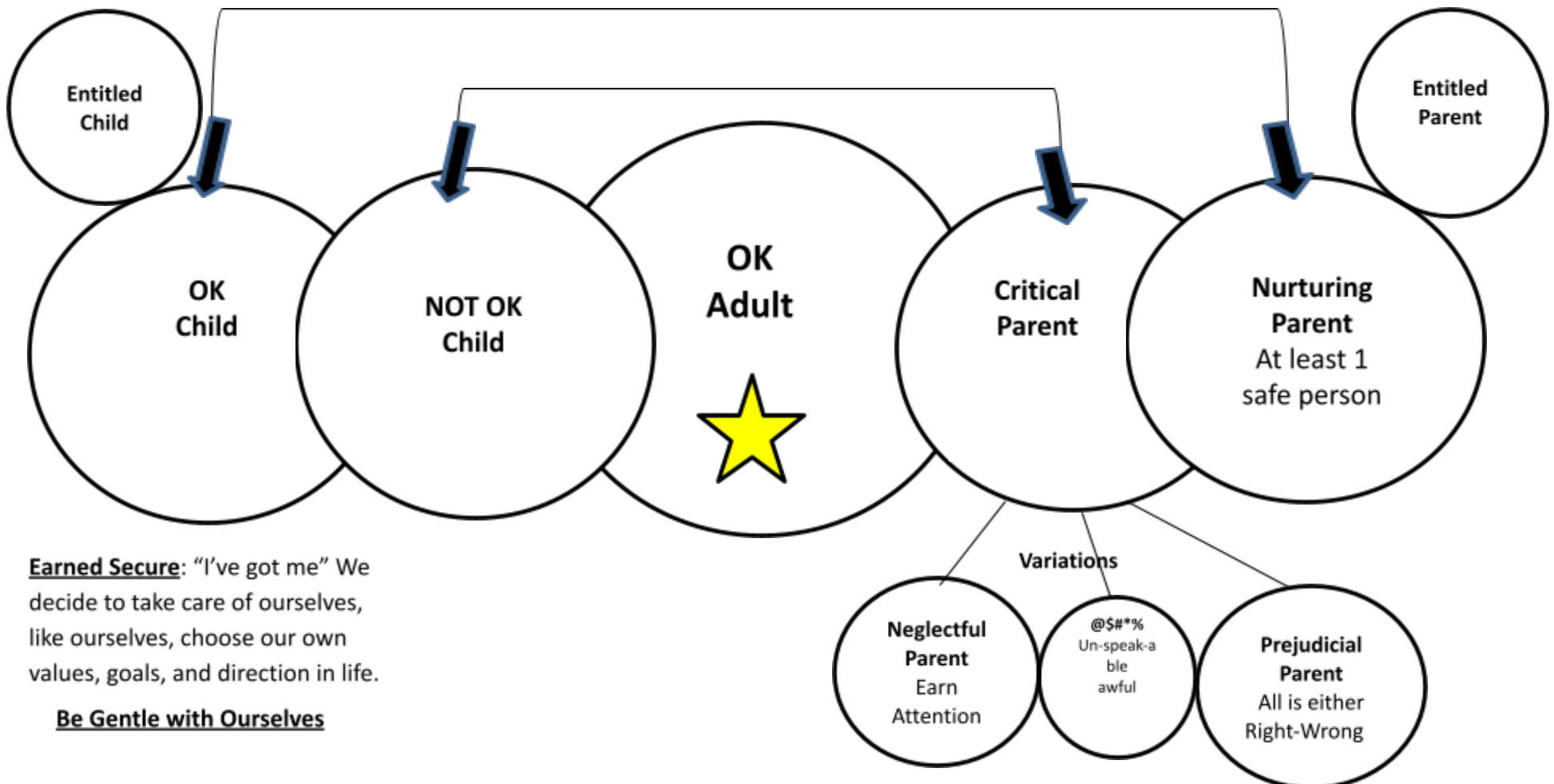


Transactional Analysis: Learned patterns of relating to ourselves and others

Everyone here is an adult, at least according to age. However, sometimes we don't feel like adults. Sometimes we feel hopeless and helpless, "as if" we were still children. We can change that, if we become aware of it, and work with a therapist to **shift the Thoughts, Values and Beliefs we learned.**

***Our Goal is to be an "OK Adult"**



Earned Secure: "I've got me" We decide to take care of ourselves, like ourselves, choose our own values, goals, and direction in life.

Be Gentle with Ourselves