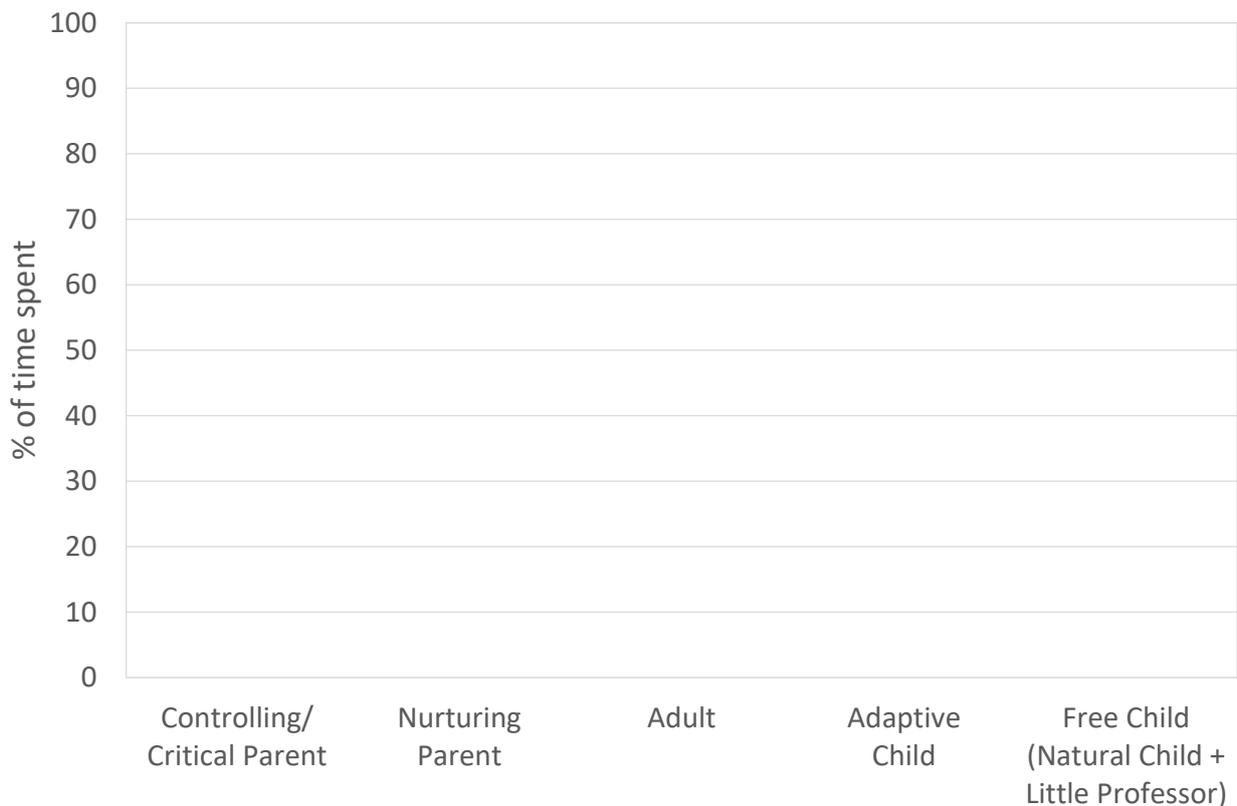
1. Choose a discrete period of time (e.g. the past month, 6 months or year)
2. Think about what percentage of time you spent in each ego state
3. Then chart this in the graph (the time spent in each state must add up to 100% of total time)

To refresh your memory about the ego states read: [Transactional Analysis – Part I \(The Masks We Wear\)](#)



My Personal Ego State Chart

Date range: _____



Ideally you want all the ego states to be in balance, so if you have some ego states that are overdeveloped, while others are underdeveloped, your goal will be to increase the underdeveloped ego states (rather than reduce the overdeveloped ego states).

Tips:

- A psychologist who works with TA will be able to help you to will be able to help you grow your underdeveloped ego states.
- Save your chart so you can compare it to the next one you do, to see how effectively you are developing your ego states over time.

