

# The Intelligent Heart Model

Universal Wisdom

Pig Parent

Judgement of self-  
and others, paranoia

Adapted Persona

Outdated coping mechanism  
Role esteem  
Inappropriately contextualized  
response

Rational Adult

Reality check, Logic

Nurturing Parent



Mother & Father  
energy channel,  
Compassion

Inner Child

Authentic Self  
Childlike energy  
Self-esteem, Joy,  
Anger, Sadness,  
Fear, Intimacy,  
Creativity



Physiological & Emotional Heart

