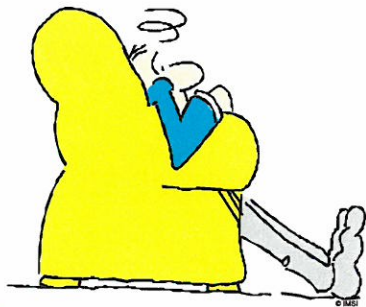


The 4 Passive Behaviours

(Discounting one's ability to solve problems)



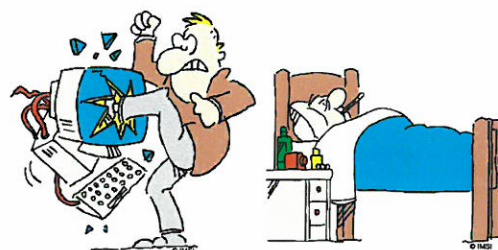
Doing nothing



Over adaptation



Agitation



Escalation

- standing still
- looking sullen
- sitting still
- staring blankly

- anxious to please
- helpful
- adaptable
- accommodating

- finger drumming
- foot tapping
- nail biting
- hair twiddling
- compulsive eating

- psychosomatic illness
- incapacitation
- drug abuse
- violence

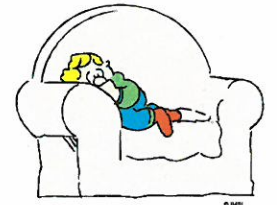
Time Structuring

The six ways people structure their time between birth and death

Low level

1. Withdrawal

No interaction with others



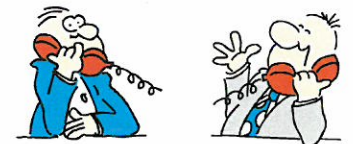
2. Rituals

A familiar social interaction



3. Pastimes

Talking but with no action



4. Activity

Directing energy towards an outcome



5. Games

A series of transactions with a psychological payoff



6. Intimacy

Expressing authentic feelings and wants without censoring



Increasing level of risk and strokes

High level

Degrees of Games

1st Degree Game

Is played or shared within social circles and generally involves only a mild upset as the outcome.



Mild discomfort or embarrassment

2nd Degree Game

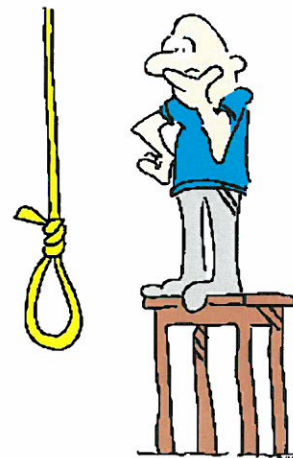
Is one which the player would rather not make public within his/her social circle and involves stronger racket feelings as the outcome.



Psychological and/or emotional damage

3rd Degree Game

'... is one which is played for keeps, and which ends in the surgery, the courtroom or the morgue.'



Tissue damage

The 4 Levels of Discounting (Avoiding a problem)



1. Discounting the existence of a problem.



2. Discounting the significance of a problem.



3. Discounting the change possibilities of a problem.



4. Discounting personal abilities to solve a problem.

The Stroke Economy

(Rules for being miserable)

Rule 1

Don't give strokes to others even when you have them to give.

"Don't praise them or they'll want more!"

Rule 2

Don't ask for strokes when you need them or want them.

"If I have to ask for them, they don't count as much."

Rule 3

Don't accept positive strokes even if you want them.

"It was nothing really!"

Rule 4

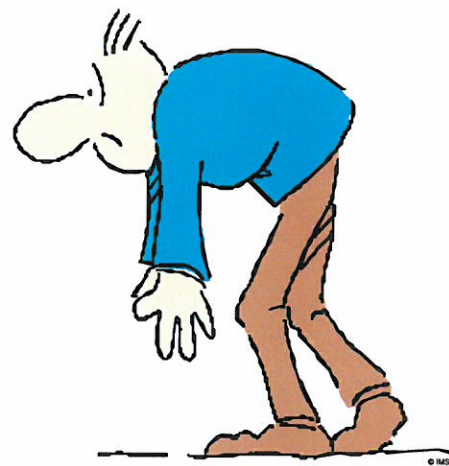
Don't reject negative strokes when they come your way.

"If people say so, it must be true."

Rule 5

Don't give yourself strokes.

"Don't brag or you'll get a big head."



Games - Formula G

Why don't you?

Yes, but

CON (hook)

+

GIMMICK
(weak spot)

What can
I do to help?



Rescuer Victim

=

RESPONSE

Why don't
you . . . ?

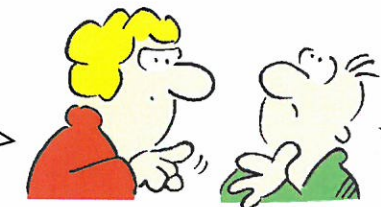
Have you
tried . . . ?



Yes, but . . .

SWITCH

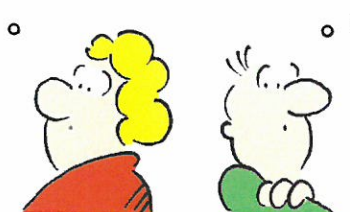
I don't know
what else
to suggest.



Thanks for
trying
anyway.

CROSSUP

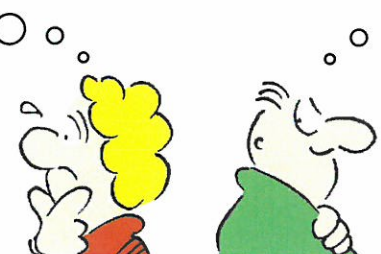
?



?

PAYOFF

I'm no good
at helping.



Victim Persecutor

I knew she
couldn't
help me.

The Karpman Drama Triangle

Persecutor

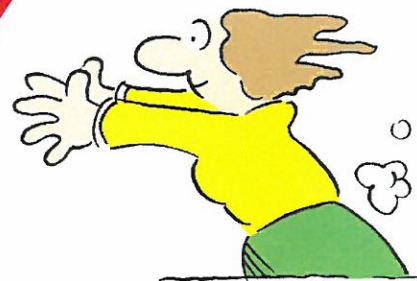
- aggressive
- angry
- judgemental



Discounts others' value and integrity

Rescuer

- over-helpful
- self-sacrificing
- needs to be needed



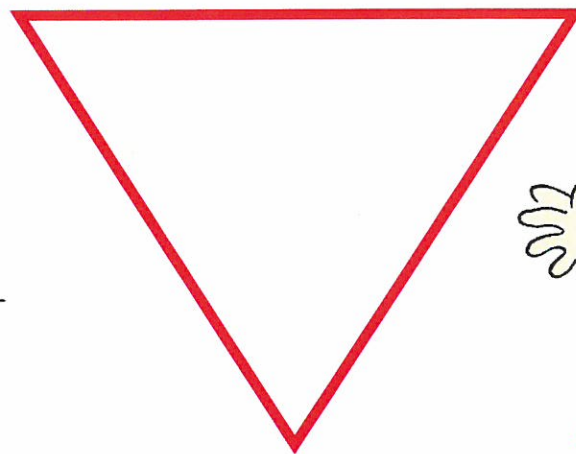
Discounts others' ability to think for themselves

Victim

- downtrodden
- helpless
- complains of unmet needs



Discounts self



Types of Strokes

Warm Fuzzies

Positive Conditional

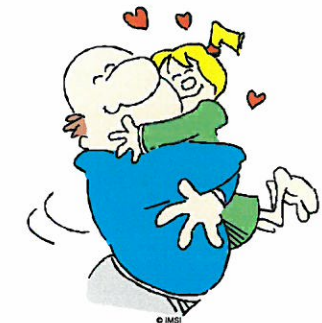
For doing things right.



"Well done!"

Positive Unconditional

No strings or conditions attached.



"I love you!"

For Doing

For Being

Negative Conditional

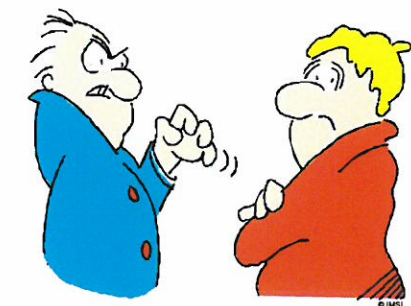
For doing wrong.



"You look silly!"

Negative Unconditional

Negative attention for no apparent reason.



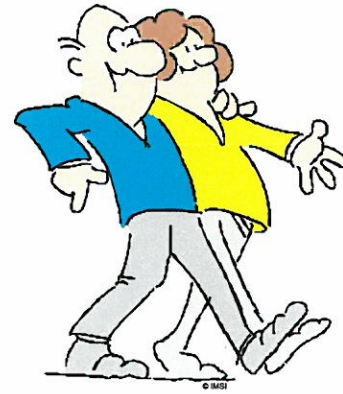
"I hate you!"

Cold Pricklies

Basic Hungers

Stimulus Hunger

A need for physical, emotional and intellectual contact with others.



Recognition Hunger

A need to have one's existence as an individual recognised.



Structure Hunger

A need to structure one's time to meet the need for strokes.



The Winner's Triangle

Assertive

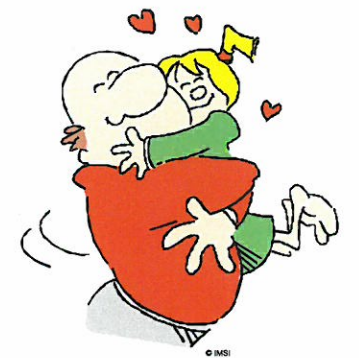
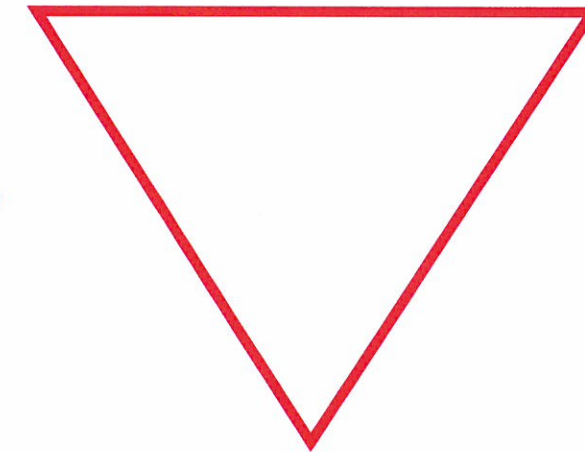
- knows own feelings, needs and wants
- non-judgemental
- uses 'I' messages

Nurturing

- gives help when asked cares and understands
- doesn't need to be needed by others



Accepts others' value and integrity



Accepts others' ability to think for themselves



Accepts self

Vulnerable

- shares real feelings

Games

Persecutor to Victim Switch

Kick Me

Theme - The player believes that they deserve to be rejected and will test out the other player from the Persecutor position until they prove it and are rejected.

Game 'Advantage' - Avoidance of intimacy.

Game Payoff - Feelings of hurt and rejection.

Underlying Belief - "I'm not worthwhile."

Blemish

Theme - The player finds fault with others and then is rejected by those who have been criticised.

Game 'Advantage' - Avoidance of exposing own blemishes.

Game Payoff - Feelings of hurt and rejection.

Underlying Belief - "I am no good/they are no good."

If It Weren't For You

Theme - The player moans to others about how they prevent him/her from doing something they want. When the situation changes and they are able to do what they want, they are too scared and switch to the Victim position.

Game 'Advantage' - Avoidance of the feared situation.

Game Payoff - Feelings of fear.

Underlying Belief - "I am blameless."

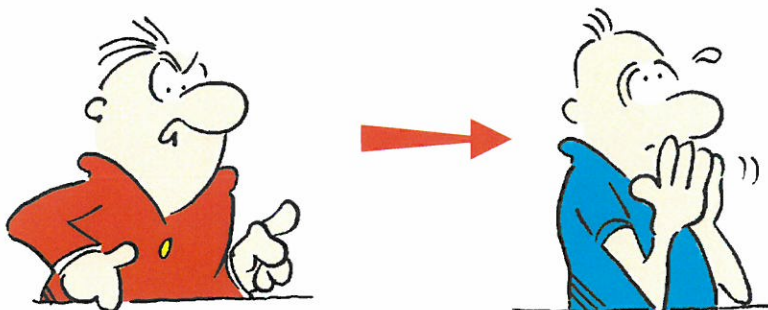
Corner

Theme - The player sets up a situation where they are left with nowhere to go and become a Victim of their own game.

Game 'Advantage' - Avoidance of intimacy.

Game Payoff - Feeling helpless, resentful and disappointed.

Underlying Belief - "I am alone."



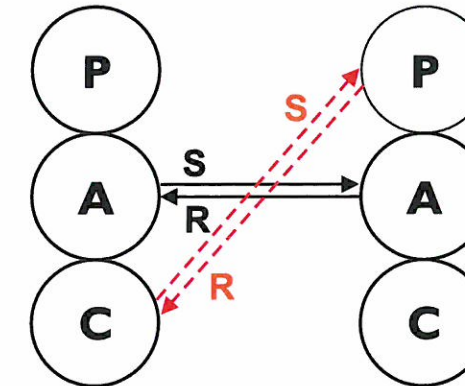
Transactions - ulterior

An ulterior message is sent disguised as a socially acceptable stimulus.

"How did you like my report?"

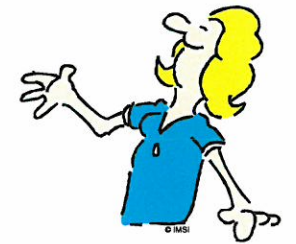


(It wasn't very good, was it?)



Duplex Transaction

"It was okay."

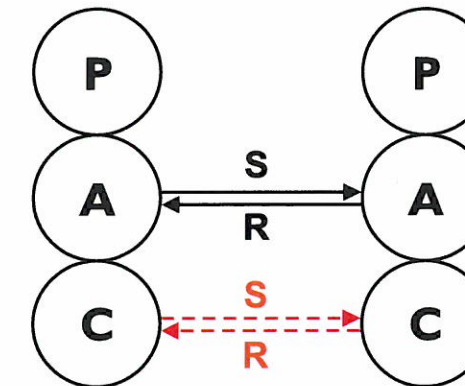


(I didn't like it much.)

"Would you like to come in for coffee?"

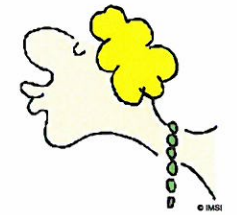


(I want to be alone with you.)



Duplex Transaction

"Yes, I'd love some coffee."

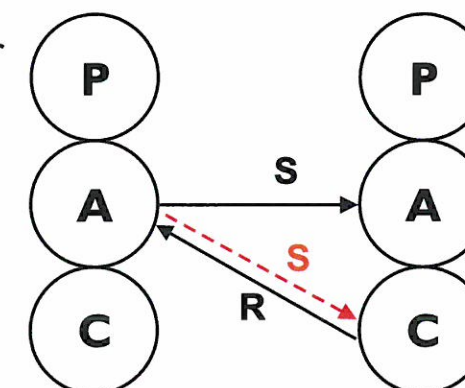


(I want to be alone with you, too.)

"This is our top item, but probably out of your budget."



(I'll shame you into buying this.)



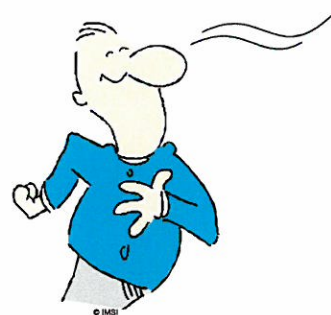
Angular Transaction

"I'll take it!"

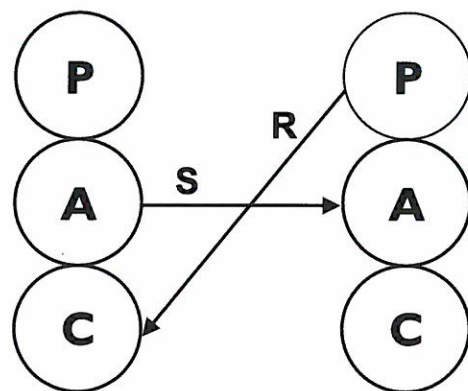


Transactions - crossed

The response to the stimulus is unexpected.
Communication breaks down or changes.



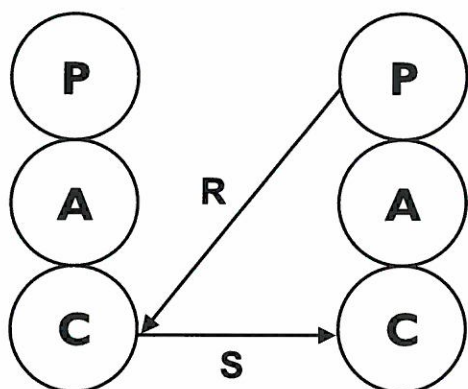
"What's for dinner?"



"Stop bothering me!"



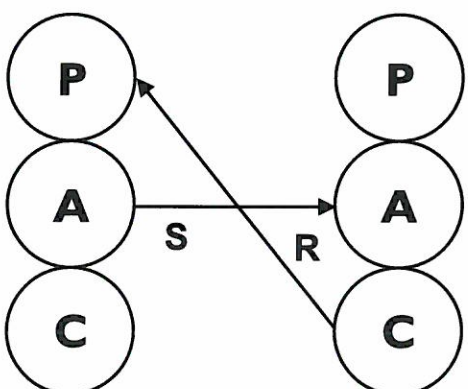
"Let's have some fun!"



"Can't you ever be serious?"



"Good morning! How are you?"



"I'm not feeling very well."

Games

Victim to Persecutor Switch

Now I've Got You, You Son of a Bitch (NIGYSOB)

Theme - The player gives a "come-on" from a Victim position, then delivers a Persecuting kick when bait is taken.

Game 'advantage' - Avoidance of confronting own deficiencies.

Game payoff - Triumph in being one-up.

Underlying belief - "People can't be trusted and should be punished"

Rapo

Theme - The player signals a sexual "come-on" then switches to indignant rejection when a sexual advance is made.

Game 'advantage' - Avoidance of sexual intimacy.

Game payoff - Feelings of hatred and projection of guilt.

Underlying belief - "I'm not appreciated for who I am."

See What You Made Me Do

Theme - The player begins in the Victim position of helplessness then switches to Persecutor position by accusing helper of giving bad advice.

Game 'advantage' - Avoidance of responsibility.

Game payoff - Feelings of justifiable anger covering fear.

Underlying belief - "I am blameless."

Stupid

Theme - The player comes from a Victim position of "I can't think", then becomes angry and accusing when confronted.

Game 'advantage' - Avoidance of responsibility.

Game payoff - Feeling angry.

Underlying belief - "I can't think, I am helpless."

Poor Me

Theme - The player comes from a Victim position of "I can't help myself", then becomes angry and accusing when confronted.

Game 'advantage' - Avoidance of responsibility for themselves.

Game payoff - Feelings of self-pity.

Underlying belief - "I am helpless".

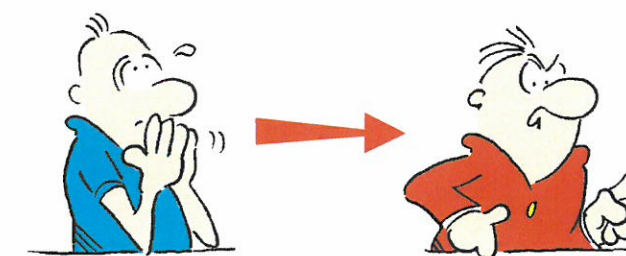
Yes, But (Why Don't You ... ?)

Theme - The player begins by asking for advice from a Victim position, rejects all suggestions then deals out a rejection of the helper.

Game 'advantage' - Avoidance of being helped.

Game payoff - Feelings of justifiable anger covering feelings of inadequacy.

Underlying belief - "I am inferior."



Games

Rescuer to Victim switch

Why Don't You ... ? (Yes, But)

Theme - The player attempts to solve another's problem from the Rescuer position then switches to the Victim position when the solutions are rejected.

Game 'advantage' - Avoidance of own inadequacies.

Game payoff - Feelings of inadequacy.

Underlying belief - "I'm only worthwhile if I am solving other people's problems."

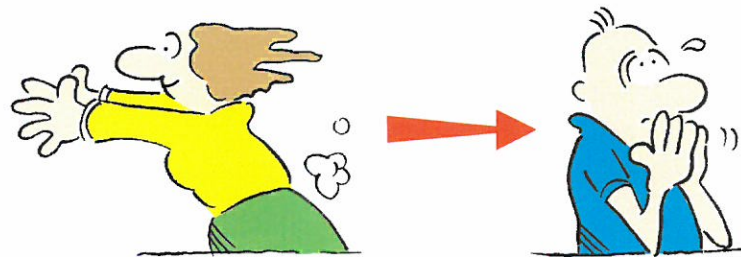
I'm Only Trying To Help

Theme - The player offers help from the Rescuer position, then switches to Victim position when help is rejected.

Game 'advantage' - Avoidance of own inadequacies.

Game payoff - Feelings of bewilderment and rejection.

Underlying belief - "I'm only worthwhile if I'm helping others."



Rescuer to Persecutor switch

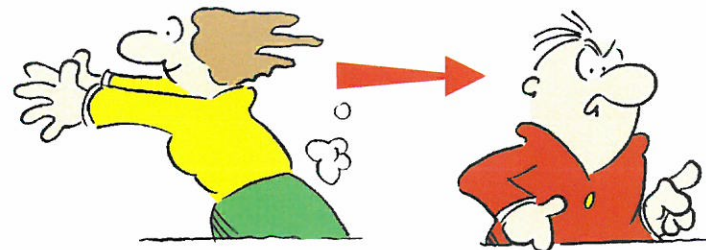
Look How Hard I've Tried

Theme - The player gives advice from the Rescuer position then switches to accusing Persecutor when advice is rejected.

Game 'advantage' - Avoidance of own deficiencies.

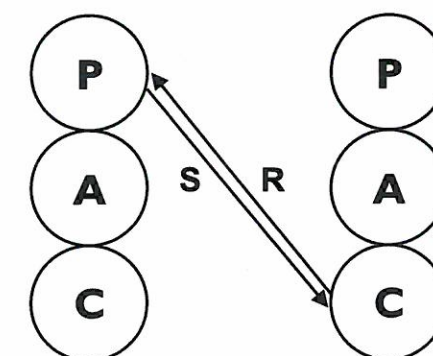
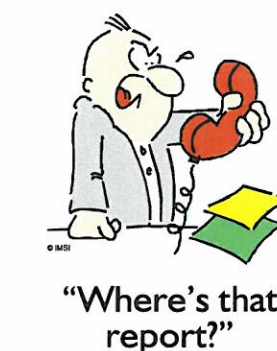
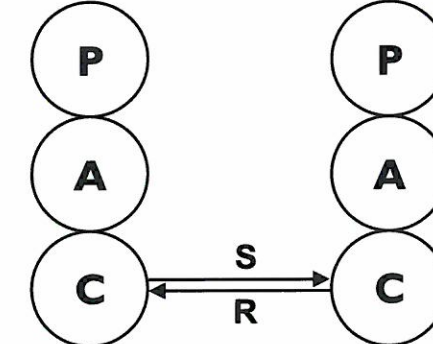
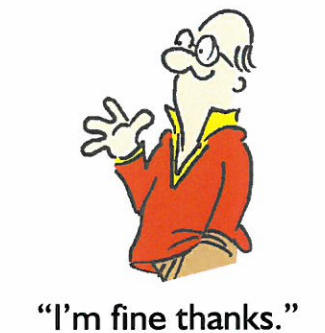
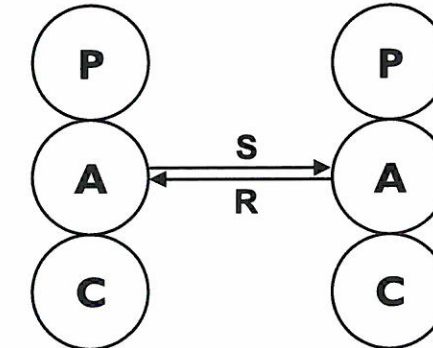
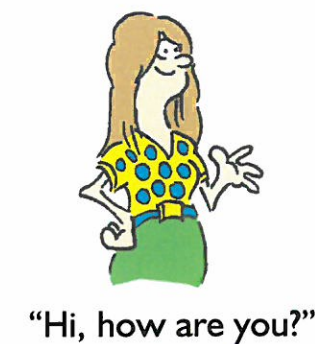
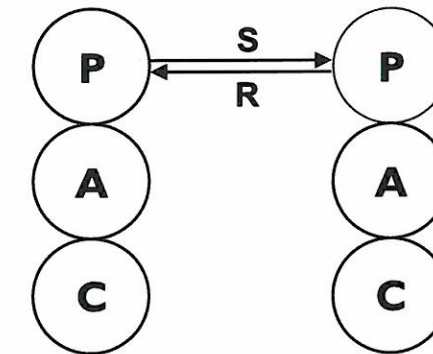
Game payoff - Feelings of righteous anger.

Underlying belief - "I'm not good enough."



Transactions - complementary (parallel)

The response to the stimulus is appropriate and expected.
Communication is open and may continue.



Constant Ego States

P

~~A~~

~~C~~

Constant Parent

May:

- be pompous
- be dogmatic
- be authoritarian
- overgeneralise
- talk at others



For example teachers, lawyers.

Constant Adult

May:

- be unable to join in the fun
- function like an information collector and data processor

For example doctors, scientists.



~~P~~

A

~~C~~

Constant Child

May:

- escalate feelings
- be seen as immature or hysterical
- be narcissistic, self-orientated
- display 'Peter Pan' syndrome
- like to play and entertain others

For example actors.



~~P~~

~~A~~

C

Racket Feelings

Feelings that:

- are familiar
- are substitutes for real feelings*
- were learned and encouraged in childhood
- are experienced in stressful situations
- do nothing towards solving the problem



depressed



guilty



helpless



anxious



lonely



jealous



sad



worried

Authentic Feelings

Feelings that:

- are uncensored
- are appropriate to the situation
- are appropriate as a means of here-and-now problem solving



glad



mad



sad



scared

Stamps

Racket feelings which are stored away and cashed in later for a negative payoff.

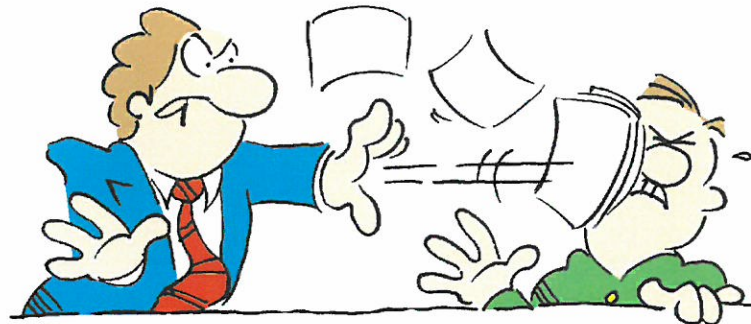
"You're late!"



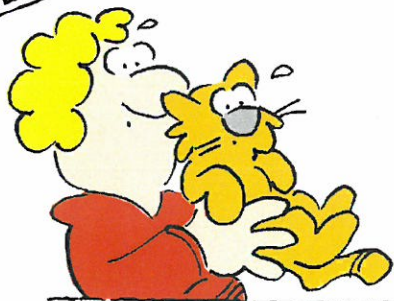
"That report should have been on my desk an hour ago!"



"This report is full of mistakes. Do it again!"



LATER



"What's for dinner?"

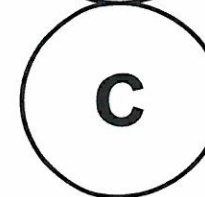
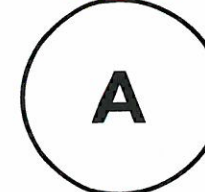
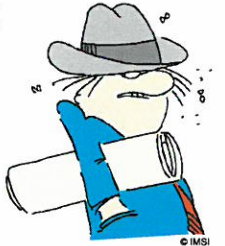
Exclusion of Ego States



Excluded Parent

- Makes own rules in every situation.
- Is adept at using intuition to sense what is going on around them.
- May behave irresponsibly and without conscience.

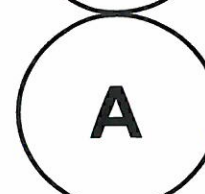
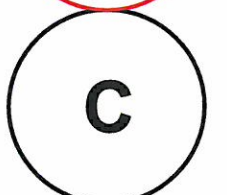
For example 'con merchants'.



Excluded Adult

- No Adult ability to test reality.
- Switches between Parent and Child ego states.
- Thoughts and behaviours may be bizarre.

May be diagnosed psychotic / manic depressive.



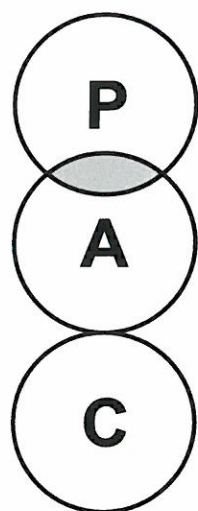
Excluded Child

- Shuts out memories of childhood.
- Has very little fun, does not get close to anyone, and expresses very few feelings.

May occur in victims of severe trauma in childhood.



Contamination of Ego States



Parent contamination (prejudice)

Mistaking Parental beliefs and messages for Adult reality.

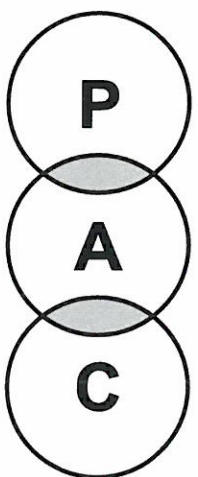
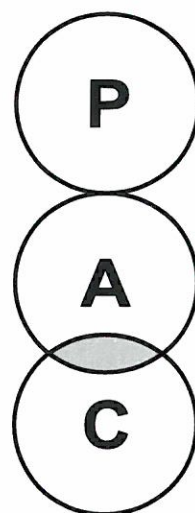
- The Government can't be trusted.
- Teenagers are lazy.
- If you want something done properly, do it yourself.



Child contamination (delusion / superstition)

Mistaking Child beliefs for Adult reality.

- People don't like me.
- I'm not lovable.
- Black cats will bring me bad luck.



Double contamination

Mistaking a Parental message combined with a Child belief for Adult reality.

- (P) Children should be seen and not heard. *with*
- (C) I'm only OK if I keep quiet.



The OK Corral

Life Position Quadrants



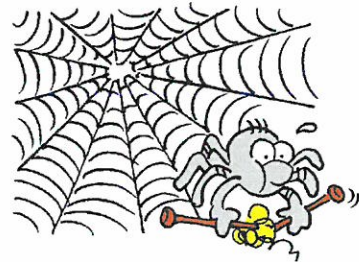
The Six Process Scripts

NEVER



"I can never get what I most want."
Mythical Hero: Tantalus

ALWAYS



"I've made my bed, now I have to lie in it."
Mythical Hero: Arachne

AFTER



"I can have fun today, but I'll have to pay for it tomorrow."
Mythical Hero: Damocles

UNTIL



"I can't have fun until I finish my work."
Mythical Hero: Jason / Hercules

ALMOST



"I almost made it this time."
Mythical Hero: Sisyphus

OPEN-ENDED



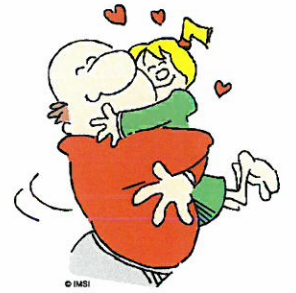
"Once I get to a certain point in time, I won't know what to do with myself."
Mythical Hero: Baucis and Philemon

Functional Ego States



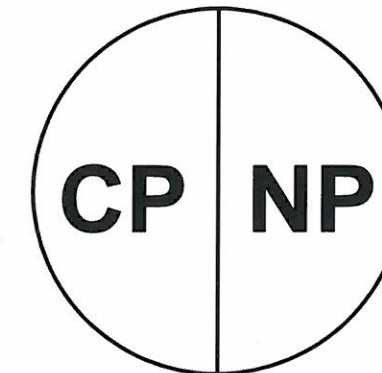
Critical Parent

- moralistic
- judgemental
- authoritarian



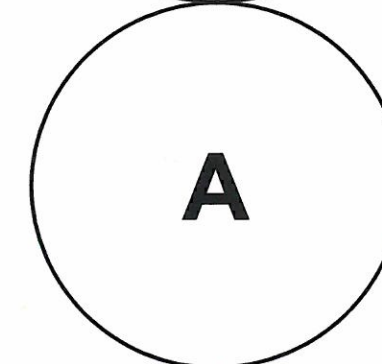
Nurturing Parent

- reassuring
- caring
- encouraging
- supportive
- understanding



Adult

- non-judgemental
- open-minded
- interested
- confident
- reality based

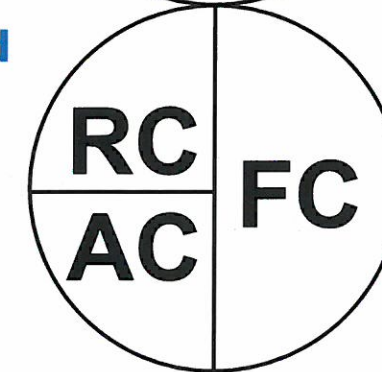


Rebellious Child

- defiant
- complaining

Adapted Child

- compliant
- passive

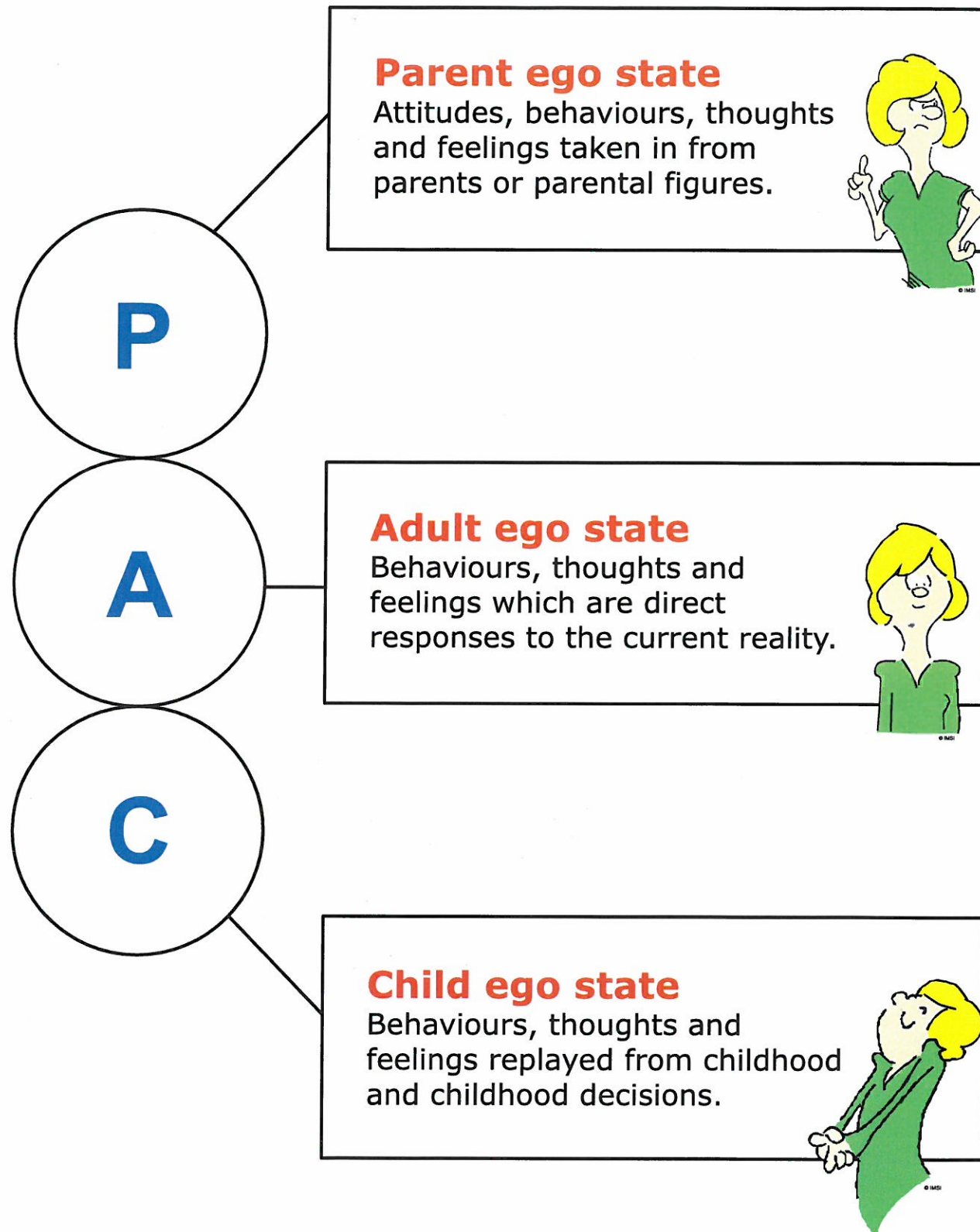


Free Child

- curious
- energetic
- fun-loving
- spontaneous



Structural Ego States



Script Types



Loveless

Lacks intimacy

Injunctions

- Don't be close
- Don't be
- Don't trust

Payoffs

- Depression
- Suicide



Mindless

Lacks awareness

Injunctions

- Don't think
- Don't be you

Payoffs

- Confusion
- Madness



Joyless

Lacks spontaneity

Injunctions

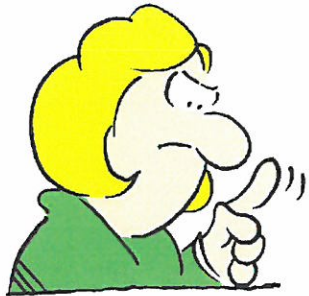
- Don't feel
- Don't make it

Payoffs

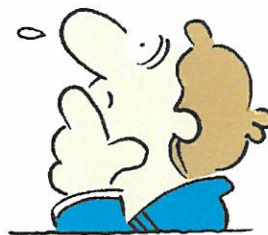
- Boredom
- Addiction

Injunctions

Negative, restrictive script messages stored in the Child ego state.



"You're different."	DON'T BELONG
"Kids are too noisy."	DON'T BE A CHILD
"I wish I never had you."	DON'T EXIST
"Why aren't you like . . . ?"	DON'T BE YOU
"Who do you think you are?"	DON'T SUCCEED
"Your needs aren't important."	DON'T BE IMPORTANT
"Don't tell me how you feel."	DON'T BE CLOSE
"This is the sickly one."	DON'T BE WELL
"Think you're clever do you?"	DON'T THINK
"Don't leave me."	DON'T GROW UP
"Be brave."	DON'T FEEL
"You might get hurt."	DON'T



What is Transactional Analysis? (TA)

TA Definition

"Transactional Analysis is a theory of personality and a systematic psychotherapy for personal growth and change."

International Transactional Analysis Association (ITAA)

TA Theories

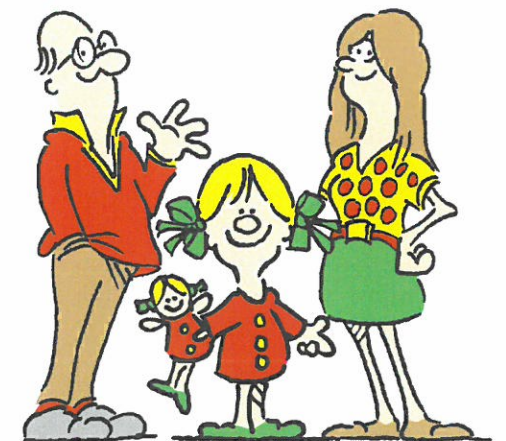
TA provides a theory of:

- how people function psychologically
- how people communicate and why communication breakdowns occur
- how decisions made in childhood may continue to influence behaviour later in life despite painful consequences

TA also provides a framework of treatment which can be used to help individuals, couples and families.

TA Philosophy

- People are OK (I'm OK, You're OK)
- Everyone deserves positive strokes.
- People decide their own destiny and have the power to change these decisions at any time.



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About this book

This book has been developed as a clear and simple reference for anyone involved in Transactional Analysis; whether they be trainers, trainees, clients, therapists, TA 101 participants or any other individuals interested in the concepts of TA.

This book has been designed as a reference only, and it is recommended that it be used in conjunction with other TA texts and/or courses.

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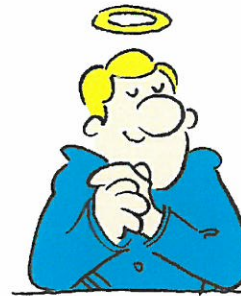
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Drivers

The "Do" messages of how to please Mum and Dad



Be Perfect

"You're only OK if you get everything right."

Allower

"It's OK to be yourself."



Please Others

"You're only OK if you please people."

Allower

"It's OK to consider and please yourself."



Be Strong

"You're only OK if you hide your feelings and wants from people."

Allower

"It's OK to be open and to take care of your own needs."



Try Hard

"You're only OK if you keep trying hard to do things."

Allower

"It's OK to do it."



Hurry Up

"You're only OK if you do everything right now."

Allower

"It's OK to take your time."

Autonomy

Awareness

Experiencing the world through pure, uncensored impressions. Living in the here and now, not in the past or the future.



Spontaneity

Freely choosing and expressing one's feelings from any ego state - Parent, Adult or Child.



Intimacy

Openly sharing authentic feelings and wants with another person without racketeering or game playing.



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