

The Adverse Effects and Situations of the Ego Element on Individual

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ABSTRACT: This research also Interpersonal relationships and human interactions in general are closely related to individuals' patterns of thought, emotion, and behaviour within their own inner worlds, i.e., their ego states. According to the Transactional Analysis (TA) theory developed by Eric Berne, personality consists of three different ego states: parent, adult, and child, and individuals switch between these states in daily life. The interactions between these ego states are called transactions and directly affect the flow and effectiveness of communication. Given the complex structure of marriage and close relationships, the quality of communication and problem-solving skills between couples significantly affect marital harmony. Research shows that dysfunctional beliefs and unrealistic expectations can cause problems in relationships, making changing these beliefs critical to preventing relationship issues. In this context, ego state therapy is an approach that aims to increase internal consistency and encourage growth and development potential by enabling individuals to use their ego states more healthily. Therapy focuses on the integration of ego states and the development of interpersonal communication. However, personal development and change processes often encounter various resistances. According to TA, unconscious life plans (life scripts) acquired in childhood and influencing adult behaviour are one of the main reasons individuals resist change. Although harmful, these scenarios can feel 'safe' because they are familiar, and individuals may unconsciously tend to recreate situations that fit their scenarios, even if they consciously desire something different. This resistance can also be explained by the concept of the 'false self'. False self is an inauthentic personality structure that an individual constructs in order to adapt, protecting their true self as a result of environmental impositions or pathological relationships. Living with a false self can lead to the individual experiencing a sense of "not being real," that is, alienation.

KEYWORDS: Ego States, Resistance to Change, Therapy

INTRODUCTION

The ego state is a complex structure that profoundly influences an individual's internal experiences, thought processes, and behaviours. It can be said to have many layers and plays a significant role in shaping the individual's underlying general psychological structure. The ego state is critically important in defining an individual's sense of self, self-esteem, social identities, thought patterns, and relationships with their environment. In this context, an individual's lifestyle, values, and interactions with their social environment also contribute greatly to the development of the ego state. Furthermore, numerous psychodynamic processes are managed by the ego state, influenced by various defence mechanisms affecting the individual's psychological state, as well as negative situations such as internal conflicts and anxiety. The ego strives to establish a balance between conscious and unconscious dynamics, and this balance is extremely critical and vital for the individual's mental health. A healthy ego state represents an extremely important building block in terms of an individual's psychological well-being, flexibility, and emotional resilience. Therefore, within this complex process, it is impossible to ignore the important units with which the individual interacts and which shape these experiences. These important structures and areas of interaction also include the characteristics of social structures that are effective in the individual's psychological system. Family structures, workplace dynamics, the various opportunities offered by social environments, and the influence of peer groups can have significant and long-term consequences on an individual's psychological state. While deep and emotional bonds between family members profoundly affect an individual's mood, relationships with work colleagues play an active and decisive role in shaping an individual's motivation, satisfaction, and overall performance.

The impact of relational dynamics on an individual's identity development functions as a powerful tool. Therefore, the healthy functioning of these units greatly supports the individual's effective adaptation to their environment, providing opportunities for healthier personal and interpersonal interactions. Furthermore, through such relational units, the individual can assume social roles throughout their life, thus constituting both an important period and a guiding factor in their overall life experience. The individual has the opportunity to establish a continuous and dynamic interaction between relational dynamics and their own ego state through specific social structures. This interaction contributes to the individual questioning their own psychological structure and developing in a positive direction. Consequently, these processes enable the individual to deeply explore their identity and enrich their social relationships, while also harbouring the potential to

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profoundly affect the structure of their ego state and ultimately their psychological health. The interactions of the ego with social relationships are of great importance in understanding and analysing the individual's psychological state. In this context, the ego state emerges as an extremely important element not only for the individual's internal processes but also for the quality of social interactions and life experiences. The nature of these relationships and the impact of these social structures on the individual are extremely important for the individual to realise themselves and exist in social and personal harmony. This is because a healthy ego state and effective social relationships have significant potential to increase the individual's overall life satisfaction and psychological resilience. This situation is directly related to the individual's capacity for self-realisation and their ability to establish healthy relationships with their environment. Therefore, examining the dynamics of ego state and social interactions can play a major role not only in the individual's psychological health but also in determining their overall quality of life. A deep understanding of this interaction between the individual and their environment greatly increases the individual's capacity for self-understanding, enabling them to lead a healthier and more functional life.

The nature of these interactions between each individual's internal state and their social environment brings together a complex set of factors that affect mental health; the integrated assessment of these factors becomes an important factor with the capacity to positively affect the individual's quality of life. Furthermore, understanding these interactions can help individuals diversify and deepen their social networks in a healthy way, while also enhancing their mental health and making their social interactions more effective. In addition, the nature of social structures and relationships that influence an individual's psychological makeup and socialisation processes is also of vital importance in terms of the individual's self-realisation. The enrichment of interpersonal relationships not only strengthens an individual's social bonds but also has the capacity to create emotional satisfaction. This situation makes a critical contribution to the development of a healthy ego state, establishing a direct relationship between mental health and social relationships. In particular, the interactive dynamics of ego state and social relationships enable the individual to develop greater awareness and understanding of their mental health, while also significantly enhancing the quality of social interactions. The social bonds that shape an individual's self-perception can indicate a strong psychological foundation by creating a deeper sense of connection through their relationships and interactions with others. In this respect, understanding ego state and social relationships provides a holistic approach aimed at improving the individual's overall quality of life and offers various important opportunities for the individual. In their interactions with their social environment, individuals gain depth regarding their inner world and evaluate opportunities to strengthen their presence in the circle of social roles. Therefore, establishing a balanced relationship between their psychological processes and their social environment is critically important for individuals to lead a healthy life, and this balance plays an extremely important role in protecting and developing their mental health.

The ego state and relational units exert a profound influence on shaping each individual's sense of self and their attitudes towards their environment. This complex process also brings with it powerful factors that cause individuals to develop a certain resistance to the dynamics of change and development. This resistance generally emerges in relation to the ego's defence mechanisms and becomes directly linked to the relational conflicts experienced by individuals. This situation emerges as an extremely important factor affecting an individual's internal experiences. The ego state encompasses not only the internal conflicts faced by the individual but also the tendency to preserve their current identity and attitudes through the defence mechanisms developed to cope with these conflicts. Various psychological factors, such as the desire for power and control, fear of loss, and anxiety about uncertainty, all contribute to a marked increase in individuals' resistance to change. In this process, certain roles and dynamics within relational units may also have the potential to further reinforce these resistances. Therefore, this situation means that during the process of change, the individual complexly directs the processes of achieving harmony between both internal psychodynamic structures and external relational structures. The process of change is extremely critical in terms of the individual's self-discovery and personal development. During this process, individuals have the opportunity to evaluate different perspectives, while also learning to be more flexible and adaptable in the face of change. Consequently, the ego state and relational units, with their great importance in an individual's life, have the capacity to create profound and lasting effects in terms of both personal development and social interactions. As individuals are influenced by these dynamics, they can progress towards creating a more satisfying and enriched life experience by enriching their own individual experiences and renewing their interactions.

In short, the ego state and relational units are highly complex elements and components that form the building blocks of an individual's psychological and social integrity. The interaction between these complex structures plays an important role in the individual's personal development process and their place in society. Both the facilitating factors and the inhibiting elements that influence individuals' desires for change are contained within the rich and layered network of interactions of these structures. At the same time, the individual's interactions with their social environment are also an important part of this development process; therefore, the nature of social interactions and the complex structures of individual dynamics must be taken into account. Consequently, a detailed and in-depth understanding of these concepts necessitates a multidimensional and fully holistic approach, not only in personal and relational transformation processes but also in dealing with resistance to change. It is crucial to emphasise that a person's deep understanding of their own ego structure enables them to accurately and effectively evaluate not only themselves but also the dynamics of their relationships with those around them. This is fundamental and necessary for a healthy change process. Thus, opportunities are created for transformation and development processes at both the individual and social levels; the steps individuals take to realise themselves become extremely important as reflections of this holistic approach. Therefore, a deep understanding established within the framework of ego structure and relational units plays a critical role in enabling individuals to discover their own potential and improve their quality of life, and it stands out as a fundamental issue that needs to be addressed in terms of how these processes are carried out.

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METHOD

The form and dynamics of ego states point deeply and comprehensively to the various defence mechanisms and identity structures that occur in an individual's inner world. In this context, the ego can essentially be defined as an extremely complex set of psychological structures that protect the individual from internal conflicts, increase their ability to cope with life's difficulties, and enable them to establish a healthy balance with the external environment. The ego state can be clearly defined as a series of functional modes that shape an individual's momentary experiences and reactions. These modes exert their influence through specific roles and attitudes developed by the person within their familial, social, and cultural contexts, thereby directing the individual's social life. Internal conflicts and defence mechanisms reveal the constant variability and complex dynamics of these ego states, providing important clues about the individual's mental state. For example, feelings such as guilt, shame or fear, which are intensely present in an individual's inner world, are also a clear and obvious reflection of the various psychological mechanisms developed for defence against these feelings. These mechanisms reveal the individual's efforts to protect themselves and their fundamental anxieties in greater depth, creating profound effects on their state of mind. While the need for security constitutes one of the most important and indispensable parts of ego states, the individual feels the need to employ various defence strategies to protect themselves in the face of uncertainty and risks. Over time, these defences become more complex, affecting and shaping the individual's overall psychological structure much more profoundly. Within this process, identity maintenance mechanisms and self-designs both shape and strengthen the individual's efforts to achieve harmony with themselves and their environment. Among the dynamics of ego states, internal conflicts redraw the boundaries the individual has set for themselves; at the same time, they create a restrictive effect by preventing the individual from crossing these boundaries. This situation emerges as a significant source of resistance in the process of change; therefore, the form and mobility of ego states have a direct and clear relationship with the individual's psychological flexibility and capacity to adapt to environmental influences. This relationship continuously evolves and develops through the individual's interaction with their social environment. Internal conflicts shape the individual's actions, reactions and attitudes; at the same time, changes in these situations allow the person to re-evaluate themselves and renew and strengthen themselves. This content greatly assists individuals in their relationships with others, helping them to better understand their past experiences and develop a more hopeful outlook on the future, while also having a significant impact on their emotional states and social interactions, reshaping the dynamics of their lives. Ego states, therefore, play an extremely prominent and important role not only in the individual's inner world but also in their social interactions. This situation brings with it complex dynamics that must be understood in every area of the individual's life and continues to significantly affect the individual's mental health. Consequently, ego states constitute an important area requiring in-depth examination, both in terms of the individual's internal conflicts and their reflections in the social context.

FINDINGS

The data obtained from the literature review provides extremely in-depth information about young people's social media usage habits and reveals highly important and striking findings regarding its psychological and social effects. The assessment phase emerges as a truly fundamental tool in understanding ego states and relational dynamics, serving an important function by enabling individuals to improve themselves. Within this process, a wide variety of scales and methods are used to measure the current state of individuals and their relationships more objectively. Measurement strategies for ego states can generally be effectively implemented through structured questionnaires, detailed rating scales, and standardised psychometric tests. These tools provide extremely comprehensive and detailed information about individuals' defence mechanisms, internal conflicts, identity structures, and emotional states. Furthermore, by carefully observing the units and communication patterns in individuals' social relationships, the power balances, dynamics, and variables within relationships are meticulously identified and analysed. This stage has become critically important in helping individuals understand themselves and their interactions with each other. Therefore, the assessment stage constitutes an indispensable and detailed process for both individuals and their relationships, serving as an important step towards strengthening interpersonal communication and resolving potential problems. In order for people to establish more solid and healthy foundations in their social relationships, it is crucial to focus diligently on all components of this process and to show the necessary care. The data obtained during this process provides a significant advantage by helping individuals understand in which areas they need to develop and where they can receive more support. The restructuring of communication patterns is among the critical factors that will positively influence individuals' relationships with each other, and the evaluation process is of great importance in this regard. At the same time, this stage presents an important opportunity not only to identify the current situation but also to comprehensively plan for potential future developments. In short, the assessment phase emerges as a process that serves to create a valuable roadmap for enhancing the quality of individuals and relationships. This process helps individuals gain a deeper understanding of themselves and those around them by establishing a foundation for continuous development and learning. At this point, individuals' awareness of internal and external relationships is of critical importance for both their personal and social lives.

Observation and feedback methods hold an important place, particularly in fields such as education and psychology. There are many details and characteristics to consider in the process of these methods. In the field of education, these observation methods, applied by teachers and experts, play a critical role in better understanding students' learning and development processes. Taking into account the continuity of the relationship and the nature of the need for change, these methods are organised with great care, diligence and attention. The behaviour patterns, interaction styles and emotional responses of individuals and groups are meticulously monitored, analysed in detail and

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systematically recorded. These observations play a critical role in understanding the sources of resistance to change among individuals and different groups. The feedback provided during this process is extremely valuable and important, as it encourages individuals' development and helps them recognise their weaknesses. Furthermore, various measurement tools used to assess psychological flexibility and acceptance rates support individuals' adaptation processes to innovations and significantly contribute to enhancing this adaptation. This enables individuals and groups to respond more effectively to the change processes they encounter, better utilise their potential, and improve their ability to cope with such processes. Therefore, observation and feedback processes are not only fundamental building blocks in change management, but also make important contributions to the development of individuals and groups, helping them achieve results by increasing the effectiveness of these processes.

The data obtained as a result of evaluation activities plays an extremely important role in planning change projects and monitoring their effectiveness. Thanks to this data, it is possible to determine in detail which areas have seen progress, which points of resistance have strengthened, and which strategies are more effective. At the end of the process, the development levels of individuals and relationships are clearly revealed, which serves as a fundamental basis for restructuring intervention and support processes. Therefore, the measurement and evaluation stage is of critical importance in a holistic change model, both in terms of monitoring development and ensuring sustainability. This not only assesses the current situation but also lays the groundwork for planning future intervention and support processes more effectively. Thus, more effective work can be carried out based on the findings obtained.

Resistance to change is a highly complex phenomenon because it is deeply rooted in the psychological structures of individuals and relational units. This resistance usually stems from a series of multidimensional factors that interact with each other. The first source of resistance is a lack of emotional awareness. When individuals do not fully recognise their inner feelings or systematically ignore their emotional responses, the activation of defence mechanisms, either consciously or often unconsciously, becomes inevitable. Individuals who are unable to express their emotions effectively feel uncomfortable and uneasy in this situation, experiencing internal conflicts. Developing awareness is a crucial tool for individuals to overcome this situation. These efforts not only help overcome these obstacles but also increase the individual's capacity to understand themselves and express their emotions in a healthier way. At the same time, developing awareness enables individuals to understand their emotional experiences, come to terms with their inner peace, and thus become more open to change. Another important source is the fear of loss and anxiety about uncertainty. When change brings many unknowns into the flow of ordinary life, individuals tend to preserve and maintain their current order rather than adapt to this new situation.

Defence mechanisms based on the need for security come into play; for example, behaviours such as denial come to the fore, and the resistance that develops against this fear of change grows stronger every day. This situation causes individuals to feel much more insecure and fearful, negatively affecting their quality of life. The need for power and control becomes more pronounced in the face of the uncertainty created by change, and people show intense resistance to change with the desire to protect their power and control points. This process also negatively affects the structural dynamics of relational units and makes them more complex. Additionally, automatic responses learned in the past and dysfunctional behaviour patterns shaped by previous experiences create automatic responses that resist the natural flow of change. For example, defence mechanisms developed as a result of stressful events in the past can negatively affect an individual's current situation and make adaptation difficult. In order to overcome these resistances, increasing individuals' awareness, meeting their emotional needs, and supporting them by creating a sense of security should be among the most fundamental principles. In this process, aligning change with the psychological dynamics in individual and relational spheres forms a critical foundation for sustainable and holistic transformation. This transformation clearly requires the development of a new understanding for both individuals and social structures, paving the way for healthier and more productive relationships. While people's resistance to change is a significant obstacle that slows down the evolution of social structures, we know that overcoming this resistance is vital for individual development and social progress. Therefore, developing a healthy approach to change processes is extremely valuable in creating new opportunities and possibilities for everyone. In this context, individuals must be enabled to overcome their fear and uncertainty in the face of change through understanding and support. Understanding the feelings and thoughts of each individual on this matter is of great importance in creating a healthier society.

Change Management and Psychological Flexibility

Change management and psychological flexibility are critically important in terms of individuals' ability to adapt to change processes and overcome the resistance they encounter. Thus, the ability of individuals and organisations to cope with change is the key to a successful transformation process. The ability to overcome the challenges brought about by the change process is of great importance in ensuring that individuals and teams achieve sustainable success. Psychological flexibility, on the other hand, stands out as a central competency for reducing individuals' natural resistance to change and developing their adaptation skills. Individuals possessing this flexibility provides strong support by enabling them to experience fewer difficulties during change. In this context, it is critically important for individuals to be able to see themselves and their environment accurately from various perspectives, embrace new angles, and adopt new ways of thinking. Furthermore, effective strategies that need to be developed for this to happen have been identified; in particular, key points regarding changing thought patterns and gaining flexible perspectives on oneself and one's environment should be considered. It has become essential for the change process to progress in a healthier manner for the individual to deeply question their current mental structure and take the necessary steps to create transformation on this structure. Another important dimension of creating awareness is the reality that change is inevitable; this awareness is critical in enabling individuals to be more effective in this process. This state of prior awareness

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contributes significantly to coping with potential stress and developing a healthier adaptation process in the long term. Therefore, it is extremely important for individuals to make a continuous and determined effort towards their personal development in order to overcome the difficulties they face and to increase their psychological flexibility. Such an effort will enable individuals to perform more strongly at both the behavioural and emotional levels, while also helping them to be less affected by change processes and, as a result, to achieve more productive outcomes.

Broadening individuals' mindsets not only presents them with new opportunities but also enables them to manage the stress factors brought about by change more comfortably. Developing flexibility and living in harmony with change brings significant gains not only in professional life but also in social life. Adopting a healthy approach to change processes equips individuals with greater capabilities in both their personal and professional lives, thereby enhancing their ability to overcome the challenges these processes present. This enables individuals to realise their own potential and gain the opportunity to communicate more effectively and interact with those around them. This ultimately contributes to a higher quality of life, a more positive outlook, and a more satisfying life experience overall. The ability to cope with change can also positively influence individuals' social relationships, leading to stronger bonds. Thus, positive changes in individuals' lives will contribute significantly not only on a personal level but also on a societal level. Managing this dynamic process will enable individuals to be better prepared for future uncertainties and, consequently, to lead healthier, happier lives. In short, change management and psychological flexibility play a critical role in enabling individuals to respond more appropriately and healthily to themselves and their environment.

Among flexibility development strategies, the application of cognitive and physical mindfulness techniques, including meditation and mindfulness practices, always holds an important place. These effective and in-depth processes enable individuals to deeply understand their inner resilience and go beyond their current limits, contributing greatly to their personal development. Furthermore, perspective-shifting techniques also play a major role throughout the change process. By carefully observing their own thoughts and feelings, individuals develop the ability to view events and situations from different angles, significantly increasing their adaptability and helping them to be more successful in various areas of their lives. Through these methods, individuals can adopt more flexible and constructive attitudes in uncertain environments by gaining the ability to effectively manage their anxieties rather than approaching change with vague apprehension. Thus, they can respond to the challenges they encounter in a more conscious and robust manner. Therefore, flexibility development strategies enable individuals to achieve much better results not only in their daily lives but also in their careers and personal relationships. Flexibility has become a critical skill for continuous development and progress in various aspects of life. These strategies help individuals understand how to evaluate themselves during change processes, how to best use their resources, and how to adapt to changing conditions.

Establishing and developing relational trust also emerges as an important part of psychological flexibility in the change process. Trust forms the cornerstone of healthy communication between an individual and others, serving to increase resilience against the uncertainties that arise during the change process. To this end, the use of techniques such as relational awareness and active listening not only strengthens relationships but also provides an extremely effective way to develop individuals' ability to adapt. In the change management process, it is crucial for individuals to continuously observe themselves and their relationships with each other, receive regular feedback, and review and adapt their strategies based on the data they obtain. Such approaches not only help individuals gain psychological resilience and flexibility, but also support the transformation of structures resistant to change, thereby creating a healthier and more harmonious social environment. Ultimately, when all these factors come together, they make a significant contribution to individuals' personal and social development.

CONCLUSION

A deep and comprehensive understanding of the interactions between the ego state and relational units not only affects individuals' psychological structures but also helps us better understand the complexities, dynamics, and issues underlying these structures. This understanding provides important clues about the origins of deep-rooted structures that resist change at the individual and societal levels, enabling individuals to explore their mental and social lives in depth. Understanding the impact of these deep-rooted structures on individuals is crucial for both personal development and the healthy progression of social relationships and interactions. An individual's resistance to change is directly related to internal defences and identity protection mechanisms. During this process, individuals feel the need to protect themselves; at the same time, they strive to respond to social norms and expectations while dealing with internal conflicts. Due to this complex process, self-designs and identity maintenance mechanisms emerge as extremely important elements that shape individuals' habits, values, social assumptions, and the drive to protect their current situation. In particular, the existence of a link between individuals' need for security and their fear of facing loss emerges as an important element among the fundamental dynamics of the defence strategies developed against change. This complex issue is a situation that needs to be resolved, as these structures that people possess play a decisive role in their responses to the offers and threats they encounter in their daily lives and social relationships. Therefore, it can be said that understanding the dynamics between the ego state and relational units is of critical importance not only in terms of individual development but also in terms of social interactions and group dynamics. When approached from this perspective, a thorough examination of an individual's ego structure and dynamics helps to better understand the underlying motivations and processes of change, thereby greatly contributing to the individual's understanding of themselves and their environment. While individuals' psychological states have

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profound effects on their social interactions, this situation creates a valid basis for social transformations as well as individual change processes, enabling individuals to develop their self-direction skills. In this sense, having a deeper psychological understanding enables individuals to develop a more functional perspective on objects and relationships, helping them to re-evaluate their position and interactions within society. At the same time, it raises an extremely important issue in terms of developing a broader understanding of social relationships. Therefore, examining the interactions between the ego and relational units contributes to a better understanding of changes at the individual and societal levels, enabling individuals to increase their psychological resilience. Furthermore, understanding these processes demonstrates their potential to create sustainable change for society and contributes to individuals' development. These complex dynamics, in particular, are revealed through a more in-depth examination of social change and individuals' journeys within their own inner worlds, and this situation becomes a channel that provides a more solid foundation for individuals' social positions. In this way, individuals' efforts to realise themselves emerge not only as an individual orientation but also as a dynamic that makes collective restructuring possible by coming together within social integrity. Relational units are noteworthy as areas that play an important role in providing feedback on the resistance individuals encounter throughout their lives. These units not only shape individuals' ability to cope with the difficulties they experience, but also form critical building blocks in the development of these abilities. Family, work and social contexts play a decisive role in individuals' psychosocial development and in determining patterns of protection. The type of relationships individuals have in these contexts and the quality of these relationships have profound effects on their psychological well-being. In particular, dynamics and power boundaries within the family emerge as fundamental elements that determine individuals' approaches to change. The interactions between family members carry strong meaning within the dynamics of the social structure, and these interactions constitute an important resource for individuals in coping with difficulties. Emotional and psychological support has an empowering effect on individuals overcoming the difficulties they encounter with change. Having a strong support network enables individuals to demonstrate resilience in the face of change processes. This resilience ensures that individuals are more resistant to the general difficulties they encounter throughout their lives. It has been observed that this process is not solely dependent on individual abilities; environmental factors, family structure, and effective support systems also play significant roles. While the structure and functioning of the family environment have become a critical area affecting individuals' psychosocial resilience, they also provide an important framework that supports individuals' healthy development processes. Cultural and social contexts, societal norms, and individuals' expectations regarding these norms function as an important mechanism that reinforces the resilience individuals encounter. This mechanism shapes the interaction of social values and beliefs with individuals by providing clues about the dynamics and direction of social interactions. While societal values and beliefs influence individuals' social interactions, the rules that ensure these interactions develop healthily also play a decisive role in this process. Collectively, these elements have a profound impact on individuals' efforts to maintain their mental and emotional health, enhancing their quality of life and contributing to the process of establishing a more robust and balanced psychosocial foundation. The importance of relational units in individuals' lives is a major issue that needs to be understood and evaluated. By emphasising the strengthening of interpersonal interactions and the importance of healthy social connections, it is necessary to seek new ways to provide individuals with the resilience and support systems they need. Research and observations clearly demonstrate the positive effects of healthy relationships on psychosocial development. Individuals demonstrate that receiving support from their wider social circles, as well as their families, in the context of life increases their ability to cope with difficulties. This positively affects individuals' psychological resilience and their interactions with society, enabling them to become more sensitive and aware of social issues. In all these dimensions, relational dynamics have a critical impact on improving individuals' quality of life. The importance of support and solidarity relationships should be emphasised so that individuals can understand how they act in this process and their commitment to others. Commitment to others strengthens individuals' interactions with society and contributes to the strengthening of social bonds, enabling an increase in solidarity awareness. These bonds continue to be an important supporting factor in the strengthening of social structures and the personal development of individuals. Therefore, these relationships emerge as factors that closely affect individuals' general well-being. Among the sources of resistance, factors such as emotional awareness deficiency, fear of loss, and the need for power control stand out as noteworthy and important elements. These elements are the fundamental factors in the formation of resistance that individuals consciously or unconsciously display towards change processes. Furthermore, individuals' past functional experiences and learned responses have the potential to become permanent patterns that hinder change through reinforced automatic response mechanisms over time. These patterns, which form and solidify over time, can influence situations individuals frequently encounter in their daily lives, thereby complicating and further hindering change processes. Developing the ability to adapt to change is possible through psychological flexibility. Perspective-shifting and relational trust-building techniques support individuals in overcoming their resistance. These approaches enable individuals to become aware of their own internal dynamics and increase their capacity for adaptation. In practice, individual awareness exercises and the assessment of relational dynamics are important tools. Measurement and feedback processes provide fundamental support in terms of monitoring change and ensuring adaptation. However, ethical and cultural sensitivity must be taken into account, as it is indispensable for the effectiveness and sustainability of interventions. Ultimately, addressing ego states and relational structures holistically plays a key role in overcoming resistance to change and enables sustainable transformation in individuals' development journey.

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