Transactional Analysis: PAC Model
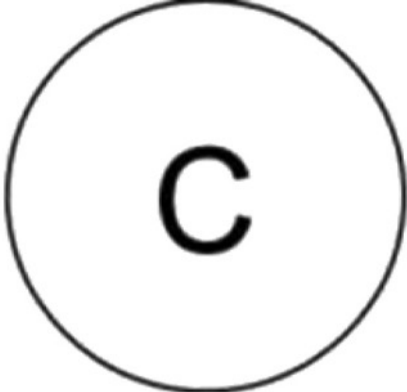
P

PARENT EGO STATE
Behaviours, thoughts and feelings
copied from parents or
parent figures

A

ADULT EGO STATE
Behaviours, thoughts and feelings
which are direct responses to
the here and now

C

CHILD EGO STATE
Behaviours, thoughts and feelings
replayed from childhood

THE BLOOM ROOMS
Talking Therapy Facilities