

Eric Bern test: parent, adult, child

Eric Berne (May 10, 1910 – July 15, 1970) was an American psychologist and psychiatrist. Developed the theory of "transactional analysis" of human relationships. Eric Berne's transactional analysis is a developed system based on the idea of a person's consciousness as a composition of three states of "I": Parent; Adult; Child.

According to E. Berne, all these three states of personality are formed in the process of a child's contact with his parents, he receives images and an example of behavior from them, accepts a scenario, ways of its implementation, receives an anti-scenario.

In the process of interaction with society, the inner "I" manifests itself to varying degrees, while any of the three hypostases can come to the fore.

Psychology recognizes only the golden mean of role positions in interpersonal relationships. This suggests that for the normal functioning of the personality, all three "I" must be harmoniously developed and fully represented. In this case, in the E. Berne test, the scores for each specific state (Parent, Adult, Child) will not differ much from the other two states - this is a sure sign that we have a harmonious personality.

If you want to determine role positions in interpersonal relationships and how harmonious a person you are, take the Eric Berne test: parent, adult, child.

The idea of human consciousness as a composition of three states of "I": Parent, Adult, Child underlies the test of Eric Berne: parent, adult, child. In the process of interaction with society, the inner "I" manifests itself to varying degrees, while any of the three hypostases can come to the fore, but psychology recognizes only the "golden mean" in this matter. If you want to determine role positions in interpersonal relationships and how harmonious a person you are, take Eric Berne's test: parent, adult, child.

The test contains 21 statements. Give a score (from 0 to 10) to each statement, depending on how much you agree with it.

1. I sometimes lack endurance. C
2. If my desires interfere with me, then I know how to suppress them. A
3. Parents, as older people, should arrange the family life of their children. P
4. I sometimes exaggerate my role in any events. C
5. It's hard to fool me. A
6. I would like to be a teacher. P
7. Sometimes I want to play like a little one. C
8. I think that I understand correctly all the events that are taking place. A
9. Everyone must do his duty. P
10. Often I do not do it right, but do it the way I want. C
11. When making a decision, I try to think through its consequences. A
12. The younger generation should learn from the older ones how they should live. P
13. Like many people, I am vulnerable. C

14. I will be able to see more in people than they say about themselves. A
15. Children must unconditionally follow the instructions of their parents. P
16. I am a passionate person. C
17. My main criterion for evaluating a person is objectivity. A
18. My views are unshakable. P
19. It happens that I do not yield in a dispute just because I do not want to yield. C
20. Rules are justified only as long as they are useful. A
21. People must follow all the rules no matter the circumstances. P

Key to the Transactional Analysis Test by E. Bern (Test child, adult, parent).
Role positions in interpersonal relationships according to E. Bern

I (state "child" C): 1, 4, 7, 10, 13, 16, 19.

II (state "adult" A): 2, 5, 8, 11, 14, 17, 20.

III (state "parent" P): 3, 6, 9, 12, 15, 18, 21.

Interpretation, processing of the results of the Transactional Analysis Test by E. Bern (Test child, adult, parent). Role positions in interpersonal relationships according to E. Bern. It is necessary to calculate separately the amount of points for each line I, II, III.

Parent:

While in the Parent ego state, a person reproduces the behavior of his real parents or other significant adults who in childhood made a big impact on him. He can repeat judgments, prescriptions, evaluations, emotional reactions. In this state, a person tends to show parental anger, criticism, moralizing, parental care, guardianship.

A person whose state is rigidly dominated by the ego state The parent tries to control the situation everywhere and always. In case of failure, he reproaches and nags himself for any reason, in everything that happens to him he seeks and finds his fault.

If such a scenario prevails for years and decades, then it becomes the cause of psychosomatic disorders. In this case, the state of "I-Parent" manifests itself as destructive and proceeds with serious consequences.

Main functions.

Enables you to act effectively as real parents. Carries out automatic reactions and decisions. Reduces anxiety. Preserves both moral and ethical standards. Preserves and transmits the traditions of culture. It is a reproduction of the reality of the first 6-8 years of life.

Mimic expression.

Frowning forehead, pursed lips, pointing finger, hands on hips on chest, hand-wringing, gestures of prohibition, refusal.

characteristic vocabulary.

Charm, son, ugliness, low, vulgar disgusting, stop once and for all, for nothing in the world, value judgments.

Complete dominance of a component while blocking others.

Eradicates everything that resembles childish joy. Lives and acts according to established patterns. Accepts any changes with hostility.

Adult:

predominance ego-state "Adult" gives a person the ability to distinguish good from evil, wisdom from stupidity. Such a person knows how to sacrifice something for the sake of other people. He knows how to curb himself, if necessary. He will be able to limit and put himself in a framework in order to achieve his goals. Such a person is able to take responsibility for his life, for his mental, emotional and physical condition.

In the ego state, the Adult is in maximum contact with reality. His feelings, thoughts and behavior are directly related to important aspects of the current situation. An adult receives and processes information, passes it on to others, makes decisions, plans and acts expediently.

Eric Berne believed that a person becomes a mature person when his behavior is dominated by the Adult ego state.

Main functions.

Produces objective information processing; calculates the probabilities that are essential for interacting with the world and satisfying their needs. Regulates the activity of the Parent and the Child, carries out an objective mediation between them. Forms "I-Image". It is a reproduction of experience acquired throughout life.

characteristic vocabulary.

Constructive, capable, economical.

Complete dominance of a component while blocking others.

The man is rational and objective. Formally devoid of ethical values and beliefs, incapable of cheerfulness and other manifestations of emotions.

Child:

While in the Child ego state, a person allows himself the happiness to remain natural - enthusiastic and sweet, joyful and sad, or stubborn and accommodating - the same as he was in his childhood. Spontaneity, intuition, a spark of creativity - most clearly manifested in childhood, a person with a dominant ego-state "Child" transfers to adulthood. Such people prone to creativity, scientific work, although they do not always know how to control their emotions.

Rigid dominance of the ego-state "Child" in the personality structure can become a source of serious problems. Having suffered even a fleeting failure, a person in the "I-Child" state immediately finds a scapegoat - an imperfect world, insincere friends, stupid bosses, a family always complaining about life, or, in the absence of more specific objects, karma and a family curse. The consequence of such reasoning is a guilty verdict that he passes on to people, the world and

himself, disappointment with life, neglect of the opportunity to use the experience gained to eliminate such mistakes in the future.

The constant stay in the “I-Child” state, stretched over time, and the accumulation of negative emotions in the form of resentment and bitterness is the foundation for serious psychosomatic diseases.

Main functions.

Its spheres are intuition, impulse, joy, charm, imitation, curiosity, teasing, fright, fear, rash acts and everything biological, instinctive. Needs protection and a sense of security. It is a manifestation of the inner reality of the first 6-8 years of life.

Mimic expression.

Expression of shyness, cunning curiosity fear. Smile, laugh.

Characteristic vocabulary.

Exclamations, oaths, curses, interjections.

Complete dominance of a component while blocking others.

Receives a lot of joys from life and is not engaged in the rational formation and use of resources. Exposed to many dangers. Not interested in the consequences of their behavior. He just wants to have fun and play.

Formula Adult-Child-Parent means that you have a sense of responsibility, moderately impulsive and not prone to edification and teaching.

Adult-Parent-Child Formula. A poorly developed role of the child, or its absence at all, speaks of the traumatized psyche of a person in early childhood, when parents were cold or overly critical, forbade the child to run, scream, do their favorite things, i.e. show your spontaneity and spontaneity. Such people with a weakly expressed or absent child have difficulties in choosing a profession, they are not satisfied with what they have, but they also do not understand what they want.

Parent-Child-Adult Formula means that you are categorical in judgments and actions, an excessive manifestation of self-confidence is possible when interacting with people, most often you say without a doubt what you think or know, not caring about the consequences of your words and actions.

Parent-Adult-Child formula. In relationships, people are tough, correct, keep themselves and their family members within limits, people often have exact sciences and professions: accountants, economists, financiers, IT, etc. They are successful at work, but not happy in their personal lives, their children often suffer from excessive control and pressure in the family.

The way out is to develop creativity in yourself, allow yourself the joys of life, communication with friends, carefree fun, pleasure, work through childhood traumas with a psychologist.

Formula Child-Parent-Adult means that it is easy to be friends with such a person, but it is difficult to build partnerships, all the more so to move up the career ladder, not to mention your own business. With such a person it is comfortable for others, it is sincere and fun with him. In the profession, this is an

expression of creative energy; in relationships, it is comfort and pleasure. With a leading child role and an unexpressed adult, a person cannot make decisions, so he often says: "I don't know what to do, I'm confused," etc. Often such people are naive.

A poorly developed adult role leads to failures in personal life, financial instability.

Formula Child - Adult - Parent. Such people are self-centered and always put their needs first, egoists. Most often they are characterized by a lack of empathy, they are not able to put themselves in the place of another person, sympathize, understand and hear, support. At the same time, people are creative, easily make contact, look for benefits for themselves.

They will not act according to ready-made principles of life. Each time they create new strategies and principles for themselves, using intuition and objective information about the state of affairs. It is believed that such personalities can make up real bigwigs of business, the underworld and politics.

(AP) Pedant

Your "Adult" field is littered with rubbish of "Parent's" prescriptions, and "Child" is blocked or manifests itself minimally, without the ability to influence the "Adult". You are a classic pedant, a person devoid of the ability and desire to play. Rusk, resembling a walking mechanical circuit. In your case, a chronic deficit of bright positive emotions can provoke an explosion of immoral behavior, which will be punished by a strict internal "Parent" up to psychosomatic disorders.

(AC) Shameless hypocrite

Your "Adult" field is drowning in immoderate children's desires, while the "Parent" is blocked (or manifests itself minimally), without the ability to limit them. Your actions in society are determined by the goal: to fully satisfy the needs of your "Child", while the "Parent" is trying to tightly control the environment. Such people are called hypocrites - people devoid of conscience. Having received power, such a person easily transforms into a sadist who tries to satisfy needs at the expense of the interests of his environment. Over time, the conflict at the level of society is projected onto the inner world with tragic consequences for mental and physical health.

(PC) Unmanaged

Your "Adult" field is under the constant control of the "Parent", and at the same time weighed down by the fears of the "Child". It can be said about you that you are a person deprived of the ability to control. Your position - "I understand that I'm doing wrong, but I can't do anything." Depending on which component of the ego is taking over at the moment, a person who does not control himself can manifest himself either as a saint, or as a complete debaucher. Such an internal alignment is an ideal breeding ground for neurosis and psychosis.