

The PAC model



Scenarios

Amal is 11, and an only child. Her mum is a single parent and works long hours. Amal has an iPhone, which is permanently glued to her hand. When she's not on her phone, she's using social media on her laptop. Amal's mum is worried about her screen time and wants her to take up a new hobby. Amal got a guitar for Christmas, which she hasn't touched.

Connor is 14. Since starting Year 10, he has had several detentions for not doing his homework. Connor's dad feels like he always has to "nag him" to do his homework. Connor often ends up rushing it on the bus on the morning it's due to be handed in.

Adult moves

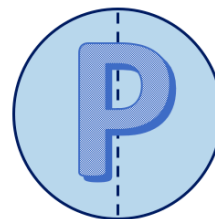
- Recognise that changing how we interact is **hard!**
- Think through **controlling** vs **nurturing** vs **adult** responses
- Try to be **proactive**, rather than **reactive**
 - Agree a **mutually convenient time** to sit down and talk - **regularly**
 - **Plan** what you want to say beforehand – **rehearse** saying it
 - **Explain** your reasons for wanting to talk about X. **Start with why!**
 - Agree a set of **ground rules** for how you will interact
- **Identify problems** and express them **clearly and calmly**
- Try to be **present**. Articulate **authentic feelings**
- Strive for **honesty**
 - Ask honest **questions**
 - Give honest **answers**

Questions for reflection

1. Can you think of any recent examples of PAC dynamics in your home/workplace?
2. In which ego state do you/your child spend most of your time?
3. What could you/your child do to ensure more Adult-Adult interactions happen?

Controlling parent

- Discipline, rules
- Judges, gives orders
- Can be overly critical

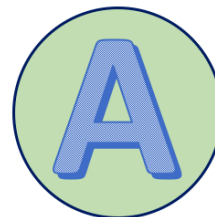


Nurturing parent

- Optimistic, hopeful
- Encourages, nurses
- Can be smothering

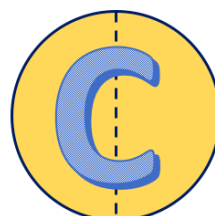
Adult

- Objective, rational
- Thinks things through
- Authentic, 'grown-up'



Free child

- Spontaneous, carefree
- Adventurous, impulsive
- Can throw tantrums



Adapted child

- Acts on experience
- Polite, tries to fit in
- Can be rebellious