

Disempowering Being States

a. Parental/Controlling

i. Negative

q. Rigid

b. Judgmental

j. Non-Responsive

r. Rescuer/Hero

c. Impatient

k. Paranoid/Insecure

s. Serious

d. Irresponsible/Victim

l. Unstructured

t. Tolerant

e. Unaccountable

m. Boring

u. Disrespectful

f. Passive/Aggressive

n. Vague

v. Closed

g. Repressive/Analytical

o. Critical

w. Inconsiderate

h. Arrogant/Egotistical

p. Tactical

x. Nervous

VISTAGE

Empowering Being States

a. Adult

i. Positive

q. Flexible

b. Neutral

j. Responsive

r. Explorational/Coach

c. Patient

k. Confident/Secure

s. Humorous

d. Responsible

l. Organized

t. "Carefrontational"

e. Accountable

m. Enthusiastic

u. Respectful

f. Assertive

n. Specific

v. Vulnerable

g. Expressive/Emotional

o. Appreciative

w. Polite

h. Humble

p. Strategic

x. Relaxed

VISTAGE