

PAC Model (Ego states) Questionnaire

For each statement, allocate a score to show how much the behaviour is like the way you normally behave.

0 = Not true for me

1 = Partly true for me

2 = Moderately true for me

3 = Extremely true for me

	1.	If I see someone behaving badly I tell them how they should behave.
	2.	I tend to reason things out before acting.
	3.	I'm comfortable doing what I'm told to do.
	4.	People tend to turn to me for support if they have a problem
	5.	I really enjoy being around and interacting with other people.
	6.	I enjoy taking care of people.
	7.	I enjoy solving problems in a systematic and logical way.
	8.	I'm happy to give people instructions and tell them what to do.
	9.	I let people know how I really feel, without embarrassment.
	10.	I am polite and courteous.
	11.	I often do the opposite of what people expect.
	12.	When someone is new, I make an effort to show them where everything is.
	13.	I tend to stay calm in a crisis.
	14.	When I know I'm right, I insist that others listen to me.
	15.	I ask a lot of questions when I'm curious.
	16.	I get quite a kick out of my work.
	17.	People seem to expect me to know the answer.
	18	I'm told I'm a good listener.
	19	I get on well with people who are polite to me.

	20.	I keep on thinking clearly even under pressure.
	21.	I work in a systematic and logical way.
	22.	I dress to match the sort of outfits that other people wear to work.
	23.	I do things for people when I see they can't manage for themselves.
	24.	I can quote my previous experience when problems occur.
	25.	People tell me I'm creative and inventive.
	26.	I prefer to take control rather than following someone else's lead.
	27.	I fuss over people too much.
	28.	I'm told I'm over-emotional compared to others.
	29.	I expect my manager to set my terms of reference.
	30.	I take all points of view into account when making decisions.
	31.	I encourage people to test out their own capabilities.
	32.	People complain that I'm bossy.
	33.	I spend my time enjoying myself.
	34.	People tell me I'm especially courteous.
	35.	I'm noted for my even temper and balanced comments.
	36.	I show my feelings whether I am happy or sad, so that people can congratulate or sympathise with me.
	37.	I've looked after someone even though they could have managed on their own.
	38.	I'm tempted to analyse jokes, which spoils them for others.
	39.	People do as I tell them.
	40.	I go along too readily with what other people want.

Personal Styles Questionnaire - Scoring

Step 1

Transfer your scores to the summary below, against the question numbers, and add up each column.

Item	Score	Item	Score	Item	Score	Item	Score	Item	Score
1		4		2		3		5	
8		6		7		10		9	
14		12		13		11		15	
17		18		20		19		16	
24		23		21		22		25	
26		27		30		29		28	
32		31		35		34		33	
39		37		38		40		36	
Total		Total		Total		Total		Total	
Controlling Parent		Nurturing Parent		Functional Adult		Adapted Child		Natural Child	

Step 2

Now draw a bar chart of your responses by marking horizontal lines at the score points.

<i>Total score</i>					
24					
21					
18					
15					
12					
9					
6					
3					
0	Controlling Parent	Nurturing Parent	Functional Adult	Adapted Child	Natural Child