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## Why am I completing the Transactional Analysis Assessment?

Transactional Analysis (TA), also known as the Ego Gram, is a theory of personality and relationships based on the study of specific ego (PAC) states, a theory of social interaction or interpersonal communication and a system of family and/or individual psychotherapy used as a tool for personal growth and personal change. TA is a way of inquiring into what goes on between people and inside people in order to help them make changes. The transactional aspect is exactly what it says: a two-way communication, an exchange, a transaction.

## What is the Transactional Analysis Assessment?

The Transactional Analysis Assessment is a test which serves as a self-awareness tool. Take it as the mirror of your personality. On completion, you'll find out how much emotional energy is tied to your individual development phases from early childhood until adulthood; the so-called "ego states".

When you finish the test, you'll learn why certain things always make you angry and others don't affect you at all. You will be able to better understand your subconscious reactions, as well as the reactions of other people. You'll find out which of your mental states is the most sensitive to stimuli from the environment. The map of your specific ego states is the key to understanding yourself and guiding you in conflict resolution. It will help you realize your own reactions, and intentional changes that all of us are able to make to our behavior, irrespective of age or education.

## How is the Transactional Analysis completed?

90 statements will be presented. For each statement, please select if you strongly agree, agree, neutral, disagree and strongly disagree. In the end, a bar chart will be presented with your results and all appropriate definitions.

**Source:** Eric Berne: "TA in Psychotherapy" – 1961 & "What do you say after you say hello?" – 1970.