

TRANSACTIONAL ANALYSIS QUESTIONNAIRE

There is no time limit to this questionnaire. It will probably take around ten minutes to complete. The more spontaneous and honest you can be, the more accurate the results probably will be.

If you agree more than you disagree with a statement, mark a plus (+) in the box.
If you disagree more than you agree, mark a minus (-) in the box.

1. Teenagers would be better off if they tried harder to understand and utilise the experiences of older people.
2. I enjoy fast driving.
3. Generally I manage to keep a calm appearance even when 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 may not realise this.
6. I do not like it when people are not clear about what I say and ask me to repeat.
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 freely discuss sex, bodily functions, intimacy, etc.
10. I find it difficult to stick to a diet, to quit 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 nowadays allow others to push them around too much.
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, other people made me feel ashamed.
18. Sometimes children need to be slapped on the buttocks for their own good.
19. We need more rather than less censorship in the movies, TV, 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.
23. My parents encouraged me to explore and learn things for myself.
24. I get 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 and attend many courses, seminars, lectures, etc.

27. Sometimes I tell myself, "Shut up - you are talking too much".
28. A remedy for divorce would be to make the conditions more stringent so that marriage would be considered more seriously.
29. I seldom, if ever blush.
30. Most mistakes result from misunderstanding rather than carelessness.
31. Tense situations make me feel uncomfortable enough that I must do something about it.
32. Most youngsters will benefit from obligatory military service.
33. Many times I have had to change my strong convictions as a result of new information.
34. Humility is one of the virtues, perhaps the greatest one.
35. Expressive hair styles seem to have to compensate for small brains nowadays.
36. Experience is useful but in most instances, it probably needs to be modified by new facts and information.
37. Marriage between people from different races or countries are heading for trouble.
38. All work and no play add up to a dull life and that is not the way I want to live.
39. Sometimes I hear myself say "I do not make the rules, I just follow them".
40. You can not change human nature.
41. I do not believe that there has to be a natural and un-resolvable 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 those consequences before making 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 gathering data from magazines and books.
49. Being a subordinate is not that easy but 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 many seem to do.
56. Even though there may be a standard approach to a situation, I like to figure out new ways.

57. I put things off until they can't be put off any longer.
58. I am inclined to challenge others, enquiring and become aggressive.
59. Most people are capable of sustained self-direction and control.
60. Things like working in the garden, swimming, sex and other forms of physical activities make me feel good all over.
61. I get angry or disgusted with someone I think is submissive, compromising, etc.

P.A.C. PROFILE

	PARENT	ADULT	CHILD
100%			
90%	16	16	12
80%	14		
70%		14	10
60%	12		
50%		12	8
40%	10		
30%			
20%	8	10	6
10%	6	8	5
0%	4	6	3

Interpretation of your P.A.C. Profiles

The highest percentage score of the three scores indicates the particular Ego State mostly used by you. If there is a difference of **twenty** or more percentage points between the highest and the second highest score, this means that the highest scoring Ego State is your dominant ego state.

If there is less than **twenty** percentage points difference, there is a likelihood that you switch back and forth between Ego States without being consciously aware of this switch.