Worksheet 2: The Egogram

Follow your intuition for filling out this chart.

1. Draw a pillar for the ego-state that you spend the most time in.

2. Draw a pillar for the ego-state that you spend the least time in. The relation between the pillar you spend most time and least time in shall represent your intuitive impression of how much time you spend in the ego-states.

3. Add the pillars for all the other ego-states.

4. Fill out that part of the pillar (maybe using a different color) that represents the negative part of this aspect of your personality.

CP	NP	A	AC	RC	FC

Comment:
If you are operating from very different roles that vary a lot (e.g. professional and private), use two egograms.

Bonus:
Choose someone whom you trust and that knows you well. Give him/her an overview about the ego-states and explain this worksheet to him/her. Let him/her draw the egogram for your ego-states. This is great feedback because it shows you how much your perception of yourself and how others see you are alike or not.

Idea:
Meet with a small circle of friends (three or four persons) and draw egograms together. Everyone will create an egogram for themselves. And then one for each of the other participants. This way you will quickly receive various feedback about how others perceive you.

Change of the relative Ego-States

Did you do the egogram and find that you spend to much time in an ego-state that you do not want to invest in that much? Don't try to restrict it. Choose the other way around. Pick an ego-state that you would like to grow and develop. Embrace this ego-state by thinking of 5 new behaviors that you can implement in your everyday life. Think of new behavior and very specific situations where you want to apply it in the future. Automatically you will spend less time in the ego-state you dislike when embracing the ego-state you prosper in.

Specific new behavior / situation you gonna use it in?

_____/_____

Specific new behavior / situation you gonna use it in?

_____/_____

Specific new behavior / situation you gonna use it in?

_____/_____

Specific new behavior / situation you gonna use it in?

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Specific new behavior / situation you gonna use it in?

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