

Life Positions

Life positions are core beliefs established in early childhood about ourselves and others that determine how we feel about ourselves and how we perceive others. They are mental filters that govern how we interpret our experiences and drive our behaviours. While fixed in early childhood, they can be changed through therapeutic work and increased self-awareness.

The Four Primary Life Positions

I'm OK – You're OK (The Healthy Position)

Reflects self-esteem and respect for others, allowing for productive, confident and collaborative relationships.

I'm OK – You're Not OK (The Superior Position)

Individuals see themselves as superior while viewing others with suspicion, disdain, or as inferior, often leading to condescending or critical behaviour.

I'm Not OK – You're OK (The Depressive/Submissive Position)

Individuals feel inadequate, unworthy or inferior, often placing others on a pedestal and acting submissively to gain approval.

I'm Not OK – You're Not OK (The Futile/Hopeless Position)

A cynical, hopeless stance characterised by low self-worth and a low opinion of others, sometimes leading to despair, extreme withdrawal or self-destructive behaviours.

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