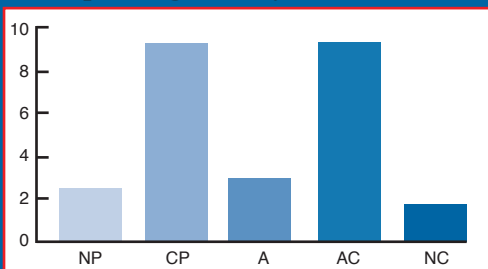


EGO-GRAPH

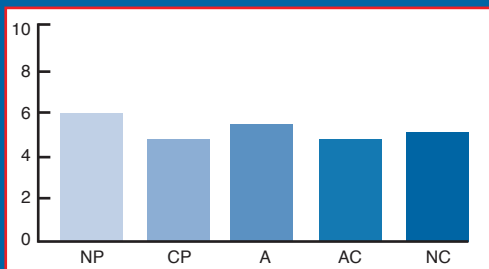
Mind State Balance

The human personality is comprised of specific mind or “ego” states from which originate mental energy that determines behavior, mood and more. Each state is, in essence, a compartment of specific “energy.” Study carefully the difference in mind state synergy (combined action) between unresolved performance anxiety and “cured” performance anxiety below. The ego-graphs demonstrate relative, not absolute difference.

Public Speaking Anxiety “UNRESOLVED”



Public Speaking Anxiety “RESOLVED”



NP Nurturing Parent: Energy that promotes growth, teaches, acknowledges and provides support.

CP Critical Parent: Energy that represents authority, evaluates and passes judgement.

A Adult: The internal “computer.” Energy that is logical and objective.

AC Adapted Child: Emotion that is conforming, compromising and manipulative.

NC Natural Child: The emotions of pleasure, fun and joy. The energy of spontaneity, exploration and creativity.

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