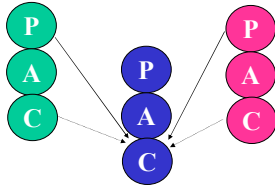


Relational aspects of behavior: Transactional Analysis



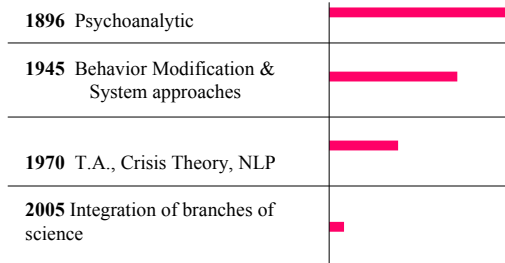
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Psycho-babble: notice the trend

- Superego Lacunae, ego complexes, id, defense mechanisms, fixations, interpreting
- Group dynamics, homeostasis, boundaries, resonance, differentiation, imago
- Reinforcement paradigms, intermittent reinforcement, reciprocal inhibition, no-trail learning
- Confrontation, reflecting, empathy, paraphrasing, summarizing, accepting
- Moving toward, away, against; ego-state, transaction, parallel, crossed, game
- Visual, auditory, kinesthetic preferences, cues, specifying questions, indirect suggestions, retrieved experience, utilization.

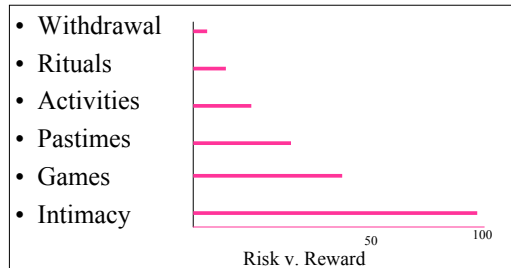
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Historical changes in concept 'size'



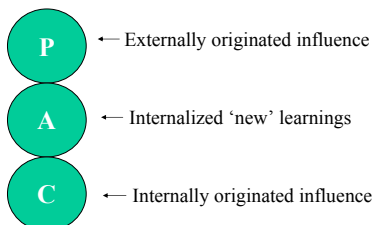
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Ways to structure time



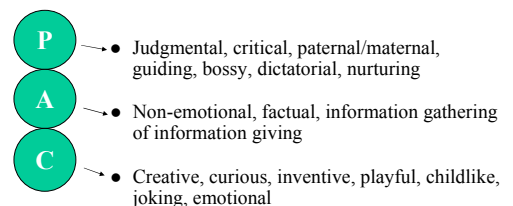
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T.A. personality ego states



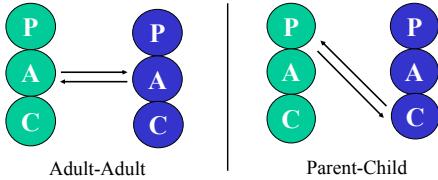
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Simple process: ego states recognition



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Rule 1: Reciprocal transactions continue communication.



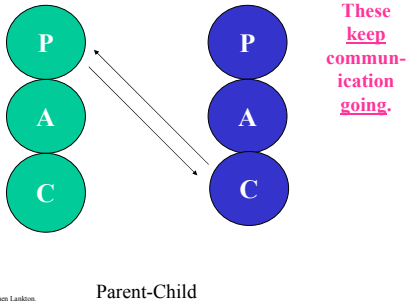
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Specific example of ego states – complimentary transactions

- Adult-Adult:
 - Do you know which days we are supposed to put the garbage out?
 - I am under the impression that Monday and Thursday.
- Child-Parent:
 - Wow, there sure is a lot of this crummy garbage to put out!
 - It really is very large and heavy but I will be proud of you if you can do it.

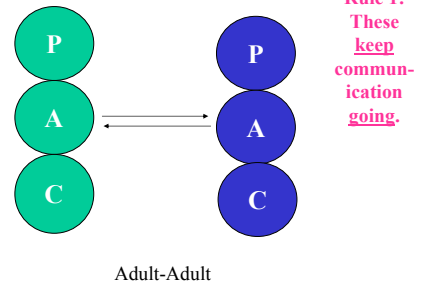
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Complementary transactions



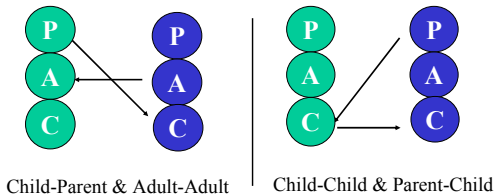
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Complementary transactions



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Rule 2: Crossed transactions stop communication



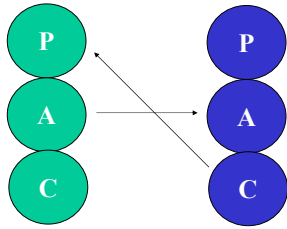
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Specific example of ego states – crossed transactions

- Child-Parent / Adult-Adult :
 - Wow, there sure is a lot of this crummy garbage to put out!
 - Perhaps if we make certain to take it out twice a week the loads will be more manageable.
- Child-Child / Parent-Child:
 - Don't you really hate the size of these crummy garbage cans we *have* to take out!
 - Quit whining about it and just do!

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Crossed transactions

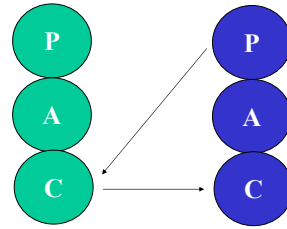


Adult-Adult & Child-Parent

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Rule 2:
These stop
communication.

Crossed transactions

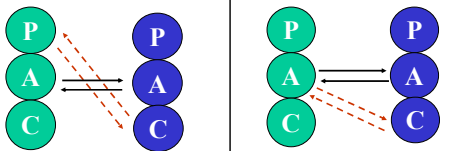


Child-Child & Parent-Child

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Rule 2:
These stop
communication.

Rule 3: Uterior transactions determine communication outcome.

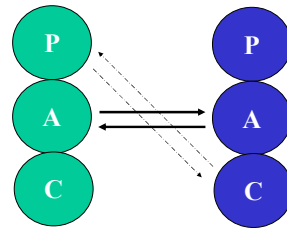


Adult-Adult & Parent-Child

Adult-Adult & Adult-Child

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Uterior transactions

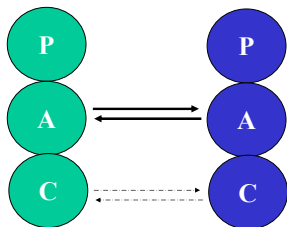


Adult-Adult & Parent-Child

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Rule 3:
outcomes are
determined
at the uterior
level!

Uterior transaction



Adult-Adult & Child-Child

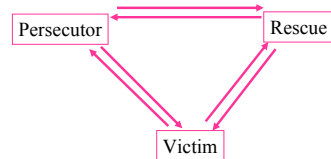
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Rule 3:
outcomes are
determined
at the uterior
level!

Game Formula

$$C + G = R \Rightarrow S \Rightarrow X \Rightarrow PO$$

Karpman's Triangle



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Racket Feelings

- The chronic bad feelings one usually gets when things go wrong.
- This is the feeling that was permitted in the family.
- It hides the feelings that are not permitted
- People use the racket feelings to hook others into a supportive role.

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Development of personality

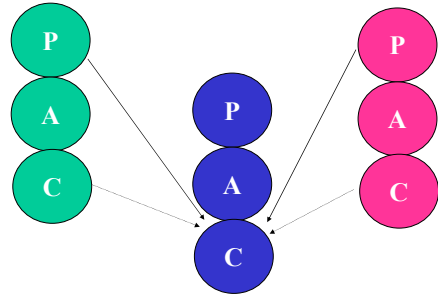
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The four life positions

- I'm OK – You're OK – natural Child
- I'm Not OK – You're OK – compliant adaptive Child (jerk)
- I'm OK – You're Not OK – defiant manipulative Child (sulk)
- I'm Not OK – You're Not OK – regressive Child

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Life-script transmission



Life-script is transmitted from each parent

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Discounting

MODE	TYPE OF DISCOUNTING		
<i>Existence</i>	T ₁ Existence of Stimuli	T ₂ Existence of Problems	T ₃ Existence of Options
<i>Significance</i>	T ₂ Significance of Stimuli	T ₃ Significance of Problems	T ₄ Significance of Options
<i>Change Possibilities</i>	T ₃ Changeability of Stimuli	T ₄ Solvability of Problems	T ₅ Viability of Options
<i>Personal Abilities</i>	T ₄ Person's Ability to React Differently	T ₅ Person's Ability to Solve Problems	T ₆ Person's Ability to Act on Options

Six common contexts of time (1-3)

Work/Rehearsal - Person practices to become "better" and may refine particular experiences.

Pastime or Story - Person participates vicariously and may expand possibilities of experience.

Withdrawal - Person spends time alone and does not collect strokes from others.

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Six common contexts of time (4-6)

Games - Persons participate with hidden motive until a cross-up ends the game with the collecting of a common negative feeling.

Ritual - Person ratifies a ceremony of the past.

Intimacy – Participants cue one another that there are no cues being sent (paradox).