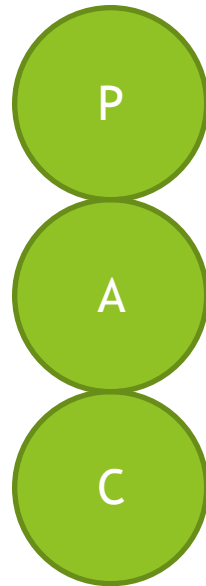


# Ego states

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## Definition of Ego States

a consistent pattern of feeling and experience  
directly related to a corresponding consistent pattern of behavior.  
a model depicting personality in terms of  
Parent, Adult and Child ego-states.



## Definition: Eric Berne

An ego-state is consistent pattern of feelings and experience directly related to a corresponding consistent pattern of behavior.

- P** Parent ego- state: behavior, thoughts, feelings copied from parents or parents figures
  
- A** Adult ego - state: behaviors, thoughts and feelings Which are direct responses to the here and now.
  
- C** Child ego- state: behaviors, thoughts and feelings replayed from childhood

<b>Structural model</b>	<b>Functional model</b>
Classifies stored memories and strategies	Classifies observed behaviors
Content: what is stored	Function: how is the content used Visible process
Intrapsychic matters related to life script	Interpersonal aspects related to transactions

## The functional fluency model

Education involves relationships. The more positive and effective these are in educational contexts, the more likely it is that all members of the learning group will thrive both as individuals and as lifelong learners (McCombs & Whisler, 1997).

“Functional fluency denote selficacy of interpersonal functioning in terms of flexibility and balance of the behavioral modes a person uses” (Temple, 2002a, p. iv).

The original functional fluency model of human functioning as described in the Transactional Analysis Journal (Temple, 1999)

This is the result of the five- year research process of development of the Temple Index of Functional Fluency (TIFF©).

The key task was to make clear the difference between talking about ego states and talking about functioning.

In transactional analysis, functional analysis using the traditional functional ego state model has, in fact, not been an analysis of functioning, but an analysis of certain types of ego states that were categorized by particular functional characteristics.

In contrast, the functional fluency model is simply a model of human functioning.

I had to make it clear that the functional fluency model is not a model of ego states of any sort!

It is a model of human functioning informed by ego state theory as well as by other theories.

I now strictly avoid use of any Parent, Adult, or Child terminology in connection with the functional fluency model. I have created a new and appropriate terminology to describe and explain the functional fluency concepts.

The model is based on three aspects of human existence and functioning, namely growing up, surviving, and raising the next generation.

Level 1: Three Categories of Functioning

Level 2: Five Elements of Functioning

Level 3: Nine Behavioral Modes of the Functional Fluency Model

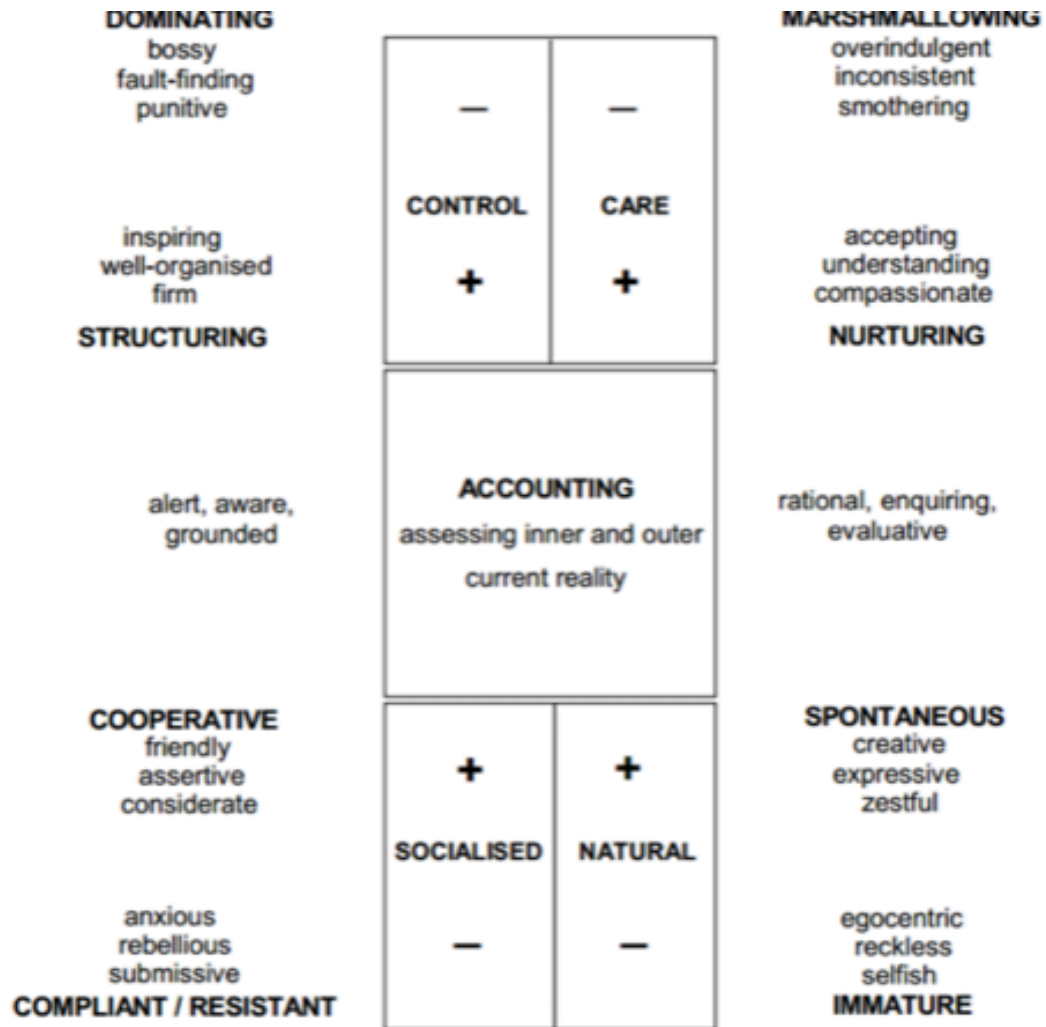


Figure D9b: Description of nine behavioural modes of functional fluency model (Temple, 2004)

[https://www.functionalfluency.com/articles-resources/Descriptions\\_of\\_Behavioural\\_Modes.pdf](https://www.functionalfluency.com/articles-resources/Descriptions_of_Behavioural_Modes.pdf)

The functional fluency model  
Gives orientation about effective  
Ways of communication.

The big fives help are ways of using all Egos states  
Appropriated to the situation.

With the + parts of the Parent Ego states  
Educators give orientation and support

With the + parts of the Child Ego States  
they include pleasure, interest  
and motivation

And are integrating both in  
The Adult Ego stats

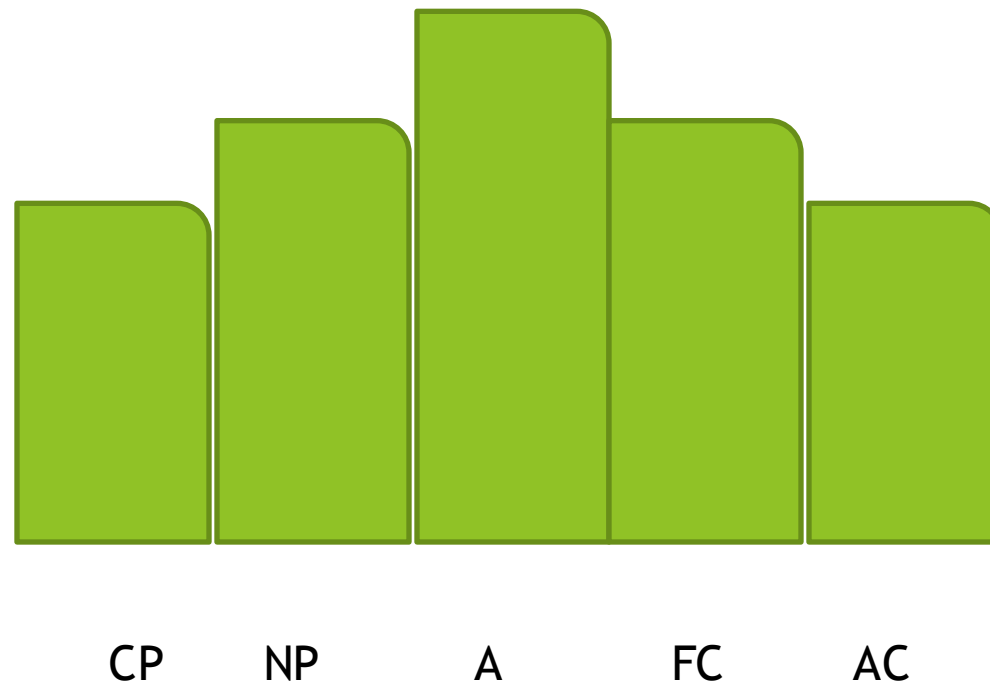
-→ this is called accounting

## Recognizing ego - states

Behavioral diagnosis	Social diagnosis	Historical diagnosis	Phenomenological diagnosis
Observed behavior	Reaction to the other	Looking back to the past	Reexperience the past
Words Tones Gestures Postures Facial expressions	Opposed people evoke the complementary ego state	Asking questions about how the Person was as child, or what the parents did in the past	The whole ego-state from the past is reactivated



# Egogramm



Autonomy in and as learning goal implies clear thinking and effective problem-solving. Educators, teachers, Trainers,...aims to help her students develop this ability.

## The Model of Ego States

can be helpful prepare teaching, and to understand what happens during teaching processes

They are helpful during the teaching and they are useful to reflect the teaching.