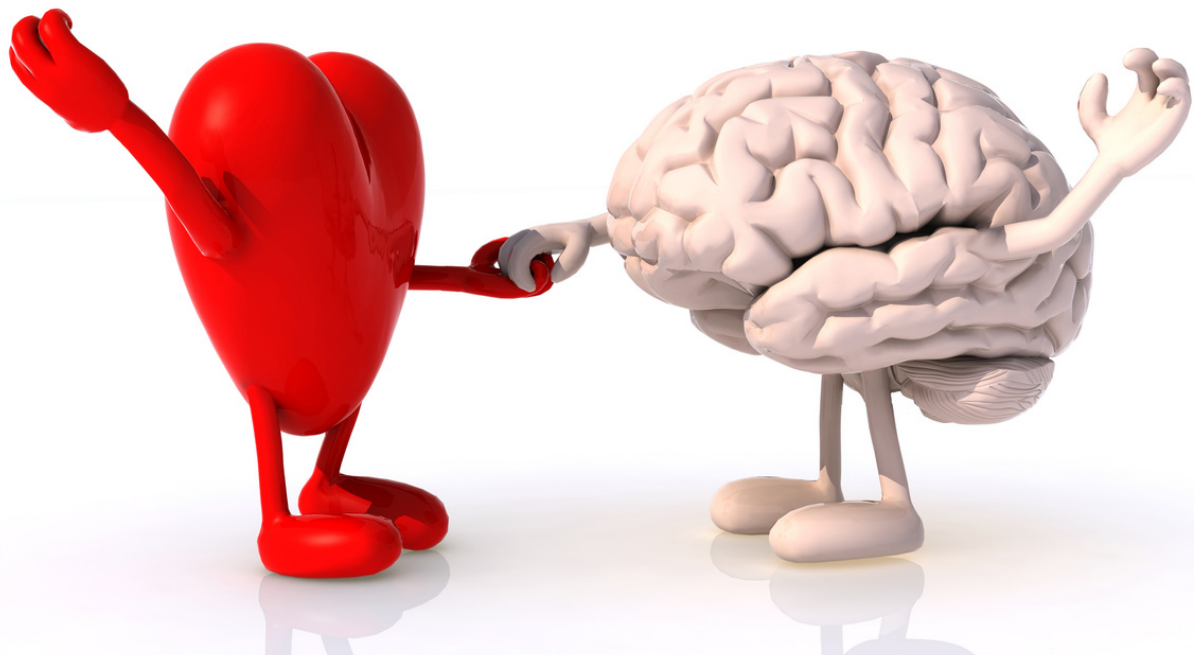
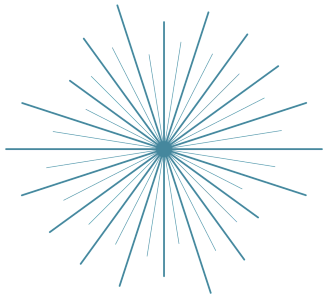


Maximum Wellbeing Plan



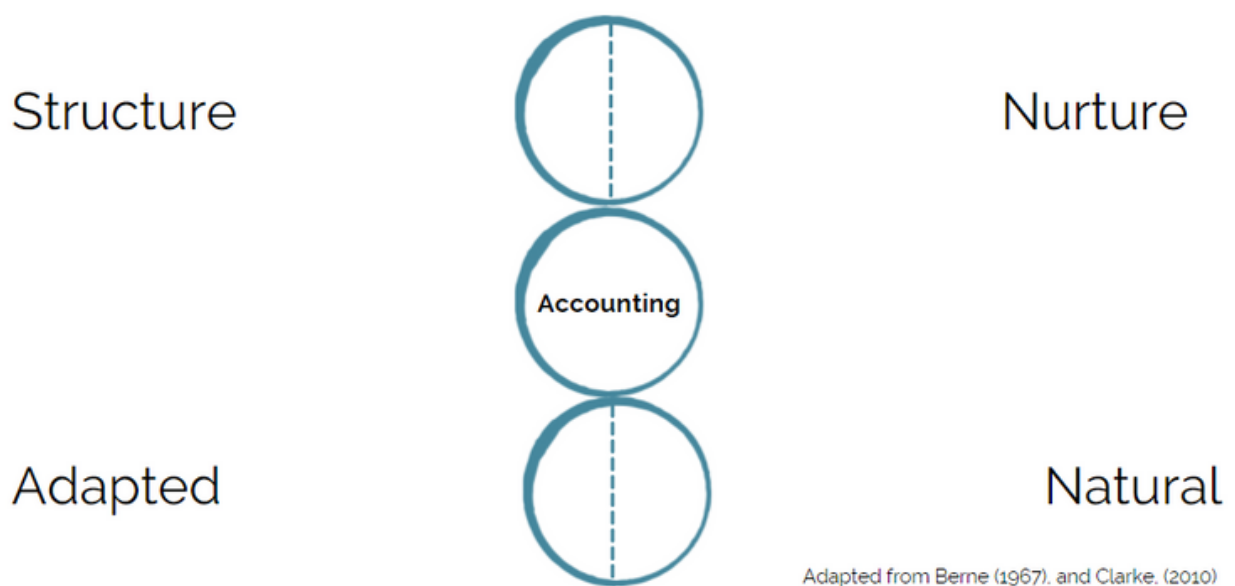
A Whole You Approach



Modes of Being

The Maximum Wellbeing Plan will help you to identify your different modes of being, target areas that you wish to adapt, and produce your own plan to improve and maintain optimum mental wellbeing. These modes are referred to as 'ego states' in Transactional Analysis, a model used in organisations, education, psychotherapy, and counselling.

The diagram below shows the different modes:



We can think of the different modes as parts of our personality, and also states of being.

Structure

Structuring Mode

This is the part of our personality where we hold our values and judgements, about life, relationships, work and the world in general. Thoughts, feelings and behaviours associated with this mode have generally been passed down to us from parents or other significant caregivers, society, culture and where relevant, faith, as we were growing up.

When we function from this state, it can be said that we are in 'structuring mode'.

Positive Structuring Mode

When we are functioning positively from this mode, we may be: firm, directive, boundaried, offer useful structure and limitations. We find we are required to be in structuring mode when parenting, in leadership roles, and guiding ourselves and others according to our values.



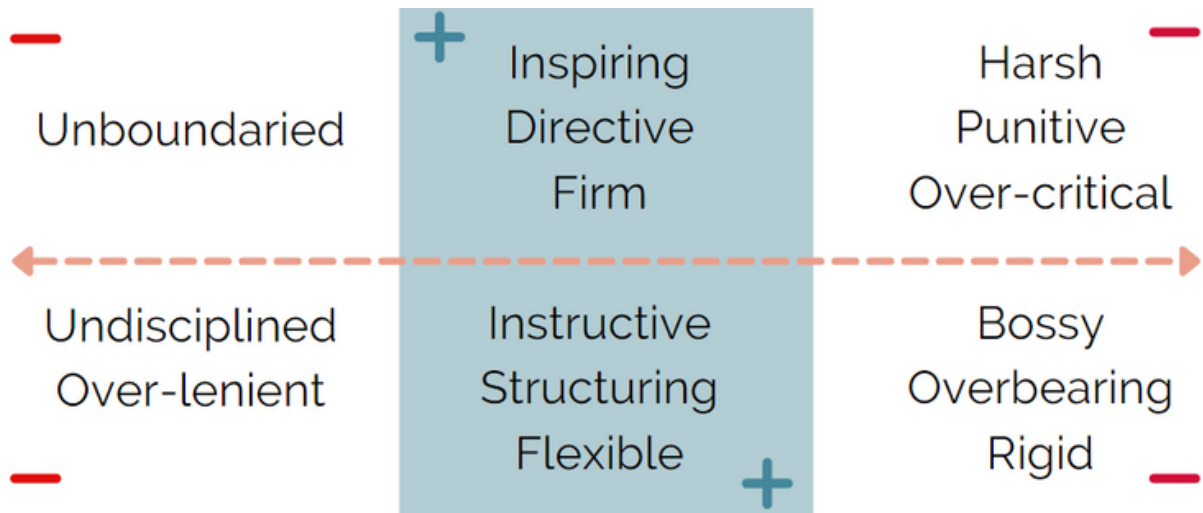
Negative Structuring Mode

If we think about the two extremes of the structuring as: unboundaried, over-lenient versus harsh, domineering and bossy, these extremes could be classed as negative structuring. Good values, rules and boundaries help to keep us safe and help us to achieve goals that we set for ourselves. No rules could create anarchy whilst rigid, harsh rules and punishments can be destructive. A common problem that contributes to low self-esteem is when a person is too harsh on themselves. Think, harsh 'inner critic'. The harsh inner critic will often discount successes and compare the self unfavourably to others, for example, "They are more successful and good looking than me. I'm useless."

Structuring for Wellbeing

Holding ourselves to our values and boundaries is important. When we go against what we believe to be good and right, we are often left with internal conflict and guilt. Being firm with ourselves for example, by stretching and challenging ourselves beyond our current capabilities, is also important as it helps us to grow, develop and achieve new goals.

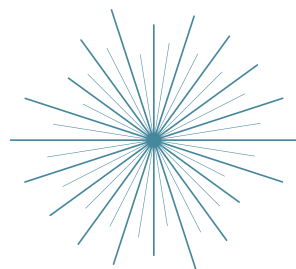
Structuring Mode Spectrum



Your Structuring Mode

Where are you on the Structure Mode Spectrum, generally? When has this part of your personality helped you to get where you are today? Are there times when your boundaries have let you down or when either yourself or others have behaved in ways that are not aligned with your values? Are you ever over-critical of yourself to the detriment of your confidence and self-esteem?

Use the following page to reflect on this aspect of yourself and how it influences your mental health.



Your Structuring Mode

 Over-lenient / unboundaried	 Harsh / punitive
 Positive Structuring	 What do you want to change?

What action are you going to take to make the changes that you want?

Nurture

Nurturing Mode

This is the part of our personality where the way that we care and nurture others and ourselves is held. As with the Structuring Mode, thoughts, feelings and behaviours associated with this mode have been passed down to us from parents or other significant caregivers, society, culture and where relevant, faith, as we were growing up.

When we function from this state, it can be said that we are in 'nurturing mode'.



Positive Structuring Mode

When we are functioning positively from this mode, we may be: kind, caring, compassionate, supportive and understanding. It is beneficial to be in nurturing mode at certain times when we have a duty of care to others, and when taking care of ourselves and those close to us..

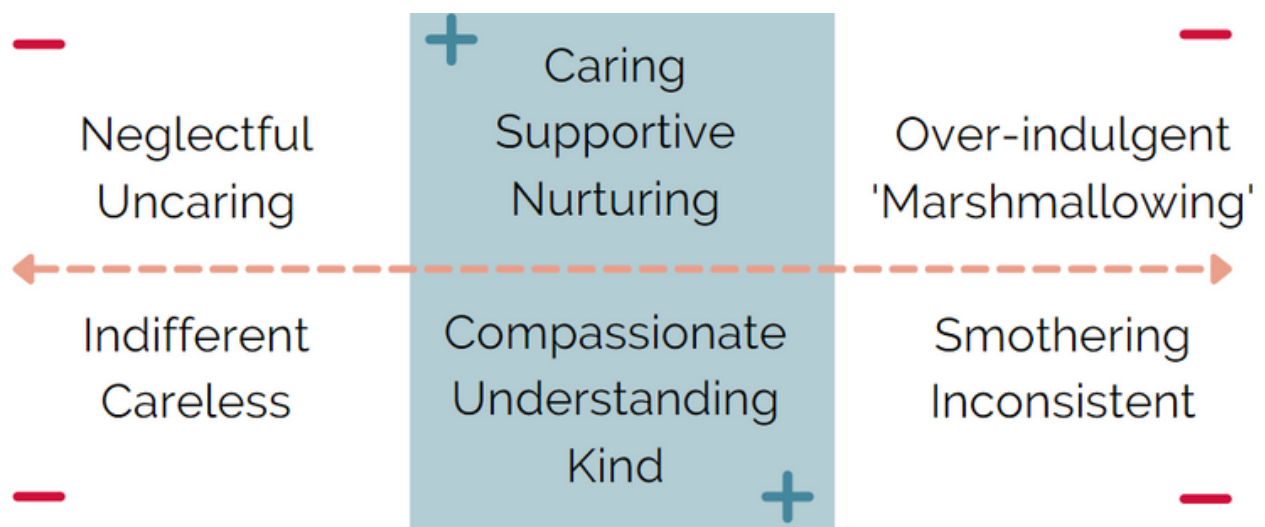
Negative Structuring Mode

If we think about the two extremes of the nurturing as: neglectful, or inconsistent versus smothering, and over-indulging, these extremes could be classed as negative nurturing. We all need nurturing to survive and feel loved and cared for. Both neglect and over-indulgence can lead to poor physical and mental health in different ways. A common problem that contributes to poor mental health is neglecting ourselves; examples might include, poor nutrition, no self-compassion.

Nurturing for Wellbeing

Taking good care of our physical and mental health is important. Being our own biggest supporter, being kind and compassionate towards ourselves, acknowledging and celebrating successes and milestones, and giving ourselves the care that we need will help us to feel good about ourselves. Extending this to others through doing what we can to help others can also give us a sense of wellbeing.

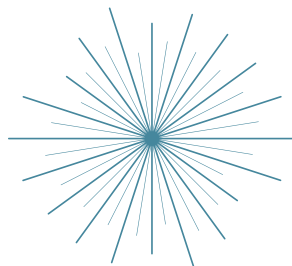
Nurturing Mode Spectrum



Your Nurturing Mode

Where are you on the Nurturing Mode Spectrum, generally? When has this part of your personality helped you to get where you are today? Are there times when you have over-indulged yourself or others to the detriment of your needs? Do you ever neglect your physical health? Do you ever with-hold self compassion?

Use the following page to reflect on this aspect of yourself and how it influences your mental health.



Your Nurturing Mode

 Neglectful / Uncaring	 Over-indulgent / smothering
 Positive Nurturing	 What do you want to change?

What action are you going to take to make the changes that you want?

Adapting

Adapting Mode

This is the part of our personality where we adapt to those we are connected with in order to get along. This part of us has developed through taking in the reactions and responses to us by those around us when we were growing up. Thoughts, feelings, and behaviours from this state are replayed versions of how we adapted in childhood.

When we function from this state, it can be said that we are in 'adapting mode'.

Positive Adapting Mode

When we are functioning positively from this mode, we may be: co-operative, considerate, and sociable. Adapting can help us to get along with others, and also obey rules that help us to stay in employment and out of trouble.



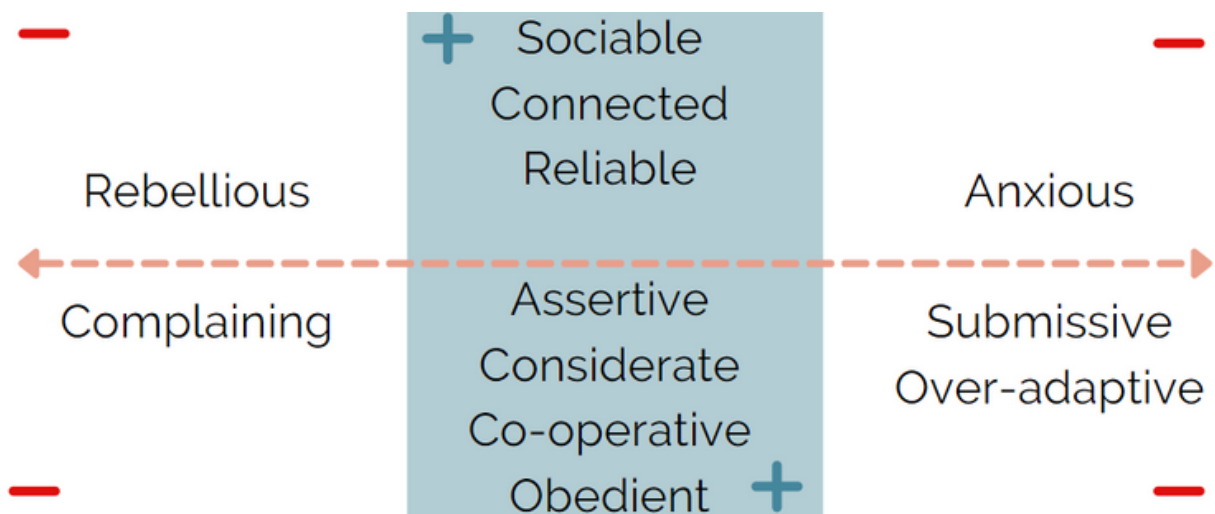
Negative Adapting Mode

If we think about the two extremes of the adapting as: rebellious, versus over-adapting / submissive, these extremes could be classed as negative adapting. We all need to follow rules and compromise a little at times in order to maintain healthy relationships. Constant rebellion or lack of compromise could result in people not wanting to be around us very much, whilst being over-compliant for example, saying 'yes' all the time when we want to say 'no', can lead to feeling resentful, anxious or depressed.

Adapting for Wellbeing

Connecting with people, particularly those who we share common interests and values with, can give us a sense of belonging. Co-operation and compromise when balanced and both ways contributes to healthy relationships at home and at work.

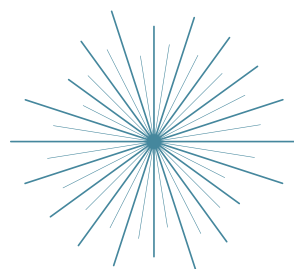
Adapting Mode Spectrum



Your Adapting Mode

Where are you on the Adapting Mode Spectrum, generally? When has this part of your personality helped you to get where you are today? Are there times when you have rebelled and regretted it? Do you ever over-adapt to please others to the detriment of what you need?

Use the following page to reflect on this aspect of yourself and how it influences your mental health.



Your Adapting Mode

 Rebellious/ Complaining	 Over-compliant / submissive
 Positive Adapting	 What do you want to change?

What action are you going to take to make the changes that you want?

Natural

Natural Mode

This is the part of our personality where we are free from constraints, authentic, creative, spontaneous and enjoying ourselves. As with the adaptive mode, this part of us has developed through taking in the reactions and responses to us by those around us when we were growing up. Thoughts, feelings, and behaviours from this state are replayed versions of how we had fun in childhood.

When we function from this state, it can be said that we are in 'adapting mode'.



Positive Natural Mode

When we are functioning positively from this mode, we may be: spontaneous, authentic, fun-loving and enjoying ourselves. Being in natural mode helps us to relax, let of steam and have moments of being care-free.

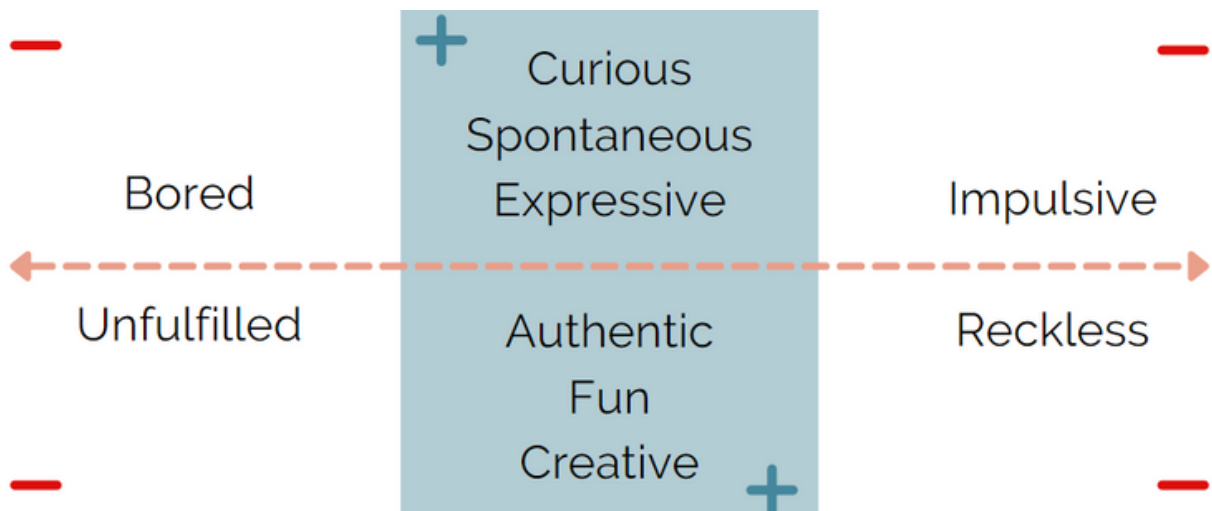
Negative Natural Mode

If we think about the two extremes of the natural mode as: spending no enjoyable time / feeling bored, versus being reckless, these extremes could be classed as negative natural mode. We all need balance taking care of our responsibilities with rest, relaxation or having fun. Not spending time doing things that we love can mean that we get little enjoyment in life. Equally, if we spent all of our time in this mode, or used unhealthy strategies to relax or enjoy ourselves, it can become reckless and destructive.

Natural Mode for Wellbeing

Making sure that we allow time for recreation and relaxation helps to bring balance into our lives. Watching our sports team, engaging in hobbies, or getting out in the great outdoors, are all examples of ways of being in our natural mode. Our focus is on enjoying the moment, being care-free and not worrying about other aspects of life for the time-being.

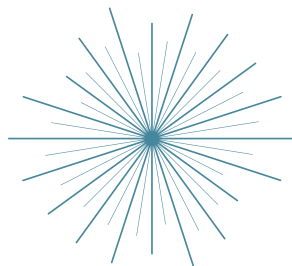
Natural Mode Spectrum



Your Natural Mode

Where are you on the Natural Mode Spectrum, generally? When has this part of your personality helped you to get where you are today? Are there times when you have not allowed yourself down-time do something enjoyable? Do you ever spend too much time in this mode to the detriments of your responsibilities?

Use the following page to reflect on this aspect of yourself and how it influences your mental health.



Your Natural Mode

 Bored / not enough fun time	 Impulsive / Reckless
 Positive Natural Mode	 What do you want to change?

What action are you going to take to make the changes that you want?

Final Reflections

Use this space for any final reflections and to summarise your action plan for maximum mental wellbeing.

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and light blue, set against a plain white background. There are no margins, text, or other markings on the page.

