

# Structural Diagram

Berne's Structural Diagram is the basis for understanding human personality. The Structural Diagram shows the 3 different aspects, called the Parent, Adult, and Child Ego States. Each ego state identifies three distinctive ways of thinking, feeling, and behaving. Berne used capital PAC letters on the Structural Diagram.



## **Parent Ego State**

Behaviors, thoughts and feelings copied from parents or parent figures



## **Adult Ego State**

Behaviors, thoughts, and feelings which are direct responses from the here- and-now



## **Child Ego State**

Behaviors, thoughts, and feelings replayed from childhood