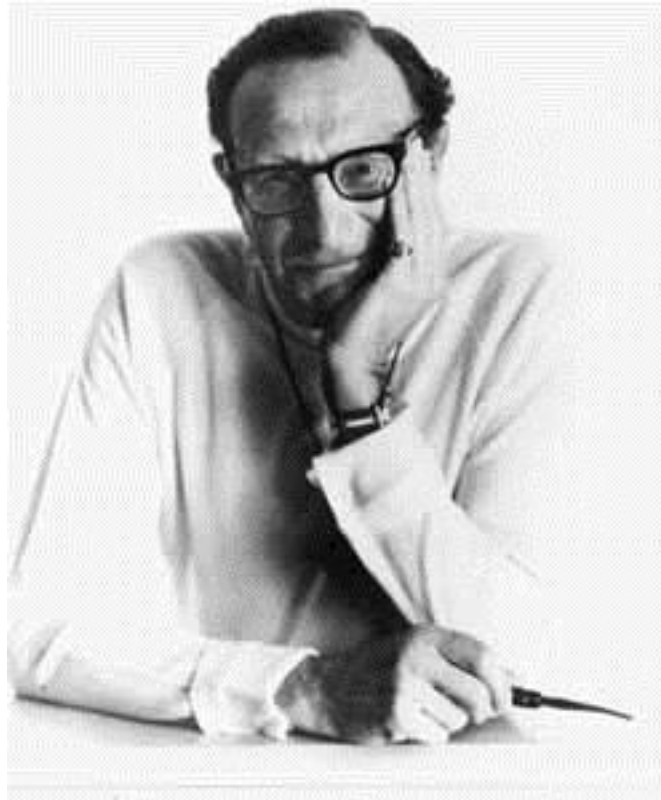


Transactional Analysis

Dr.O.Vijayasree

Eric Berne – Transactional Analysis



Transactional Analysis:

It is a theory of

- **PERSONALITY**
- **COMMUNICATION**
- **CHILD DEVELOPMENT**

The Tenets of Transactional Analysis

- **All of us are born O.K.**
- **Everyone has the capacity to think.**
- **We have decided our life-story and can change these decisions at anytime.**
- **All persons have basic lovable core and a desire for positive growth**
- **All emotional difficulties are curable**

The aim of change under TA is to move toward

- **autonomy (freedom from childhood script),**
- **spontaneity,**
- **intimacy,**
- **problem solving,**
- **making progress and**
- **learning new choices as opposed to avoidance or passivity.**

STRUCTURAL MODEL



P

Parent – “Taught” Concept of life



A

Adult – “Thought” Concept of life



C

Child – “Felt” Concept of life

FUNCTIONAL MODEL OF EGO STATES

The “PARENT”

- **Critical Parent:** Judgmental, Moralistic, Authoritarian, Disciplines, Sets limits, Teaches, Criticizes, Domineering , Demeaning.
- **Nurturing Parent:** Understanding, Loving, Caring, Giving, Supportive , affectionate.

The “ADULT”

- Part of our behavior that is consciously chosen
- Rational and reasonable side of us
- Logical problem solver part of us
- Uses careful reasoning to assess situations and come to decisions.
- Not ruled by emotion or expectations but by cool analytical thinking
- Collects information, sorts and selects appropriate decision
- Observant, Evaluative, Interested, Problem solving

Adult

- Physical - attentive, interested, straight-forward, tilted head, non-threatening and non-threatened.
- Verbal - why, what, how, who, where and when, how much, in what way, comparative expressions, reasoned statements, true, false, probably, possibly, I think, I realise, I see, I believe, in my opinion.
- And remember, when you are trying to identify ego states: words are only part of the story.
- To analyse a transaction you need to see and feel what is being said as well (7% /38% /55%)

The “CHILD”

- Feeling part of ego state
- What we were when we were very young takes over our behavior when we are in a highly emotional state

The “Child” has three subsets

- **Adapted Child:** Compliant, Resistant or Rebellious
- **Natural Child:** Curious, Creative, Fun-loving, Spontaneous, (Can be rebellious side , constantly challenging what others say or do)
- **Little Professor:** Intuitive and Can generate new solutions to problems (-ve side: Crazy maker – having fun in inappropriate places and times)

Each subset has a positive side which will enhance our behavior and a negative side which can be detrimental to our relationships

Parent, adult and child

- **Nurturing** - Nurturing (positive) and Spoiling (negative).
- **Controlling** - Structuring (positive) and Critical (negative).
- **Adult** - remains as a single entity, representing an 'accounting' function or mode and can draw on the resources of both Parent and Child.
- **Child** :Child is now commonly represented as circle with four quadrants:
 - **Natural**
 - **Adapted** - Co-operative (+ve) & Compliant/Resistant (-ve)
 - **Little professor**
 - **Free** - Spontaneous (positive) and Immature (negative).

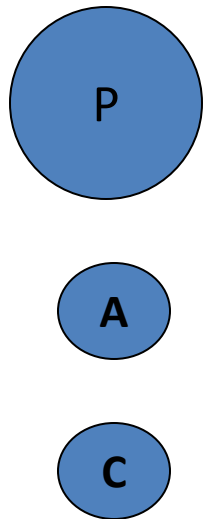
Words of Caution

- None of the ego states is better than the other
- Each can be appropriate in certain situations
- The ADULT ego needs to monitor our situations and determine which is most appropriate.

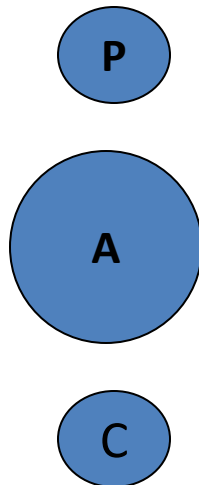
Ego Portraits

- People have favorite, preferred ego state, depicted by larger circle in a diagram

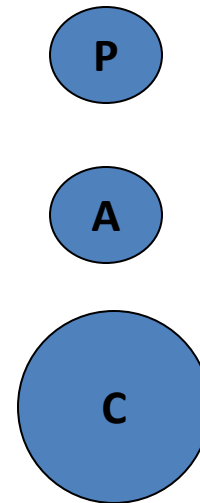
Parent



Adult



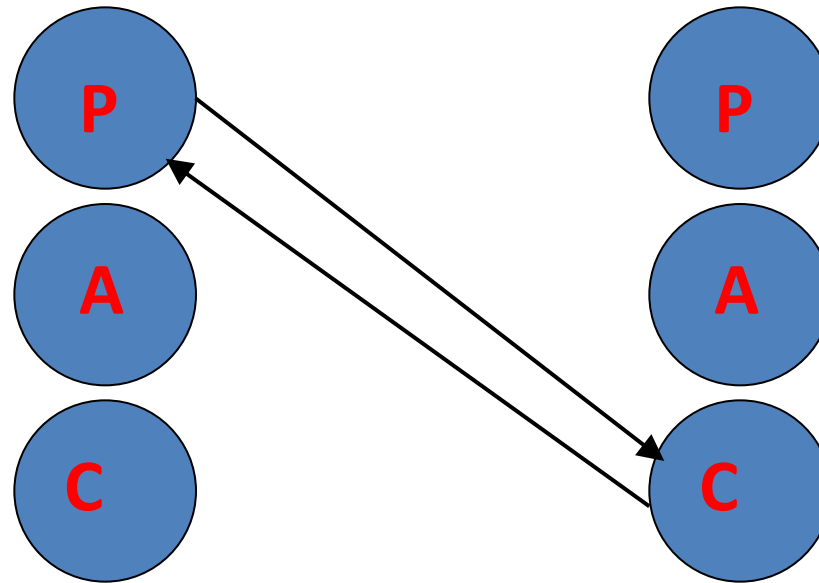
Child



- Being aware of the ego states can empower you to identify situations that are causing conflict and to move these exchanges to rational, non-threatening and productive transactions.

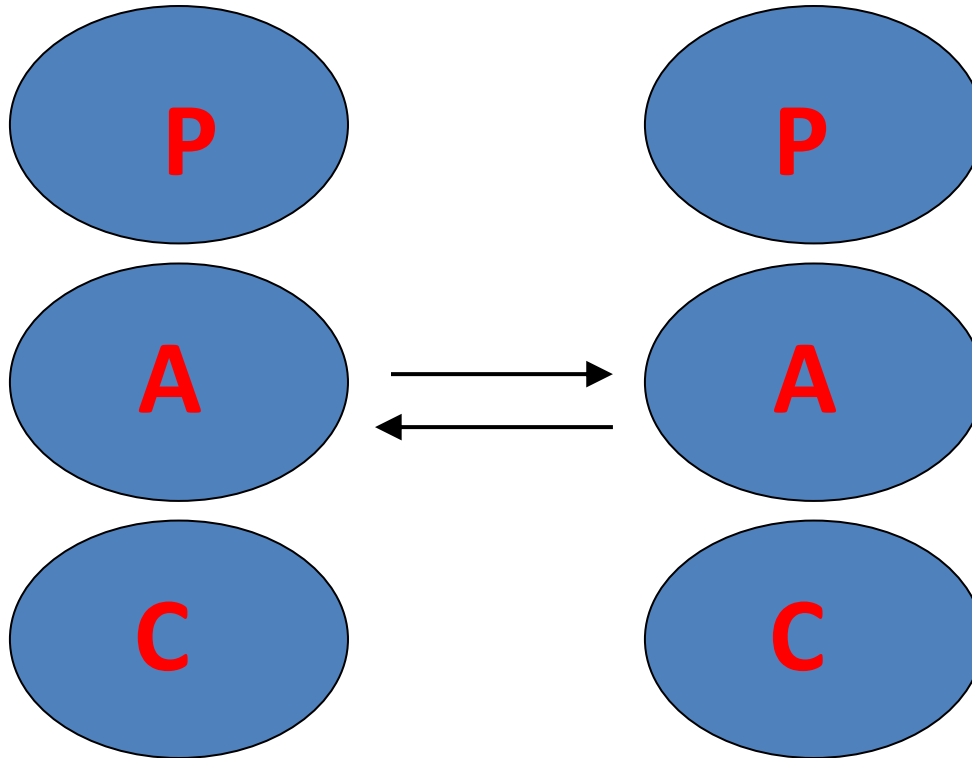
Complementary Transactions

Transactions



- Involves 2 ego states-1 from each person.
- Response comes from ego state to which Stimulus is directed.
- Response is directed back to ego state which initiated it.

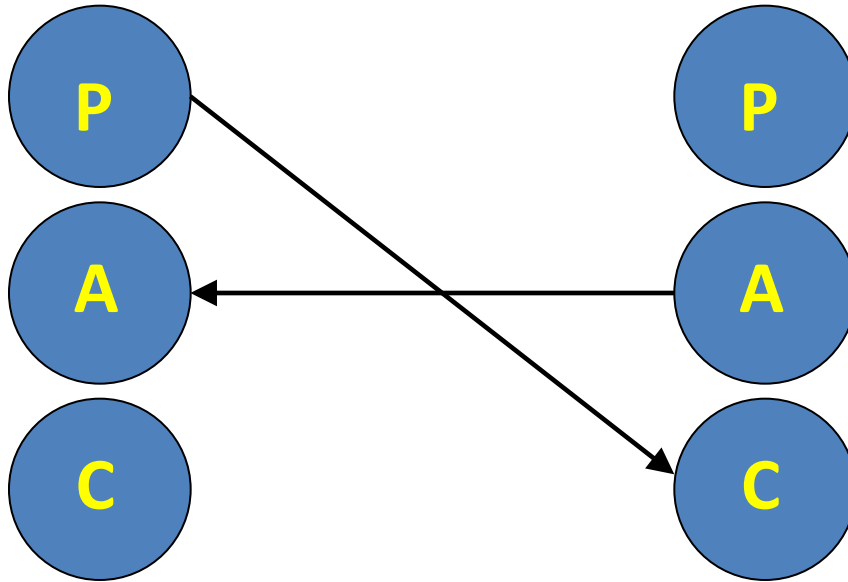
COMPLEMENTARY TRANSACTIONS



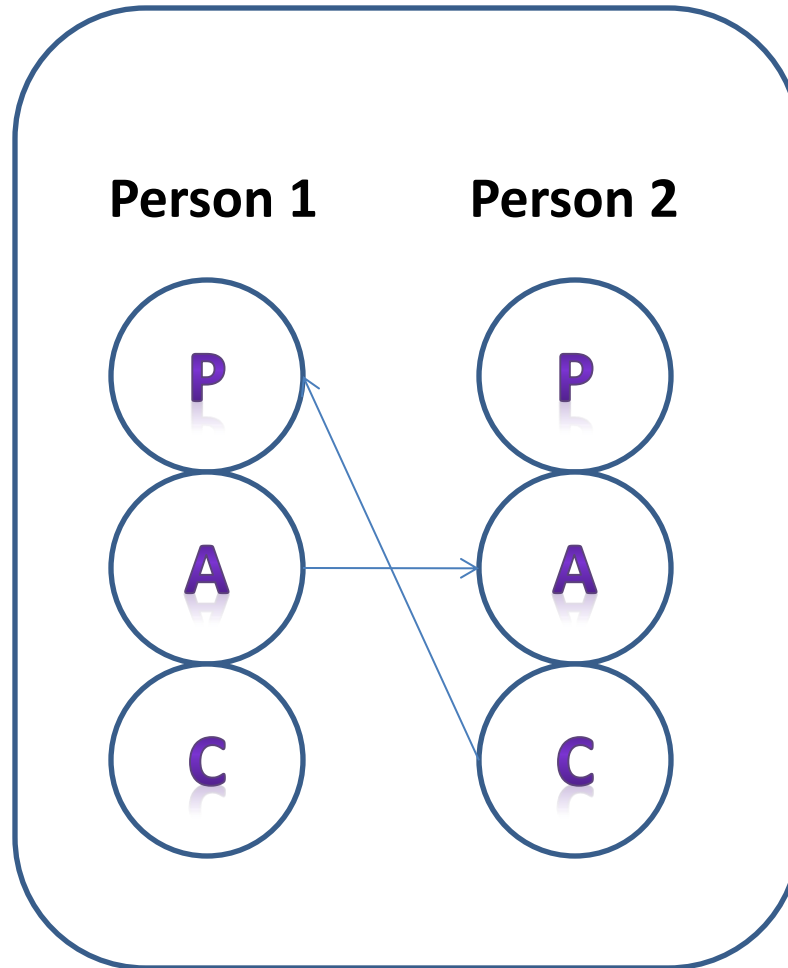
Crossed Transaction

- Response does not come from ego state to which stimulus is directed.
- Response is not directed back to the ego state which initiated it.

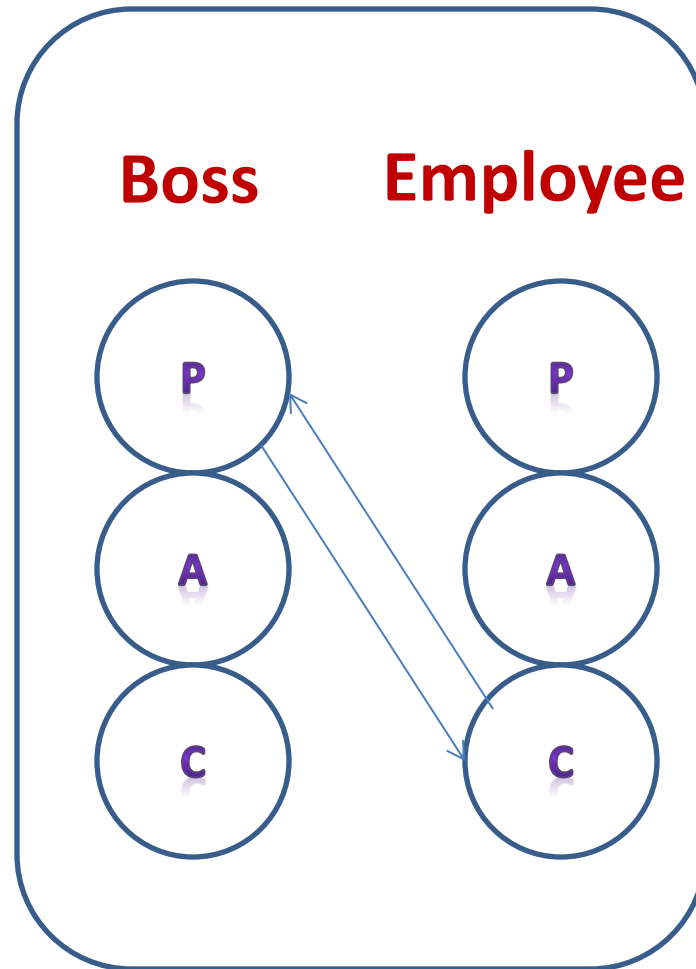
Crossed Transaction



Negative Crossed state of EGOs



POSITIVE CROSSED STATES

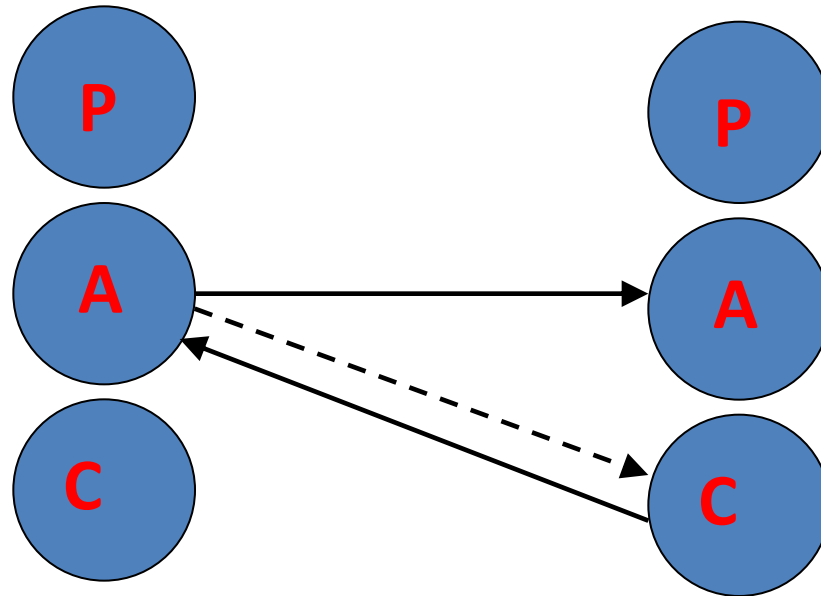


ULTERIOR TRANSACTIONS

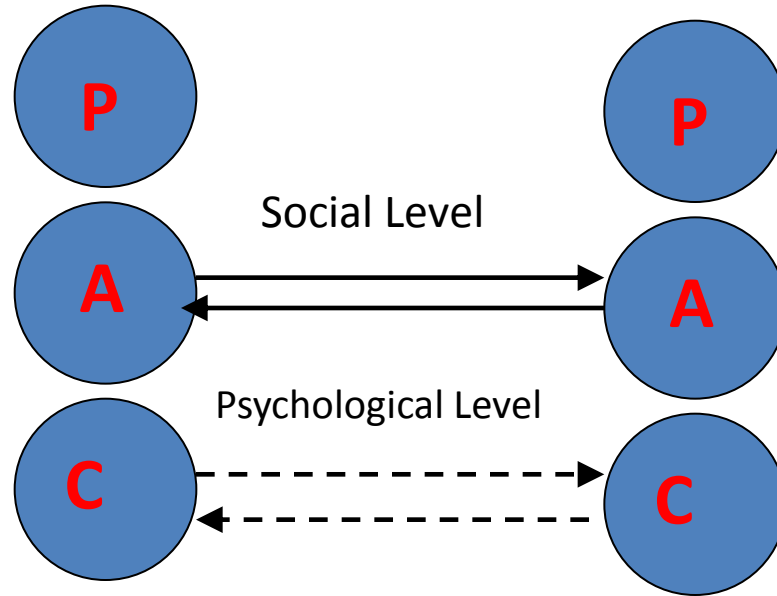
- Involves overt social level message and covert psychological message.
- Response to psychological message - complementary.
- Response to social message – crossed.

- The behavioural outcome of an ulterior transaction (one where two messages are sent at the same time; one overt social and one covert psychological) is determined at the psychological level and not at the social level.

Angular Transactions



Duplex Transaction



RULES OF COMMUNICATION

- As long as transactions remain complementary, communications may proceed indefinitely.
- When a transaction is crossed, a break in communication occurs and one or both individuals need to shift ego states for communication to be re-established.
- The outcome of a transaction is determined on the psychological level rather on the social level.
- These rules do not imply that certain transactions are good while others are bad. They help us select the appropriate to the here - and - now situation.

STROKES

Stroke can be

- Positive or Negative
- Conditional or Unconditional
- Verbal or Nonverbal

Positive unconditional

Positive conditional

Negative unconditional

Negative conditional

STROKE ECONOMY

we can develop a healthy stroke economy by changing our attitude:

- give strokes when you have them to give.
- ask for strokes when you want them.
- accept strokes when you need them.
- reject strokes when you need to (manipulative strokes).
- Give yourself positive strokes.

- We should learn to open our hearts and ask for strokes.
- It makes life easier.

LIFE POSITIONS

Life positions are existential positions or attitudes that children develop towards the world and themselves.

The four possible life positions are

- I am OK, you are OK
- I am not OK, you are OK
- I am OK, you are not OK
- I am not OK, you are not OK

LIFE SCRIPT

Life script is

- An unconscious, ongoing life plan,
- Made in childhood under parental influence,
- As adaptations to infantile reactions and interpretation of external events,
- Reinforced by parents,
- “justified” by subsequent events,
- directing behaviour in important aspects of life and
- culminating in a chosen alternative.

A script is a life plan made when we are growing up.

**IT IS POSSIBLE TO DISCARD
YOUR SCRIPT AND WRITE A
NEW ONE AUTONOMOUSLY!!!!**

Recommended Transactional Analysis books

- TA Today - Ian Stewart & Vann Joines
- I'm OK You're OK - Thomas and Amy Harris
- Staying OK - Thomas and Amy Harris
- Games People Play - Eric Berne
- What Do You Say After You Say Hello - Eric Berne
- Scripts People Live - Claude Steiner
- The Total Handbook Of Transactional Analysis - Woollams & Brown
- Transactional Analysis For Trainers - Julie Hay
- The Transactional Manager - Abe Wagner