

Ego State Boundaries

- It is useful to think of each ego state as having boundaries.
- Berne suggests that ego boundaries can be thought of as **semi permeable membranes** through which psychic energy can flow from one ego state to another.
- Ego boundaries must be semi permeable otherwise psychic energy would be bound up in one ego state and unable to move about spontaneously as situations change.



Ego Boundaries

Richard S. Epstein



Ego Boundaries:

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