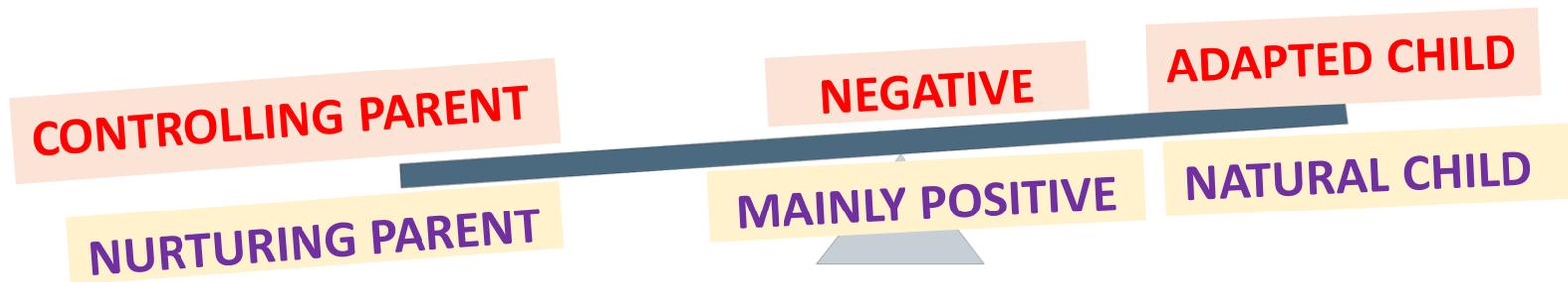


ADULT EGO STATE: ASSERTIVE

This communication state is off the emotional seesaw. It is much less likely to hook a Parent or Child response. There are no guarantees, however 'getting to' your Adult, away from the seesaw can be really helpful, especially in high-stakes conversations/situations.

Equally you don't want to take up residence in this ego state and be viewed as cold, unapproachable and lacking emotional intelligence. It's all about balance.



COMPLEXITY

NURTURING PARENT is valuable, especially in learning and development situations or where people need empathy, compassion and kindness. This generally 'hooks' the Natural Child. If it tips too far you could be 'killing people with kindness', getting in the way of their development and discouraging personal accountability.