



Module 4 - Unit 5

Transactional Analysis (T.A)

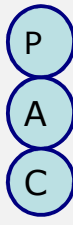


Eric Berne 1910 - 1970



A Canadian-born psychiatrist best known as the creator of Transactional Analysis and Author of Games People Play

Ego States

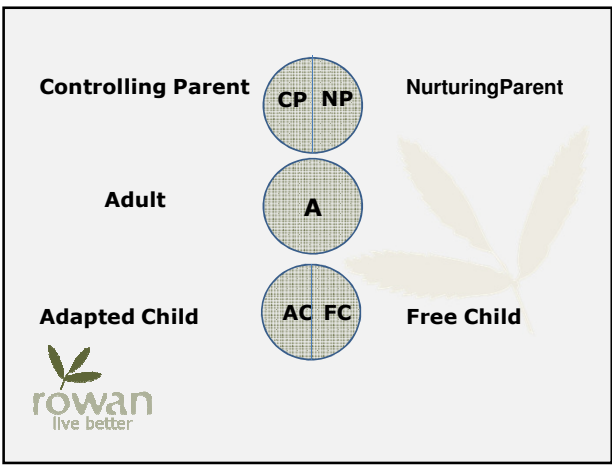


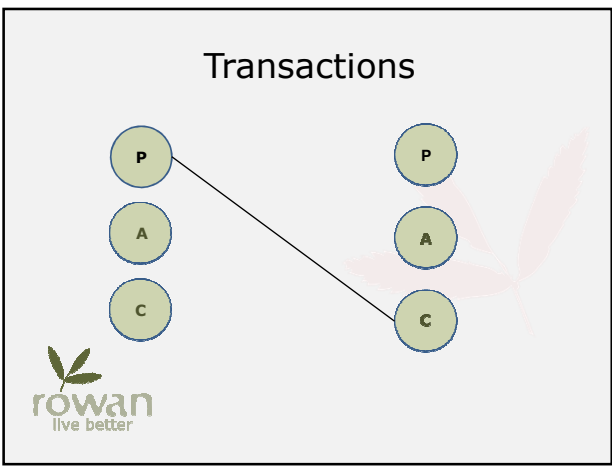
P Parent Ego State - Behaviour, thoughts and feelings copied from parents or parent figures

A Adult Ego State - Behaviour thoughts and feelings which are direct responses to the here and now

C Child Ego State - Behaviour thoughts and feelings replayed from childhood







Scripts

- Life scripts are written by the age of 4 years, completed by the age of 7 years, polished and added to by the age of 12 and revised and added to in teenage years.
- The child writes the script by making decisions not by thinking but by feelings. Script decisions are made on the basis of an infants emotions and reality testing, which is different to that of adults.

The 'rowan live better' logo is in the bottom left corner.

- Script decisions represent the infants best strategy for surviving in a world that often seems hostile, even life threatening.



- Do you recognise anything of yourself in the character(s)?
- Does the story represent a metaphor for your life?
- Are you aware of any themes, beliefs, processes in the story that are present in your own script



Games People Play

- Psychological games are played out with people we want to be in a relationship / intimate with
- Freud identified 'repetition compulsion'
"I can't believe this has happened again"



Unconscious games

We think that we are being congruent

We are unaware our own agenda



We find ourselves in the same place of hurt, confusion, blame again!

The unconscious process (game) confirms our script belief

Connected to

OUR UNMET NEEDS

"This time he will love me forever"



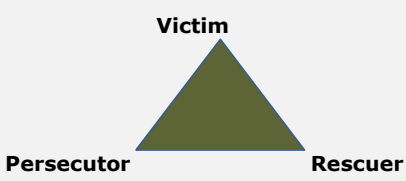
Names of Games

- Yes but
- Why don't you

Example on Page 70



Drama Triangle



All of these positions involve players discounting something of themselves, the other or both



Games confirm our favourite life position

- I'm not OK, You're OK passive, depressive
- I'm OK, You're not OK blaming, paranoid
- I'm not OK, You're not OK despairing
- I'm OK, You're OK healthy



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