

Personal Communication Profile

This questionnaire is to find out your preferred, usually unconscious, communication style. Your preferred communication style develops most strongly in your early years in response to the circumstances you grow up in.

There is no time limit to this questionnaire, however it will probably take 10 to 15 minutes to complete. The more spontaneous and honest you can be the more accurate the results probably will be.

Instructions

If you agree with a statement, mark a plus (+). If you disagree mark a minus (-). Be sure to place either a plus mark or a minus mark in the appropriate box.

Statement	Agree	Disagree
1. Teenagers would be better off if they tried harder to understand and utilise the experience of older people.		
2. I enjoy driving fast.		
3. Generally I manage to keep a calm appearance even though I am all upset inside.		
4. There are too few people nowadays with enough courage to stand up for what is right.		
5. People who tend to be 'bossy' actually lack self-confidence although they do not realise this.		
6. I do not like it when people are not clear about what I say and ask me to repeat it.		
7. Effective leadership means to enable people to give the best of themselves rather than seek the best for themselves.		
8. There is too much sex and violence on TV nowadays.		
9. In my opinion it is healthy to discuss freely sex, intimacy etc.		
10. I find it difficult to stick to a diet, stop smoking, etc.		
11. In my opinion speed limits should be strongly enforced.		
12. Parents tend to be too permissive nowadays.		
13. I believe that absolute openness and honesty with others is possible.		
14. In my opinion 95% of the important life decisions are based on feelings.		
15. Too many people allow others to push them around.		

Statement	Agree	Disagree
16. Although most people are not, I seem to be quite comfortable with a long period of silence.		
17. I can recall situations where, as a child, older people made me feel ashamed.		
18. Sometimes children need to be smacked for their own good.		
19. We need more rather than less censorship on the television, films and in magazines etc.		
20. Even with strangers I seldom feel bored, impatient or lonely.		
21. I know that sometimes I ought to eat and drink less than I do.		
22. The good opinion of others is important to me.		
23. My parents encouraged exploring and learning things for myself.		
24. I am uncomfortable when something unexpected happens.		
25. Even when one feels life is not worth living no one is justified in committing suicide.		
26. I try to attend many courses, lectures, etc.		
27. Sometimes I tell myself "Shut-up; you are talking too much".		
28. A remedy for the modern divorce situation would be to make the conditions for divorce more stringent so that marriage would be considered in a more serious light.		
29. I seldom if ever blush.		
30. Most mistakes result from misunderstanding rather than carelessness.		
31. Tense situations can make you feel so uncomfortable that I must do something about them.		
32. Most youngsters would benefit from obligatory military service.		
33. I have had to change my strong convictions many times as a result of new information.		
34. Humility is one of the virtues, perhaps the greatest one.		
35. Long hair seems to compensate for small brains nowadays.		
36. Experience is useful, but in most instances it needs to be modified by new facts and information.		
37. Marriage between people from different races or countries can cause trouble.		
38. All work and no play add up to a dull life, and that is not the way I want to live.		

Statement	Agree	Disagree
39. Sometimes I hear myself say "I do not make the rules, I just follow them".		
40. You cannot change human nature.		
41. I do not believe that there has to be a natural and unresolvable conflict between organisations and individuals.		
42. Sometimes I get so discouraged that I want to run away.		
43. Capital punishment should never be completely done away with.		
44. People should attend church more often.		
45. Most decisions carry some consequences and I like to evaluate these as closely as possible before make a decision.		
46. I am concerned about the approval of others.		
47. I like to run things, be "boss of the situation", take charge.		
48. Even at social gatherings I find myself discussing business or seeking information.		
49. Being a subordinate is not that easy but it is better than being the boss.		
50. I quickly become bored with a situation.		
51. I believe that society would be better off if the laws were more rigorously enforced.		
52. I am not ashamed of my tears when I am sad enough to cry, even when others are around.		
53. When I think people are wrong or stupid I say so.		
54. I envy people who quit their career in order to start a new life-style.		
55. I just cannot trust people like others seem to.		
56. Even though there may be a standard approach to a situation, I like to work out new ways.		
57. I put things off until they can't be put off any longer.		
58. I am inclined to be enquiring, challenging and aggressive.		
59. Most people are capable of sustained self-direction and control.		
60. Forms of physical activity make me feel good.		
61. I get angry and disturbed with someone I think is submissive and compromising.		

Instructions

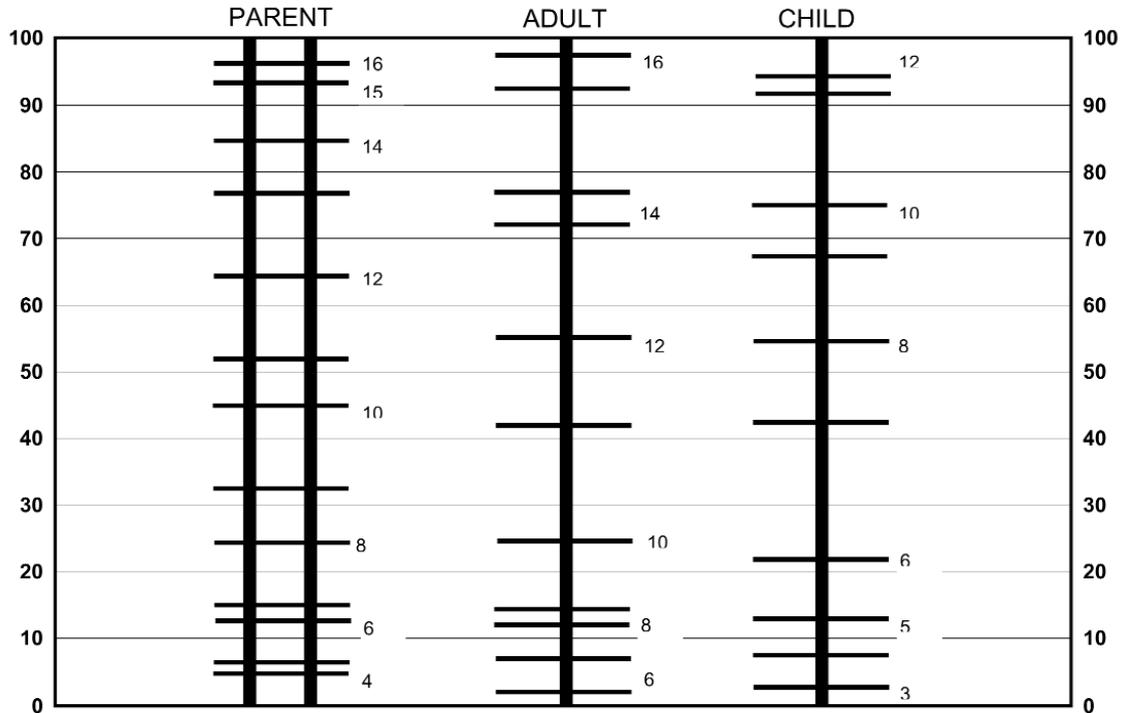
You score one point for each item you have answered with plus. Answers with minus do not score. Use the scales below.

1	<input type="checkbox"/>	32	<input type="checkbox"/>	3	<input type="checkbox"/>	2	<input type="checkbox"/>
4	<input type="checkbox"/>	35	<input type="checkbox"/>	7	<input type="checkbox"/>	6	<input type="checkbox"/>
5	<input type="checkbox"/>	37	<input type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>
8	<input type="checkbox"/>	40	<input type="checkbox"/>	13	<input type="checkbox"/>	14	<input type="checkbox"/>
11	<input type="checkbox"/>	43	<input type="checkbox"/>	16	<input type="checkbox"/>	17	<input type="checkbox"/>
12	<input type="checkbox"/>	44	<input type="checkbox"/>	20	<input type="checkbox"/>	21	<input type="checkbox"/>
15	<input type="checkbox"/>	47	<input type="checkbox"/>	23	<input type="checkbox"/>	24	<input type="checkbox"/>
18	<input type="checkbox"/>	50	<input type="checkbox"/>	26	<input type="checkbox"/>	27	<input type="checkbox"/>
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22	<input type="checkbox"/>	53	<input type="checkbox"/>	30	<input type="checkbox"/>	34	<input type="checkbox"/>
25	<input type="checkbox"/>	55	<input type="checkbox"/>	33	<input type="checkbox"/>	39	<input type="checkbox"/>
28	<input type="checkbox"/>	58	<input type="checkbox"/>	36	<input type="checkbox"/>	42	<input type="checkbox"/>
		61	<input type="checkbox"/>	38	<input type="checkbox"/>	46	<input type="checkbox"/>
				41	<input type="checkbox"/>	49	<input type="checkbox"/>
				45	<input type="checkbox"/>	54	<input type="checkbox"/>
				48	<input type="checkbox"/>	57	<input type="checkbox"/>
				52	<input type="checkbox"/>	60	<input type="checkbox"/>
				56	<input type="checkbox"/>		
				59	<input type="checkbox"/>		

PARENT SUBTOTAL Nurturing Caring Indulgent	PARENT SUBTOTAL Controlling Organising Critical	ADULT	CHILD
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P.A.C. Profile

Plot the totals of Parent, Adult and Child on the personality diagram below. Connect the established points and you will have your P.A.C. profile.

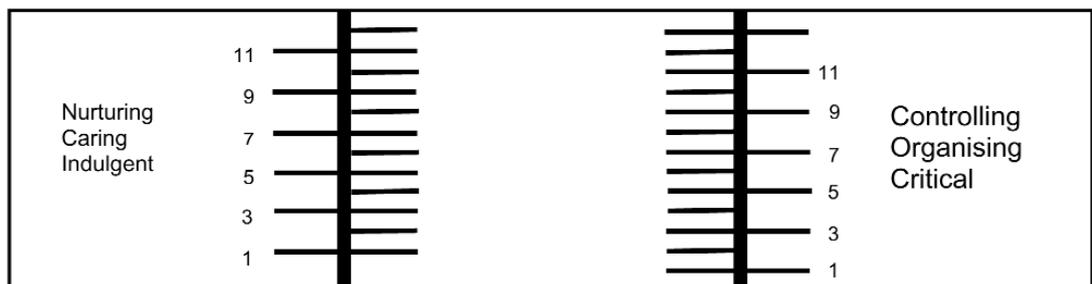


Interpretation of your P.A.C. Profile

The highest percentage score of the three indicates the ego state most used by you. If there is a difference of twenty or more on the percentage scale between the highest and the second highest, this means that this ego state usage is dominant for you. If there is less than 20% difference then there is likelihood that there is switching between the two ego states of which most people are not consciously aware.

Parent Ego State

Now plot the Parent subtotals on the Parent diagram. You will then have a profile of your Parent ego state as to the strength of the nurturing, caring, indulgent Parent and the controlling, organising, critical Parent.



Personal Communication Profile

Critical Parent	Nurturing Parent	Adult	Natural Child	Adapted Child
Never	Good	Correct	Fantastic	Can't
Should	Nice	How	Fun	Wish
Ought	I love you	What	Want	Try
Must	Splendid	Why	Won't	Hope
Bad	Tender	Results	Hate	Please
Always	Poor thing	Practical	Scared	Thank you
Good	Don't worry	Alternative	Hi!	Sorry
Ridiculous	There there	Quantity	Super	Ought
Do	Let me	Where	Mine	Excuse me
Don't	Be careful	Objective	Secret	After you
Critical	Loving	Even	Free	Whining
Condescending	Encouraging	Confident	Excited	Defiant
Sneering	Comforting	Inquiring	Loud	Manipulating
Disgusted	Sympathetic	Calm	Giggling	Apologetic
Closed	Open arms	Thoughtful	Uninhibited	Pouting
Points fingers	Accepting	Alert	Loose	Sad
Frowning	Smiling	Open	Spontaneous	Helpless
Rigid	Caressing	Straight	Flirtatious	Immobile
Angry	Consoling	Interested	Wide-eyed	Sullen
Judgmental	Understanding	Open	Curious	Agreeing
Moralistic	Caring	Level	Fun-loving	Compliant
Authoritarian	Giving	Evaluative	Changeable	Ashamed

Your Personal Profile

Your Personal profile is based on Transactional Analysis, which is a way of understanding behaviour. It is based on the belief that we can learn from studying more closely the way our decisions and communications are based on our thoughts and feelings.

Think of your brain as a video recorder and that you have Parent, Adult and Child tapes (egos) to play on that recorder.

The parent ego

The basic information on this tape comes from your experience of life with your parents, other carers and your teachers, particularly in early life. Remarks like – “*Sit up straight at table*”, “*Use your knife and fork not your fingers*”, “*Bring it here, Mummy will help you*”, will be on your Parent tape and can be played back.

You can sometimes hear children scolding each other, e.g. “*Don’t touch that – Mummy says so*”. When we feel, think, talk and behave in the way we remember our parents did then we are playing our parent tape. Often it is the parent attitude which shows in later life, rather than the actual words, e.g. “*In our line of business...*” or “*Leave it to me...*”

The parent ego has two sides:

- The controlling, disciplines, restricting parent
- The helpful, caring, loving parent

The controlling parent is the one who scolds when the children are late for dinner and the caring parent is the one who is happy they arrived home safely.

The parent ego is very strongly imprinted on the brain and works automatically, particularly if we are involved in any critical or evaluation process.

The critical parent uses words and phrases like:

Right – Wrong	What will people say...
Good _ Bad	That’s the limit!
Never – Always	Why haven’t you...
Sensible – Careless	You must never...

The nurturing parent uses words and phrases like:

Oh Dear! What a shame...	Don't be afraid...
Take care...	I'll help you...
Please remember to...	It won't take me long to...
Don't be late...	Poor you...

The adult ego

All facts, logical and linked experiences and common senses are recorded on your Adult tape.

The adult ego is the mature and deliberating part of personality. Your actions and words, when this tape is played, are sensible and well-considered, as opposed to the almost automatic reactions of the parent ego. The adult ego collects information, evaluates it, works out probabilities, tackles and solves problems, all in logical, calm collected way. It concentrates on facts, not feelings and prejudices. The adult ego state is independent of age. A child, too, can use common sense as background for his/her actions.

As a rule, the adult ego asks questions and seeks out facts, for example:

What is that?	Let's find out.
What do you think?	Let's experiment.
Why did it happen?	Let's define it.
What are the choices?	How can we handle it best?

The child ego

The child tape represents the child you once were. On it are recorded all your emotions, all your early experiences, together with your initial views of yourself and others. The child ego reacts emotionally with the feelings and instincts of childhood.

The child ego has two facets:

The natural child:

This is primitive, impulsive, instinctive, spontaneous, undisciplined and demanding.

The adapted child:

This carries the influence of a person's upbringing which 'does as it is told' and gives rise to guilt, rebellion, disobedience, compromises. The adapted child can be compliant or rebellious.

Examples of phrases used in the child ego state are:

I like...

You always try to...

I will in a moment...

I won't...

Let's play...

If only...

I must...

Help me...

If, she can, so can I...

I feel...

Wow!

It's mine...