

A SHORT LIST OF EGO STATE QUESTIONS TO FACILITATE UNDERSTANDING, COMPASSION AND COLLABORATION

- ❖ **Do you know who I am (adult consciousness)?**
- ❖ **Do you know who this other person (therapist) is?**
- ❖ **How old are you?**
- ❖ **When did you come into existence? When were you born?**
- ❖ **Why were you born? What's your purpose?**
- ❖ **What do you wish to accomplish?**
- ❖ **What do you want me to know about you?**
- ❖ **What are you most afraid of?**
- ❖ **When do you feel best?**
- ❖ **Are you tired of constantly having to think about food? Tired of hating your self, your body?**
- ❖ **Are you happy? Would you be interested in feeling better? Stronger?**
- ❖ **Would you be open to working together to feel better/stronger, perhaps in a way that doesn't hurt you or your body?**
- ❖ **What do you need from me (adult consciousness)?**

Always begin and end with appreciation and the commitment to stay in touch.