

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

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Ego Boundaries:

Ego Boundaries Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Ego Boundaries**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

<http://www.pet-memorial-markers.com/data/browse/Documents/gus%20gets%20the%20message.pdf>

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