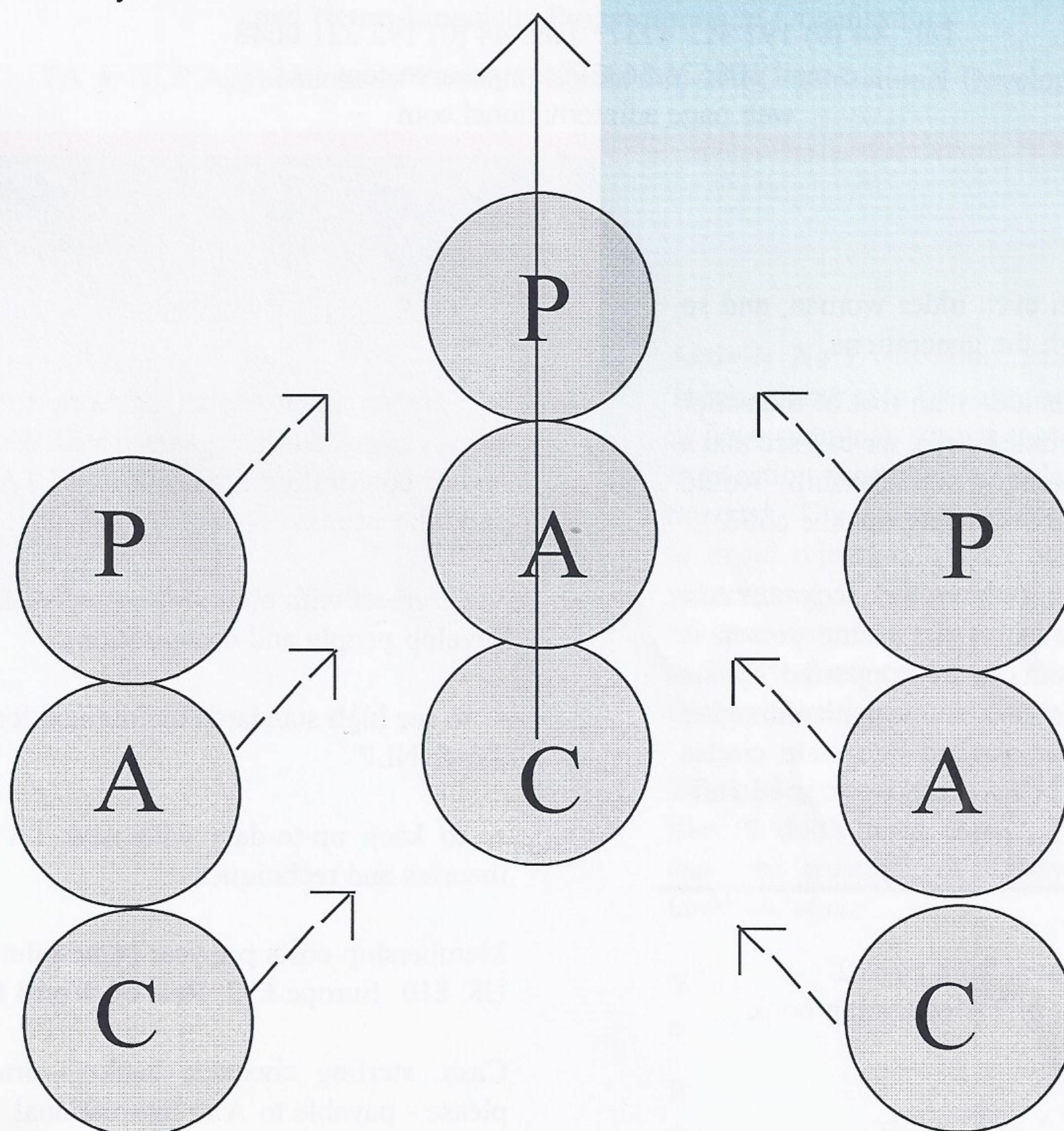


# The Autonomy Matrix

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## The Autonomy Matrix

This diagram arose as an idea during a session at the recent ITA/EATA Conference in Keele. Robin Walford and Jane Walford were talking about the script matrix and whether scripts can be positive as well as negative.

In a different session, Pat Daunt used content from the book *Women who run*

*with the Wolves* by Clarissa Pinkola Estes (Rider). In the book, Clarissa describes a dream in which a young woman is standing on the shoulders of an old woman. When the young woman protests that she should be supporting the old woman, the old woman replies that "This is the way it should be." And when the young woman looks down, she sees that the old woman is in turn standing on the

shoulders of an even older woman, and so on back through the generations.

If we merge this idea with that of the script matrix (and include men!), we can see that a supportive parenting relationship would have the effect of 'holding up' the child.

Hence, we can redraw the script matrix diagram to show that the young person is higher, and seems to be supported by the parents or caregivers. We can also imagine that the familiar stacked ego state circles can be drawn below each person, ad infinitum.

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### Chinese proverb

It's very dangerous to try to leap a chasm in two bounds.

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