

Topic: HARRIS's 3 PSYCHOLOGICAL PERSONS

Harris' 3 Ego States

There exist three distinct states in all people. People change from one state to another in the course of their transactions. This change can be easily noticed by the manners, appearances, words, gestures, and tones.

The three distinct states called the ego states are the Parent ego state, the Adult ego state, and the Child ego state.

The Parent Ego State is produced by the play-back of recordings in the brain of unquestioned or imposed external events perceived by the person before his social birth i.e., before the age of 5 years. This ego state consists of NO's, DON'T's, HOW -TO's and the facial expressions, tone of voice, manners etc. of the person's parents. In other words, this ego state consists of the *"taught - concepts"* of life.

This is our ingrained voice of authority, absorbed conditioning, learning and attitudes from when we were young. We were conditioned by our real parents, teachers, older people, next door neighbours, aunts and uncles, Father Christmas and Jack Frost. Our Parent is made up of a huge number of hidden and overt recorded playbacks. Typically embodied by phrases and attitudes starting with 'how to', 'under no circumstances', 'always' and 'never forget', 'don't lie, cheat, steal', etc, etc. Our parent is formed by external events and influences upon us as we grow through early childhood. We can change it, but this is easier said than done.

The Child Ego State is the response the little person produced to what he saw, heard, felt and understood. Most of these are feelings because the child has not developed verbal responses at that time. In other words, this ego state may be considered the collection of *"felt-concepts"* of life.

Our internal reaction and feelings to external events form the 'Child'. This is the seeing, hearing, feeling, and emotional body of data within each of us. When anger or despair dominates reason, the Child is in control. Like our Parent we can change it, but it is no easier.

The Adult Ego State develops after both the Parent and the Child ego states have begun to develop. This state begins to develop from about ten months of age. The function of this state is to update both Parent data and Child data by continuous examination of these data with respect to **actual reality**. Thus only those taught concepts and felt-concepts applicable and appropriate to the present are accepted. Thus the Adult state is said to be the *"thought-concepts"* of life.

Our 'Adult' is our ability to think and determine action for ourselves, based on received data. The adult in us begins to form at around ten months old, and is the means by which we keep our Parent and Child under control. If we are to change our Parent or Child we must do so through our adult.

All three psychological persons can be found within each person:

<u>The Psychological Parent</u>	<u>The Psychological Adult</u>	<u>The Psychological Child</u>
<p>1. Represents the <i>taught</i> concepts in life.</p> <p>2. The psychological parent: Pressures Blames Finds faults Gives orders Domineers</p> <p>3. The parents is: Strict Uncompromising Inconsistent Protective</p> <p>4. In the psychological parent are found: Laws Regulations Sanctions Prejudices Taboos Threats Social pressures</p> <p>5. In regard to others the parent: Protects Dominates Blames Finds fault</p> <p>6. Sources of the parent are: Parents Teachers Older Children TV</p>	<p>1. Represents the <i>thought</i> concepts.</p> <p>2. The psychological adult: Figures things out Solves problems Weighs consequences Understands Thinks things through</p> <p>3. The adult is: Aware Creative Responsible Thoughtful</p> <p>4. In the psychological adult are found: Values Ideas Realities Truths</p> <p>5. In regard to others the adult: Understands Trusts Loves</p> <p>6. Sources of the adult: Experience Examined data from the parent or child</p>	<p>1. Represents the <i>felt</i> concepts.</p> <p>2. The psychological child: Plays Pouts Laughs Cries Explores</p> <p>3. The child is: Spontaneous Curious Charming Playful Demanding Jealous Carefree Pouty</p> <p>4. In the psychological child are found: Wishes Fears Feelings Guilts Delights Frustrations</p> <p>5. In regard to others the child: Enjoys Uses Manipulates Takes advantage of</p> <p>6. Sources of the child are: Felt reactions to people, and experience</p>