

Communication – A PAC Model

Frank L. Reed

Any person has three modes from which to act and speak. These are sometimes called: Parent, Adult, and Child. The speaking can be directed to the corresponding modes in the hearer. So, one can speak Parent to Child, Child to Parent, Adult to Adult, etc. Words determine some of the perspective but tone of voice and body language are very important. Hopefully most conversation is Adult to Adult.

Parent –

Positive features – zeal, instruction, directions, warnings

Negative features – control, orders, fear, insecurity, dominance, blame, accuse, manipulation, demanding, inflexibility, not able to take a joke, fixation unyielding, non-negotiable, rigid, impassable boundaries

Adult-

Positive features – clear thinking, logical, understanding, responsible, thoughtful caring, healthy, love, respect, joy, reality, truth, goals, compliments, value, convictions, dignity, good natured, accepts correction and compliments, clear defined boundaries

Child-

Positive features – playful, carefree, de-stress, fun, not hold grudge

Negative features – self indulgent, not responsible, not sensitive, pouty, Wanting to be cared for, need compliments, accept blame when not guilty, immature, lack of development, acting helpless, appeasement, undefined boundaries

The C and P experiences impact the Adult experience.

Listen for modes and fluctuations between modes in yours and others conversations.

Teaching should be a combination of P and A

P and C can be places to hide

Parents sometimes talk to their 2 year old children A to A and to their 20 year old children P to C. This is reverse of healthy conversation.

Jesus talked A to A most of the time even when teaching

Sometimes he talked P to C when confronting hypocrites

P

P

A

A

C

C