

WHY WE START THINGS WE NEVER FINISH

BECAUSE WE ARE BUSY PLAYING GAMES

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Source: Artificial Intelligence (Claude)

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Preface

Eric Berne's revolutionary work "Games People Play" opened our eyes to the intricate psychological patterns that govern human interactions. His genius lay not just in identifying these games, but in revealing that we all participate in them—counselors and clients alike.

As Berne observed, "The moment a little boy is concerned with which is a jay and which is a sparrow, he can no longer see the birds or hear them sing." This profound insight reminds us that when we become focused on categorizing and diagnosing others, we lose sight of the beautiful complexity of human nature and our own participation in the dance of relationships.

This compilation is intended as a mirror for counselors and helping professionals. Before we examine the games our clients play, we must courageously examine our own patterns. As Carl Jung wisely noted, "Everything that irritates us about others can lead us to an understanding of ourselves." The games described herein are not pathological conditions to be cured, but universal human patterns to be understood with compassion.

Berne believed that awareness was the pathway to freedom. He wrote, "The first rule of realistic living is that you are responsible for your own feelings and actions." When we, as counselors, recognize our own games—our ways of avoiding intimacy, maintaining superiority, or collecting evidence to support our worldview—we become more authentic and effective helpers.

These games serve real psychological functions: protection from vulnerability, predictable patterns of interaction, identity maintenance, and attention-getting. Rather than judging them as negative, we can appreciate their adaptive function while gently exploring healthier alternatives.

I am deeply grateful to John sir, whose masterful teaching of Transactional Analysis brought these concepts to life with clarity, wisdom, and humor. His ability to demonstrate these principles while maintaining genuine warmth and respect for human dignity exemplifies the best of what TA has to offer.

May this guide serve as a tool for self-reflection, professional growth, and ultimately, more authentic human connection.

Compiled with gratitude and respect for the ongoing journey of understanding ourselves and others.

Testimonials

Sarah Mitchell, Licensed Clinical Social Worker: "This compilation has been transformative for my practice. Before reading this, I was so focused on identifying my clients' games that I missed my own patterns. Recognizing my tendency toward 'I Am Only Trying To Help You' helped me become more authentic and effective. My clients began to open up more when I stopped positioning myself as the expert with all the answers."

Dr. James Rodriguez, Psychologist: "As someone who thought I was beyond playing games, this book was a humbling wake-up call. I discovered I was playing 'Psychiatry' with colleagues, using psychological terminology to maintain superiority. This awareness has improved both my professional relationships and my effectiveness as a therapist."

Maria Thompson, Marriage and Family Therapist: "The chapter on intimacy avoidance games was particularly eye-opening. I realized I was playing 'Buzz Off' in my own marriage while trying to help couples with intimacy issues. Working on my own patterns has made me a better therapist and a better partner."

Dr. Robert Chen, Counseling Psychologist: "This book should be required reading for all helping professionals. The insight that we must examine our own games before judging our clients' has revolutionized my approach to therapy. My supervision groups now use this as a tool for self-reflection, and it has improved our entire program."

Linda Foster, Clinical Supervisor: "I use this compilation in all my supervision sessions. It's helped supervisees understand that games aren't pathological but human. This compassionate approach has created a safer environment for self-exploration and professional growth."

Dr. Michael Adams, Psychiatrist: "After 20 years of practice, I thought I knew all there was to know about human behavior. This compilation showed me I was playing 'Sage' and missing opportunities for genuine connection with patients. The humility this book taught me has made me a better doctor and person."

Chapter 1: NIGYSOB (Now I've Got You, You SOB)

Description: A game where the player sets others up to fail or make mistakes, then triumphantly exposes their errors. The player secretly hopes others will slip up so they can feel superior and justified in their criticism.

Example Statements:

"You're always late, and now you've ruined our evening!"

"I knew you couldn't be trusted with this responsibility."

"This proves what I've always said about you."

"You've done it again, just like I expected."

"I gave you a chance and look what happened."

"This is exactly the kind of mistake you always make."

"I should have known better than to rely on you."

"You've shown your true colors once again."

"I'm not surprised - this is typical behavior from you."

"Now everyone can see what I have to deal with."

Example: A manager assigns an impossible deadline to an employee, then publicly criticizes them when they fail to meet it, saying "I knew you weren't capable of handling important projects."

Life Position: I'm OK, You're Not OK

Real Benefit: Validates feelings of superiority, provides justification for distrust, avoids personal vulnerability, and collects evidence to support negative beliefs about others.

Reflection Space

Chapter 2: UPROAR

Description: A game involving escalating conflict where one or both parties create dramatic arguments to avoid intimacy or real communication. The goal is to create enough chaos to justify storming out or withdrawing.

Example Statements:

"You never listen to what I'm saying!"

"How dare you speak to me that way!"

"I can't believe you would do such a thing!"

"This is absolutely unacceptable behavior!"

"You're completely out of line!"

"I won't stand for this kind of treatment!"

"You've crossed the line this time!"

"I'm sick and tired of your attitude!"

"You have no right to treat me like this!"

"This is the last straw!"

Example: A couple arguing where one partner escalates every disagreement into a major fight, storming out dramatically to avoid intimacy or real communication.

Life Position: I'm OK, You're Not OK (but often masks I'm Not OK, You're Not OK)

Real Benefit: Avoids intimate communication, provides excuse for emotional distance, creates drama that feels more exciting than vulnerability, and justifies withdrawal from relationships.

Reflection Space

Chapter 3: I Am Only Trying To Help You

Description: A game where the player offers unsolicited advice and guidance, positioning themselves as the wise helper while making others feel inadequate. The "help" often creates dependency or resistance.

Example Statements:

"I'm just trying to help you succeed."

"If you would only listen to my advice..."

"I know what's best for you in this situation."

"I'm telling you this for your own good."

"You'll thank me later for this guidance."

"I have more experience than you do."

"Trust me, I've been through this before."

"I'm only saying this because I care about you."

"You really should consider my suggestions."

"I hate to see you make the same mistakes I did."

Example: A parent constantly giving unsolicited advice to their adult child about career choices, then feeling hurt when the advice is rejected.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains sense of superiority and control, avoids dealing with own problems, feels needed and important, and collects evidence that others are ungrateful or resistant to good advice.

Reflection Space

Chapter 4: RAPO

Description: A sexual or romantic game where the player engages in seductive behavior, then acts shocked and hurt when the other person responds to the invitation, claiming they misunderstood innocent intentions.

Example Statements:

"You're so attractive, I can't help myself."

"Come on, don't be such a prude."

"You know you want this as much as I do."

"What's wrong with having a little fun?"

"You're sending mixed signals."

"Don't act like you're not interested."

"You're being too uptight about this."

"It's just harmless flirting."

"You're overreacting to a innocent gesture."

"I thought you were more mature than this."

Example: Someone flirting intensely and then acting shocked and hurt when the other person rejects their advances, claiming they were "just being friendly."

Life Position: I'm OK, You're Not OK

Real Benefit: Enjoys sexual excitement without responsibility, maintains moral superiority, avoids real intimacy, and collects evidence that others are either prudes or perverts.

Reflection Space

Chapter 5: Yes But

Description: A game where the player asks for advice or help but rejects every suggestion offered, proving that their problem is unsolvable and that helpers are inadequate. The goal is to demonstrate helplessness.

Example Statements:

"Yes, but I've already tried that."

"Yes, but that won't work in my situation."

"Yes, but I don't have the time for that."

"Yes, but that's too expensive."

"Yes, but my circumstances are different."

"Yes, but I'm not ready for such a big change."

"Yes, but that seems too complicated."

"Yes, but what if it doesn't work out?"

"Yes, but I need to think about it more."

"Yes, but there are too many obstacles."

Example: Someone asks for advice about job hunting but rejects every suggestion with "Yes, but..." responses, proving that advice doesn't work.

Life Position: I'm Not OK, You're OK (initially), shifting to I'm Not OK, You're Not OK

Real Benefit: Avoids taking action and responsibility, maintains victim status, proves that problems are unsolvable, and collects evidence that others don't really understand or can't help.

Reflection Space

Chapter 6: Wooden Leg

Description: A game where the player uses real or exaggerated limitations, disadvantages, or past trauma as excuses for not succeeding or trying. The "wooden leg" becomes a permanent excuse for underachievement.

Example Statements:

"I can't do that because of my condition."

"With my background, what do you expect?"

"I'm not capable of handling that responsibility."

"Given my limitations, I did the best I could."

"You can't expect miracles from someone like me."

"I have too many disadvantages to succeed at that."

"My past prevents me from moving forward."

"I'm just not cut out for this kind of thing."

"With all my problems, I'm doing well to manage at all."

"You don't understand what it's like to be in my position."

Example: Someone using their difficult childhood as an excuse for not trying to improve their current life situation.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids risk and effort, maintains sympathy from others, excuses poor performance, and provides built-in reason for not succeeding without having to try.

Reflection Space

Chapter 7: Corner

Description: A game where the player creates or emphasizes situations where they feel trapped with no good options, proving that life is impossible and that they're victims of circumstances beyond their control.

Example Statements:

"Whatever I do, I get criticized."

"There's no way to win in this situation."

"I'm damned if I do, damned if I don't."

"No matter what choice I make, someone gets hurt."

"Every option leads to problems."

"I can't possibly satisfy everyone's expectations."

"There's no right answer to this dilemma."

"I feel like I'm backed into a corner."

"Any decision I make will be wrong somehow."

"I'm trapped between impossible choices."

Example: An employee who creates situations where any decision they make can be criticized, then uses this as proof that their job is impossible.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Avoids taking decisive action, justifies inaction, maintains victim status, and proves that the world is unfair and impossible to navigate successfully.

Reflection Space

Chapter 8: BLEMISH

Description: A game where the player finds small flaws or imperfections in otherwise good work or situations, using these minor issues to discount the entire effort and maintain superior position.

Example Statements:

"There's just one small problem with your idea."

"That's good, but have you considered this flaw?"

"It's almost perfect, except for this detail."

"You did well, but you missed this important point."

"The concept is sound, but the execution has issues."

"That's impressive, though I notice this minor error."

"Good effort, but this aspect needs work."

"You're on the right track, but this doesn't quite fit."

"I like it overall, but this part concerns me."

"It's close to being right, but this element is off."

Example: A perfectionist supervisor who always finds one small flaw in otherwise excellent work, making employees feel nothing they do is ever good enough.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superior position, avoids giving full approval or recognition, keeps others working harder for approval, and validates perfectionist standards.

Reflection Space

Chapter 9: POOR ME

Description: A game where the player constantly emphasizes their misfortunes and hardships to gain sympathy and avoid responsibility. The focus is on being pitied rather than finding solutions.

Example Statements:

"Nobody understands how hard my life is."

"Bad things always happen to me."

"I never get the breaks that other people get."

"Life is so unfair to me."

"I don't know why I even bother trying anymore."

"Everyone else has it easier than I do."

"I'm always the one who gets hurt."

"Nothing ever goes right for me."

"I'm just unlucky, I guess."

"Why does everything bad happen to me?"

Example: Someone who constantly complains about their misfortunes to gain sympathy and avoid taking responsibility for their situation.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives sympathy and attention, avoids expectations for improvement, maintains victim identity, and gets others to take care of responsibilities.

Reflection Space

Chapter 10: See How Hard I Tried

Description: A game where the player emphasizes their effort rather than results, seeking credit and sympathy for trying hard even when they don't achieve the desired outcome.

Example Statements:

"I worked so hard on this project."

"I stayed up all night to get this done."

"I put everything I had into this effort."

"Look at all the time I invested in this."

"I sacrificed so much to make this happen."

"I gave it my absolute best shot."

"I tried harder than anyone else would have."

"I exhausted myself working on this."

"I couldn't have put in more effort."

"I did everything humanly possible."

Example: A student who emphasizes how many hours they studied rather than the quality of their work, seeking credit for effort rather than results.

Life Position: I'm OK, You're Not OK

Real Benefit: Receives recognition for effort regardless of outcome, maintains moral superiority through hard work, avoids criticism for poor results, and proves others don't appreciate dedication.

Reflection Space

Chapter 11: COP OUT

Description: A game where the player avoids commitments and responsibilities through last-minute excuses and cancellations, maintaining freedom while disappointing others.

Example Statements:

"I forgot we had plans."

"Something urgent came up at the last minute."

"I'm not feeling well enough to participate."

"My car broke down, so I can't make it."

"I have a family emergency I need to handle."

"Work is demanding too much of my time right now."

"I'm dealing with some personal issues."

"I thought the meeting was next week."

"I have a prior commitment I just remembered."

"I'm too overwhelmed to take this on right now."

Example: Someone who repeatedly cancels commitments at the last minute with excuses to avoid responsibility or intimacy.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids unwanted responsibilities, maintains freedom and flexibility, prevents accountability for commitments, and keeps others from having expectations.

Reflection Space

Chapter 12: Kick Me

Description: A game where the player sets themselves up for criticism, rejection, or punishment through self-deprecating behavior, then feels hurt when others respond negatively.

Example Statements:

"I always mess things up."

"I knew I would disappoint you."

"I'm sorry for being such a burden."

"I should have known better."

"I don't deserve your patience."

"I'm always causing problems."

"I can't do anything right."

"I understand if you're angry with me."

"I'm just in the way again."

"I should probably just leave."

Example: Someone who consistently makes self-deprecating comments and sets themselves up for criticism or rejection.

Life Position: I'm Not OK, You're OK

Real Benefit: Controls timing of rejection, validates negative self-image, gains sympathy, and proves that others are cruel or uncaring when they respond negatively.

Reflection Space

Chapter 13: Archeology

Description: A game where the player digs up past mistakes and grievances during current conflicts, using historical evidence to win arguments rather than addressing present issues.

Example Statements:

"You said that three years ago."

"Remember when you promised to change?"

"This is just like what happened before."

"You have a history of this behavior."

"Let me remind you of past incidents."

"This proves my point about your character."

"You've always been this way."

"I can trace this pattern back years."

"Your track record speaks for itself."

"This is typical of your past behavior."

Example: In an argument, someone brings up every past mistake their partner has made instead of dealing with the current issue.

Life Position: I'm OK, You're Not OK

Real Benefit: Wins arguments through historical evidence, avoids dealing with current issues, maintains superior moral position, and proves others are consistently flawed.

Reflection Space

Chapter 14: Schlemiel

Description: A game where the player repeatedly makes "accidental" mistakes or social blunders, then charms their way out of consequences while continuing the pattern.

Example Statements:

"Oops, I did it again!"

"I'm so sorry, I'm such a klutz."

"I can't believe I made that mistake."

"I'm always doing things like this."

"I'm so embarrassed about my clumsiness."

"I don't know what's wrong with me today."

"I seem to have two left feet."

"I'm such a disaster with these things."

"I hope you can forgive my carelessness."

"I'm mortified by my awkwardness."

Example: Someone who repeatedly "accidentally" breaks things or makes social blunders, then charms their way out of consequences.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids full responsibility for actions, receives sympathy and forgiveness, gets away with destructive behavior, and maintains childlike position where others clean up messes.

Reflection Space

Chapter 15: Why Don't You... Yes But

Description: A classic therapeutic game where the client appears to seek help but systematically rejects every suggestion, ultimately proving that the helper is inadequate and the problem is unsolvable.

Example Statements:

"Why don't you look for a new job?" "Yes, but the market is terrible."

"Why don't you talk to him directly?" "Yes, but he won't listen."

"Why don't you take a vacation?" "Yes, but I can't afford it."

"Why don't you join a gym?" "Yes, but I don't have time."

"Why don't you see a counselor?" "Yes, but therapy is expensive."

"Why don't you learn new skills?" "Yes, but I'm too old."

"Why don't you move to a better area?" "Yes, but I have roots here."

"Why don't you start your own business?" "Yes, but it's too risky."

"Why don't you make new friends?" "Yes, but it's hard to meet people."

"Why don't you change your diet?" "Yes, but healthy food tastes bad."

Example: A therapy session where the client asks for help but rejects every suggestion the therapist offers.

Life Position: I'm Not OK, You're OK (initially)

Real Benefit: Proves that helpers are inadequate, maintains problem-focused identity, avoids taking action, and demonstrates that situations are hopeless while getting attention.

Reflection Space

Chapter 16: If It Weren't For You

Description: A game where the player blames others for preventing them from pursuing opportunities or dreams they're actually afraid to attempt, using others as convenient excuses.

Example Statements:

"If it weren't for you, I could have been successful."

"If it weren't for you, I would be happy."

"If it weren't for you, I could pursue my dreams."

"If it weren't for you, I wouldn't have these problems."

"If it weren't for you, I could have more friends."

"If it weren't for you, I would be financially secure."

"If it weren't for you, I could travel the world."

"If it weren't for you, I would be healthier."

"If it weren't for you, I could be more creative."

"If it weren't for you, my life would be perfect."

Example: A spouse blaming their partner for preventing them from pursuing opportunities they're actually afraid to attempt.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Avoids risk and responsibility for pursuing dreams, maintains victim status, excuses lack of achievement, and transfers responsibility for life satisfaction to others.

Reflection Space

Chapter 17: Harried

Description: A game where the player creates and maintains an overwhelmingly busy schedule to feel important, avoid intimacy, and justify not meeting deeper emotional needs.

Example Statements:

"I'm so busy I don't know which way to turn."

"There aren't enough hours in the day."

"I'm completely overwhelmed with everything."

"I'm running around like a chicken with its head cut off."

"I can't keep up with all these demands."

"I'm stretched too thin across too many projects."

"I don't have a minute to myself anymore."

"Everything is urgent and needs immediate attention."

"I'm drowning in responsibilities."

"I'm at my wit's end with all this pressure."

Example: Someone who creates a frantic schedule to avoid dealing with underlying issues, staying busy to feel important and avoid intimacy.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels important and needed, avoids dealing with emotional issues, excuses neglect of relationships, and maintains control through indispensability.

Reflection Space

Chapter 18: Lunch Bag

Description: A game where the player uses financial constraints (real or exaggerated) to avoid social situations they're uncomfortable with, while gaining sympathy for their economic situation.

Example Statements:

"I brought my own lunch because the cafeteria is too expensive."

"I can't afford to eat out like everyone else."

"I have to watch every penny I spend."

"I wish I could join you, but money is tight."

"I'm on a strict budget these days."

"I envy people who can spend freely."

"I have to make sacrifices others don't understand."

"I can't participate because of my financial situation."

"I'm always the one who can't afford things."

"I feel left out because of money issues."

Example: Someone who uses financial constraints (real or exaggerated) to avoid social situations they're actually uncomfortable with.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids uncomfortable social situations, receives sympathy for financial struggles, maintains moral superiority through frugality, and excuses social withdrawal.

Reflection Space

Chapter 19: Let's You and Him Fight

Description: A game where the player instigates conflict between others by sharing information or creating misunderstandings, then steps back to enjoy the drama while appearing innocent.

Example Statements:

"Did you hear what he said about you?"

"I think you should know what she's been saying."

"I probably shouldn't tell you this, but..."

"You have a right to know the truth about him."

"I'm only telling you this because I care."

"I thought you should be aware of her opinion."

"I don't want to cause trouble, but..."

"You might want to address this with her directly."

"I'm just the messenger here."

"I felt you deserved to know what was said."

Example: Someone who stirs up conflict between two friends by sharing gossip or creating misunderstandings, then stepping back to watch the drama unfold.

Life Position: I'm OK, You're Not OK

Real Benefit: Creates entertainment through others' conflict, maintains superior position as observer, avoids direct confrontation, and controls social dynamics from sidelines.

Reflection Space

Chapter 20: Ain't It Awful

Description: A game where players bond by complaining about external circumstances, problems, or other people without taking action to improve anything, maintaining shared victimhood.

Example Statements:

"Can you believe how terrible things are getting?"

"The world is going to hell in a handbasket."

"Everything is getting worse these days."

"People just don't care about anything anymore."

"Society is completely falling apart."

"It's shocking how bad things have become."

"Nothing is like it used to be."

"The younger generation has no values."

"Crime is out of control everywhere."

"I don't know what this world is coming to."

Example: Coworkers who bond by complaining about management, the economy, or social issues without taking any action to improve anything.

Life Position: I'm OK, You're OK, but the World's Not OK

Real Benefit: Creates social bonding through shared complaints, avoids personal responsibility for change, maintains sense of superiority over "those people," and justifies pessimism and inaction.

Reflection Space

Chapter 21: Why Does This Always Happen to Me?

Description: A game where the player focuses on being a victim of recurring patterns while avoiding examination of their role in creating or attracting these situations.

Example Statements:

"Why do I always attract the wrong type of people?"

"Why does every job I take turn into a nightmare?"

"Why do I always end up in these situations?"

"Why can't I ever catch a break?"

"Why do bad things always find me?"

"Why does my luck always run out?"

"Why do I always pick the wrong option?"

"Why does trouble always follow me around?"

"Why do I always get the short end of the stick?"

"Why does fate always work against me?"

Example: Someone who repeatedly makes poor choices but focuses on being a victim of circumstances rather than examining their patterns.

Life Position: I'm Not OK, You're OK

Real Benefit: Maintains victim identity, avoids responsibility for patterns, receives sympathy, and excuses repeated poor choices as bad luck rather than poor judgment.

Reflection Space

Chapter 22: Courtroom

Description: A game where the player turns every disagreement into a legal case, presenting evidence and building arguments instead of having emotional conversations or genuine dialogue.

Example Statements:

"Let me present the evidence of what happened."

"The facts clearly show who is at fault here."

"I can prove that I'm right about this."

"The truth will vindicate my position."

"I have witnesses who can support my case."

"The documentation proves my point."

"Logic and reason are on my side."

"Any rational person would agree with me."

"I can demonstrate beyond doubt that..."

"The evidence speaks for itself."

Example: A couple where one partner turns every disagreement into a legal case, presenting evidence and building arguments instead of having emotional conversations.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids emotional vulnerability, maintains intellectual superiority, controls discussion format, and wins arguments through superior preparation rather than genuine communication.

Reflection Space

Chapter 23: Alcoholic

Description: A three-handed game involving the Alcoholic (who drinks), the Persecutor (who criticizes), and the Rescuer (who enables), with roles rotating among participants in an ongoing drama.

Example Statements:

"I need a drink to relax after this day."

"Just one more and then I'll quit."

"I can stop anytime I want to."

"I'm not as bad as those other people."

"I function perfectly fine at work."

"Everyone drinks at social events."

"I only drink to be sociable."

"I deserve to unwind after working so hard."

"I don't drink any more than my friends do."

"I can handle my alcohol better than most people."

Example: The three-handed game involving the Alcoholic (who drinks), the Persecutor (who criticizes), and the Rescuer (who enables), with roles rotating among family members.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Creates predictable drama and roles, avoids dealing with underlying issues, maintains family system dynamics, and provides excuse for not addressing real problems.

Reflection Space

Chapter 24: Debtor

Description: A game where the player creates ongoing financial dependency with others through borrowing money with sincere intentions but consistently failing to repay, maintaining the dependent relationship.

Example Statements:

"I'll pay you back as soon as I get my next paycheck."

"I'm just waiting for some money that's owed to me."

"I had an unexpected expense this month."

"I'm good for it, you know that."

"I've never defaulted on a debt before."

"I just need a little more time to get things together."

"I appreciate your patience with this situation."

"I'm working extra hours to pay you back."

"I hate being in this position with you."

"I promise this won't happen again."

Example: Someone who borrows money from friends and family with sincere intentions but creates a pattern of financial dependency.

Life Position: I'm Not OK, You're OK

Real Benefit: Maintains financial support system, keeps others invested in their welfare, avoids full financial responsibility, and creates ongoing connection through debt obligation.

Reflection Space

Chapter 25: Frigid Woman/Impotent Man

Description: A sexual game where the player initiates romantic relationships but then creates barriers to intimacy, proving that the partner is demanding or insensitive while avoiding sexual vulnerability.

Example Statements:

"I'm just not in the mood tonight."

"I have too much on my mind to relax."

"I'm too tired for intimacy right now."

"I don't feel comfortable with that."

"I need more time to feel close to you."

"I'm not ready for that level of intimacy."

"Physical affection makes me anxious."

"I prefer emotional connection over physical."

"I need to feel safe before being intimate."

"I have issues with physical closeness."

Example: Someone who initiates romantic relationships but then creates barriers to intimacy, proving that the partner is demanding or insensitive.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids sexual vulnerability, maintains control in relationships, proves partners are only interested in sex, and justifies withholding intimacy through partner's "insensitivity."

Reflection Space

Chapter 26: Stupid

Description: A game where the player acts less intelligent than they are to avoid responsibility, get others to do their work, or maintain a dependent position while gaining sympathy.

Example Statements:

"I'm not smart enough to understand this."

"I've never been good with complicated things."

"I'm too dumb to figure this out."

"Smart people like you make me feel inferior."

"I wish I had your intelligence."

"I'm not educated enough for this conversation."

"I don't have the brains for this kind of work."

"I'm just a simple person with simple thoughts."

"I can't compete with people who are so clever."

"I feel stupid compared to everyone else."

Example: Someone who plays dumb to avoid responsibility or to get others to do their work for them.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids difficult tasks and responsibilities, gets others to provide help and do work, maintains dependent position, and receives sympathy for intellectual limitations.

Reflection Space

Chapter 27: Greenhouse

Description: A game where the player overprotects others, claiming they're too sensitive or fragile for normal challenges, which prevents growth and creates dependency while maintaining the protector's importance.

Example Statements:

"You're too sensitive for the real world."

"I need to protect you from harsh realities."

"The world out there will hurt you."

"You're not ready to handle life's challenges."

"I know what's best for your wellbeing."

"You need someone to take care of you."

"Let me shield you from difficult situations."

"You're too delicate for this harsh environment."

"I'll handle the tough decisions for you."

"You need to be in a safe, controlled environment."

Example: An overprotective parent who doesn't allow their child to face normal challenges, creating dependency and stunting growth.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains indispensable role, avoids own challenges by focusing on others, creates dependent relationships, and feels important through protective function.

Reflection Space

Chapter 28: Peasant

Description: A game where the player uses their humble background or perceived lower status as an excuse to avoid opportunities, challenges, or situations where they might fail or feel inadequate.

Example Statements:

"I don't belong in places like this."

"I'm not sophisticated enough for these people."

"I don't know the right things to say."

"People like me don't usually get these opportunities."

"I feel out of place in this environment."

"I'm not cultured enough for this setting."

"I don't have the right background for this."

"I'm intimidated by all these successful people."

"I feel like I don't deserve to be here."

"I'm afraid I'll embarrass myself."

Example: Someone who uses their humble background as an excuse to avoid professional growth opportunities.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids risk of failure or rejection, maintains familiar identity, receives sympathy for humble origins, and excuses lack of ambition or effort.

Reflection Space

Chapter 29: Threadbare

Description: A game where the player uses their limited financial resources or poor appearance to avoid social situations, gain sympathy, or excuse themselves from certain expectations.

Example Statements:

"I can't afford nice clothes like everyone else."

"I have to make do with what I have."

"I shop at thrift stores out of necessity."

"I can't keep up with fashion trends."

"I feel shabby compared to other people."

"I'm embarrassed by my appearance."

"I wish I could dress better."

"I make my clothes last as long as possible."

"I can't afford to replace worn-out items."

"I feel judged by how I look."

Example: Someone who uses their financial limitations to avoid social situations where they fear judgment about their appearance.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids social comparison and competition, receives sympathy for financial struggles, excuses social withdrawal, and maintains moral superiority through non-materialism.

Reflection Space

Chapter 30: Do Me Something

Description: A game where the player provokes others into aggressive responses so they can feel justified in retaliating or playing victim, creating conflict while appearing innocent.

Example Statements:

"I dare you to try that with me."

"Go ahead, make my day."

"I'm not afraid of what you might do."

"You don't have the nerve to follow through."

"I challenge you to prove me wrong."

"You're all talk and no action."

"I bet you won't have the courage."

"Put your money where your mouth is."

"I'm calling your bluff."

"Show me what you're really made of."

Example: Someone who provokes others into aggressive responses so they can feel justified in retaliating or playing victim.

Life Position: I'm OK, You're Not OK

Real Benefit: Creates exciting drama and conflict, justifies aggressive retaliation, proves others are violent or weak, and maintains superior position through provocation.

Reflection Space

Chapter 31: Stocking Game

Description: A game where the player hoards items, resources, or information as a way to feel secure and prepared, often beyond practical necessity, while avoiding dealing with underlying anxiety.

Example Statements:

"I save everything because you never know when you'll need it."

"I can't throw this away, it might be useful someday."

"I'm preparing for when things get difficult."

"You never know what emergency might come up."

"I like to be ready for any situation."

"It's wasteful to throw away perfectly good items."

"I'm just being practical about the future."

"You can't be too prepared in this world."

"I learned to save things from hard times."

"I feel secure when I have plenty of supplies."

Example: Someone who hoards items or resources as a way to feel secure and avoid dealing with underlying anxiety about the future.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Creates illusion of security and control, avoids dealing with anxiety about future, feels prepared for disasters, and maintains sense of self-sufficiency.

Reflection Space

Chapter 32: Bear Trapper

Description: A game where the player sets others up for failure by giving unclear instructions or creating impossible situations, then catches them making mistakes to prove their incompetence.

Example Statements:

"I'm going to catch you in a mistake eventually."

"I'm watching everything you do."

"I'll be waiting for you to slip up."

"You can't fool me forever."

"I know your tricks and games."

"I'm always one step ahead of you."

"I see through your act."

"You'll reveal your true nature eventually."

"I'm patient, I can wait for you to fail."

"I'll be there when you fall."

Example: A manager who sets employees up for failure by giving unclear instructions, then catching them making mistakes.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superior position through others' failures, validates suspicions about others' incompetence, controls through intimidation, and avoids own vulnerability to mistakes.

Reflection Space

Chapter 33: Cops and Robbers

Description: A game where the player constantly pushes boundaries and bends rules, enjoying the cat- and-mouse game with authority figures while feeling superior to those who follow rules.

Example Statements:

"You'll never catch me breaking the rules."

"I'm smarter than any system you create."

"I know how to work around regulations."

"Authority figures are meant to be challenged."

"I can find loopholes in any policy."

"Rules are made to be broken creatively."

"I enjoy outsmarting the system."

"Conformity is for weak people."

"I'll find a way around any restriction."

"You can't control someone like me."

Example: An employee who constantly pushes boundaries and bends rules, enjoying the cat-and-mouse game with management.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels superior to rule-followers, enjoys excitement of rule-breaking, maintains sense of freedom and rebellion, and proves authority figures are incompetent or controlling.

Reflection Space

Chapter 34: Sweetheart

Description: A game where the player idealizes a romantic partner excessively early in the relationship, setting up unrealistic expectations that lead to eventual disappointment and relationship failure.

Example Statements:

"You're the most wonderful person I've ever met."

"I've never felt this way about anyone before."

"You're absolutely perfect in every way."

"I can't imagine life without you."

"You're my soulmate and true love."

"Everything about you is amazing."

"You're like a dream come true."

"I worship the ground you walk on."

"You can do no wrong in my eyes."

"You're my everything and more."

Example: Someone who idealizes a romantic partner excessively early in the relationship, setting up unrealistic expectations that lead to eventual disappointment.

Life Position: I'm Not OK, You're OK (initially)

Real Benefit: Avoids seeing real person and dealing with relationship complexities, creates intense romantic feelings, sets up partner for inevitable failure, and maintains dramatic relationship cycle.

Reflection Space

Chapter 35: Victim

Description: A game where the player consistently finds themselves in situations where they're mistreated, unconsciously choosing people and situations that confirm their victim identity and helplessness.

Example Statements:

"Everyone always takes advantage of me."

"I'm always the one who gets hurt."

"People use me and then discard me."

"I never deserved this treatment."

"Why do bad things always happen to me?"

"I'm powerless to change my situation."

"Life has been so unfair to me."

"I can't protect myself from others."

"I'm always at the mercy of other people."

"I don't understand why people are so cruel."

Example: Someone who consistently finds themselves in situations where they're mistreated, unconsciously choosing people and situations that confirm their victim identity.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Avoids responsibility for life choices, receives sympathy and support, maintains familiar identity, and proves that the world is dangerous and unfair.

Reflection Space

Chapter 36: Persecutor

Description: A game where the player positions themselves as the moral authority, punishing others for their "mistakes" while claiming to be helping them grow or learn important lessons.

Example Statements:

"You brought this on yourself."

"You deserve what you get."

"I'm doing this for your own good."

"You need to learn your lesson."

"This is what happens when you don't listen."

"You're getting exactly what you asked for."

"Someone needs to teach you right from wrong."

"You can't say I didn't warn you."

"This is the consequence of your actions."

"You need to face the truth about yourself."

Example: Someone who positions themselves as the moral authority, punishing others for their "mistakes" while claiming to be helping them grow.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains moral superiority, enjoys power over others, avoids own flaws by focusing on others' mistakes, and feels important through disciplinary role.

Reflection Space

Chapter 37: Rescuer

Description: A game where the player constantly offers help to others, creating dependency while avoiding their own problems, then feeling unappreciated when their help backfires or is rejected.

Example Statements:

"Let me help you with that problem."

"You don't have to handle this alone."

"I know exactly what you need to do."

"I can fix this situation for you."

"You shouldn't have to suffer like this."

"I'll take care of everything."

"You're too good to be treated this way."

"I'll protect you from getting hurt."

"You need someone to look out for you."

"I can't stand to see you struggle."

Example: Someone who constantly offers help to others, creating dependency while avoiding their own problems, then feeling unappreciated when their help backfires.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels needed and important, avoids own problems by focusing on others, maintains superior helping position, and creates dependent relationships.

Reflection Space

Chapter 38: Look How Hard I'm Trying

Description: A game where the player emphasizes their effort over results, seeking recognition for trying hard rather than achieving goals, often leading to burnout rather than effectiveness.

Example Statements:

"I'm doing everything I possibly can."

"Look at all the effort I'm putting in."

"I'm working harder than anyone else."

"I'm sacrificing everything for this goal."

"I'm giving 110% every single day."

"I'm pushing myself to the absolute limit."

"I'm trying harder than I've ever tried before."

"I'm exhausting myself with this effort."

"I'm doing more than could be expected."

"I'm going above and beyond what's required."

Example: Someone who emphasizes their effort over results, seeking recognition for trying hard rather than achieving goals, often burnout rather than effectiveness.

Life Position: I'm OK, You're Not OK

Real Benefit: Receives recognition for effort regardless of results, maintains moral superiority through hard work, excuses poor outcomes through demonstrated effort, and proves others don't appreciate dedication.

Reflection Space

Chapter 39: Gotcha

Description: A game where the player sets others up to fail or break promises, then triumphantly points out their failures to prove their untrustworthiness and validate suspicions.

Example Statements:

"I caught you in a lie!"

"You said you would do this, but you didn't."

"I knew you couldn't keep your word."

"This proves you can't be trusted."

"I was right to be suspicious of you."

"You've been found out at last."

"I have evidence of your deception."

"Your true colors are finally showing."

"I knew something was fishy about your story."

"You can't talk your way out of this one."

Example: Someone who sets others up to fail or break promises, then triumphantly points out their failures.

Life Position: I'm OK, You're Not OK

Real Benefit: Validates suspicions about others' dishonesty, maintains superior position through others' failures, avoids trusting and being vulnerable, and proves others are untrustworthy.

Reflection Space

Chapter 40: Martyr

Description: A game where the player constantly emphasizes their sacrifices and suffering for others, making family or friends feel guilty for having needs while positioning themselves as saintly.

Example Statements:

"I sacrifice everything for this family."

"Nobody appreciates what I do around here."

"I give and give, but get nothing in return."

"I put everyone else's needs before my own."

"I work my fingers to the bone for ungrateful people."

"I never ask for anything for myself."

"I suffer in silence while others enjoy life."

"My pain doesn't matter to anyone."

"I carry everyone else's burdens."

"I'm always the one who has to make sacrifices."

Example: A parent who constantly reminds their children of all their sacrifices, making the family feel guilty for having needs.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains moral superiority through suffering, controls others through guilt, avoids asking directly for needs, and receives recognition for selfless sacrifice.

Reflection Space

Chapter 41: Psychiatry

Description: A game where the player uses psychological terminology to diagnose and criticize others, positioning themselves as mentally healthier while avoiding examination of their own issues.

Example Statements:

"You have serious psychological issues."

"That behavior indicates deep-seated problems."

"Your childhood trauma is showing."

"You need professional help for your condition."

"That's a classic symptom of your disorder."

"Your defense mechanisms are quite obvious."

"You're projecting your issues onto others."

"That's a textbook example of your pathology."

"Your unconscious motivations are clear to me."

"You're in denial about your mental state."

Example: Someone who uses psychological terminology to diagnose and criticize others, positioning themselves as mentally healthier.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains intellectual and psychological superiority, avoids own psychological issues, controls conversations through expert knowledge, and invalidates others' perspectives.

Reflection Space

Chapter 42: Wooden Nickel

Description: A game where the player either falls for get-rich-quick schemes or sells questionable opportunities to others, maintaining optimism about easy success while avoiding realistic planning.

Example Statements:

"I got a great deal on this investment."

"This opportunity is too good to pass up."

"I know a guy who can get us a discount."

"Trust me, this will make us rich."

"I have inside information about this stock."

"This is a once-in-a-lifetime chance."

"I'm offering this to you as a special favor."

"You'd be crazy not to take this deal."

"I'm giving you first dibs on this opportunity."

"This is going to be the next big thing."

Example: Someone who falls for get-rich-quick schemes or sells questionable opportunities to others, either as con artist or mark.

Life Position: I'm OK, You're Not OK OR I'm Not OK, You're OK

Real Benefit: Maintains hope for easy success, avoids realistic financial planning, feels special through "insider" opportunities, and either cons others or maintains optimistic victim status.

Reflection Space

Chapter 43: Buzz Off

Description: A game where the player pushes others away to avoid intimacy or responsibility, then complains about being lonely or unsupported while maintaining emotional distance.

Example Statements:

"Leave me alone, I'm busy."

"I don't have time for this right now."

"Can't you see I'm working?"

"I need my space to think."

"I don't want to be bothered."

"This isn't a good time for me."

"I prefer to work without interruptions."

"I need some peace and quiet."

"I'm not in the mood for company."

"I work better when I'm left alone."

Example: Someone who pushes others away to avoid intimacy or responsibility, then complains about being lonely or unsupported.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids emotional intimacy and responsibility, maintains control over interactions, prevents others from making demands, and creates excuse for isolation.

Reflection Space

Chapter 44: Camera

Description: A game where the player constantly seeks attention and validation for their actions, needing an audience to feel worthwhile and valuable in their accomplishments.

Example Statements:

"Look at me, I'm doing something amazing!"

"Did you see what I just accomplished?"

"Everyone should witness this moment."

"I want to capture this achievement."

"This deserves to be documented."

"People need to see how well I'm doing."

"I want recognition for this success."

"This moment should be remembered forever."

"I need everyone to notice my performance."

"This accomplishment speaks for itself."

Example: Someone who constantly seeks attention and validation for their actions, needing an audience to feel worthwhile.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives validation and attention, feels important through recognition, avoids examining self-worth issues, and maintains external source of value.

Reflection Space

Chapter 45: Corner Me

Description: A game where the player creates situations where they feel forced to act, then blames others for the consequences of their choices while avoiding responsibility for decisions.

Example Statements:

"I have no choice in this matter."

"You're forcing me to do this."

"I'm backed into a corner here."

"You're not giving me any options."

"I feel trapped by your demands."

"You're putting me in an impossible position."

"I can't win no matter what I do."

"You're making this decision for me."

"I have to go along with what you want."

"I'm powerless to resist your pressure."

Example: Someone who creates situations where they feel forced to act, then blames others for the consequences of their choices.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Avoids responsibility for decisions and consequences, maintains victim position, blames others for outcomes, and feels justified in unwanted actions.

Reflection Space

Chapter 46: Lunch Counter

Description: A game where the player never expresses their preferences to avoid conflict, then feels resentful when their needs aren't met, maintaining passive position while collecting grievances.

Example Statements:

"I'll have whatever they're having."

"I don't want to be any trouble."

"I'm not picky about what I eat."

"Whatever you think is best is fine."

"I don't want to make special requests."

"I'll just go along with the group choice."

"I don't have strong preferences anyway."

"I'm easy to please when it comes to food."

"I don't want to complicate the order."

"I trust your judgment on this."

Example: Someone who never expresses their preferences to avoid conflict, then feels resentful when their needs aren't met.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids conflict and decision-making responsibility, appears accommodating and easygoing, collects grievances about unmet needs, and maintains victim position.

Reflection Space

Chapter 47: Gee You're Wonderful

Description: A game where the player excessively flatters others to gain approval, setting up unrealistic expectations that later lead to disappointment when others fail to meet the idealized image.

Example Statements:

"You're absolutely brilliant at everything!"

"I wish I could be more like you."

"You always know exactly what to do."

"You're so much better than me at this."

"I admire your incredible abilities."

"You make everything look so easy."

"I'm amazed by your talent."

"You're perfect in every way."

"I could never be as good as you."

"You're my hero and inspiration."

Example: Someone who excessively flatters others to gain approval, setting up unrealistic expectations that later lead to disappointment.

Life Position: I'm Not OK, You're OK

Real Benefit: Gains approval and positive attention, avoids examining own capabilities, sets others up for failure, and maintains dependent admiring position.

Reflection Space

Chapter 48: Tell Me About

Description: A game where the player collects other people's problems and secrets, but uses the information to feel superior rather than genuinely help, becoming a repository for troubles.

Example Statements:

"Tell me all about your problems."

"I want to hear every detail of what happened."

"Please share your deepest feelings with me."

"I'm here to listen to whatever you need to say."

"Don't hold anything back from me."

"I want to understand your complete situation."

"Please continue, this is fascinating."

"Tell me more about how that made you feel."

"I'm very interested in your perspective."

"I want to know everything about your experience."

Example: Someone who collects other people's problems and secrets, but uses the information to feel superior rather than genuinely help.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels superior to troubled people, collects interesting information and gossip, appears caring and helpful, and avoids dealing with own problems.

Reflection Space

Chapter 49: Why Me?

Description: A game where the player consistently presents themselves as unfairly burdened while secretly enjoying the attention and sense of importance that comes from being overwhelmed.

Example Statements:

"Why do I always get the difficult assignments?"

"Why am I the one who has to deal with this?"

"Why can't someone else handle this problem?"

"Why does this responsibility fall on me?"

"Why am I always the chosen one for bad news?"

"Why do people always come to me with their issues?"

"Why can't I catch a break like other people?"

"Why is my life more complicated than others'?"

"Why do I attract all these problems?"

"Why am I cursed with such bad luck?"

Example: Someone who consistently presents themselves as unfairly burdened while secretly enjoying the attention and sense of importance.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives sympathy and attention, feels important through being burdened, maintains victim status, and avoids responsibility for attracting problems.

Reflection Space

Chapter 50: Broken Record

Description: A game where the player repeats the same complaints without seeking solutions, enjoying the victim role of being unheard while avoiding the work of actual change.

Example Statements:

"I've told you this a hundred times before."

"How many times do I have to repeat myself?"

"We've been through this same issue before."

"I feel like I'm talking to a wall."

"You never remember what I tell you."

"This is the same conversation we always have."

"I'm tired of explaining this over and over."

"We keep going in circles about this."

"I shouldn't have to keep saying this."

"Why don't you ever listen to me?"

Example: Someone who repeats the same complaints without seeking solutions, enjoying the victim role of being unheard.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains victim position of being unheard, avoids responsibility for finding solutions, proves others are inconsiderate, and continues familiar complaint patterns.

Reflection Space

Chapter 51: Do As I Say, Not As I Do

Description: A game where the player gives advice they don't follow themselves, maintaining superior position through teaching while avoiding the vulnerability of admitting their own struggles.

Example Statements:

"I know I'm not perfect, but you should listen to my advice."

"I've learned from my mistakes, so you don't have to make them."

"My experience gives me the right to guide you."

"I may not always practice what I preach, but I know what's right."

"I'm trying to save you from my fate."

"My failures qualify me to teach you success."

"I know better now, even if I didn't before."

"You should benefit from my hard-learned lessons."

"I'm older and wiser, despite my flaws."

"My past mistakes make me the perfect teacher."

Example: A parent who smokes while lecturing their children about healthy living, or gives financial advice while being in debt.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains teaching position without changing own behavior, feels superior through advice-giving, avoids vulnerability of admitting current struggles, and controls others through guidance.

Reflection Space

Chapter 52: Homely Sage

Description: A game where the player puts down physical attractiveness while emphasizing their intellectual superiority to cope with insecurity about appearance and feel superior through intelligence.

Example Statements:

"I may not be much to look at, but I have wisdom."

"Beauty fades, but intelligence lasts forever."

"I make up for my appearance with my mind."

"Smart people don't need to be pretty."

"I focus on inner beauty rather than outer appearance."

"Looks aren't everything in this world."

"I have more to offer than just a pretty face."

"My brain is my most attractive feature."

"I'd rather be smart than beautiful."

"Intelligence is more valuable than good looks."

Example: Someone who puts down physical attractiveness while emphasizing their intellectual superiority to cope with insecurity.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superiority through intelligence, copes with appearance insecurity, devalues others' attractiveness, and creates alternative value system where they excel.

Reflection Space

Chapter 53: Sunny Side Up

Description: A game where the player aggressively promotes positivity to avoid dealing with real problems or negative emotions, maintaining cheerful facade while dismissing others' legitimate concerns.

Example Statements:

"Every cloud has a silver lining!"

"Look on the bright side of things!"

"There's always something to be grateful for!"

"Think positive thoughts and good things will happen!"

"Everything happens for a reason!"

"When life gives you lemons, make lemonade!"

"Smile and the world smiles with you!"

"Count your blessings instead of your problems!"

"There's no point in being negative!"

"Happiness is a choice you make every day!"

Example: Someone who aggressively promotes positivity to avoid dealing with real problems or negative emotions.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids dealing with difficult emotions and problems, maintains superior optimistic position, controls conversations through forced positivity, and dismisses others' legitimate concerns.

Reflection Space

Chapter 54: Guess What Happened to Me

Description: A game where the player constantly has dramatic stories to tell, needing to be the center of attention through exciting or catastrophic events rather than genuine connection.

Example Statements:

"You'll never believe what happened to me today!"

"Wait until you hear this incredible story!"

"I have the most amazing news to share!"

"Something unbelievable just occurred!"

"I can't wait to tell you about my adventure!"

"You're going to be shocked when you hear this!"

"I had the most extraordinary experience!"

"This is the kind of thing that only happens to me!"

"I have to tell someone about this amazing event!"

"You won't believe the drama in my life!"

Example: Someone who constantly has dramatic stories to tell, needing to be the center of attention through exciting or catastrophic events.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives attention and interest, feels important through dramatic experiences, avoids ordinary conversation and intimacy, and maintains entertaining position.

Reflection Space

Chapter 55: Indigence

Description: A game where the player emphasizes their poverty (real or exaggerated) to gain sympathy and avoid responsibilities or expectations while maintaining victim status.

Example Statements:

"I can't afford basic necessities."

"I'm living paycheck to paycheck."

"I have to choose between food and medicine."

"I'm one emergency away from disaster."

"I can't even afford decent clothes."

"I work multiple jobs just to survive."

"I never have enough money for anything."

"I'm drowning in debt with no way out."

"I envy people who don't worry about money."

"I'll never be able to get ahead financially."

Example: Someone who emphasizes their poverty (real or exaggerated) to gain sympathy and avoid responsibilities or expectations.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives sympathy and financial help, avoids expectations for contribution, maintains victim identity, and excuses lack of participation in activities.

Reflection Space

Chapter 56: Plastic Woman

Description: A game where the player maintains a perfect exterior while denying any emotional depth or vulnerability, using appearance to avoid genuine connection and emotional intimacy.

Example Statements:

"I always look perfect no matter what."

"I never have a hair out of place."

"I maintain my appearance at all times."

"I never let anyone see me looking bad."

"I pride myself on always being well-dressed."

"I spend hours getting ready every day."

"My image is extremely important to me."

"I never leave the house without full makeup."

"I must look flawless in every situation."

"Appearance is everything in this world."

Example: Someone who maintains a perfect exterior while denying any emotional depth or vulnerability.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids emotional vulnerability and intimacy, maintains control through perfect image, receives admiration for appearance, and prevents others from seeing real self.

Reflection Space

Chapter 57: Water Torture

Description: A game where the player makes constant small requests that accumulate into major impositions, wearing down others' resistance while appearing to ask for minor favors.

Example Statements:

"Just one more tiny request..."

"This will only take a minute of your time."

"I hate to bother you again, but..."

"Could you just do this one small favor?"

"I promise this is the last thing I'll ask."

"This is really quick and easy."

"I wouldn't ask if it wasn't important."

"Just this once, could you help me?"

"I know you're busy, but this is urgent."

"I really need your help with this little thing."

Example: Someone who makes constant small requests that accumulate into major impositions, wearing down others' resistance.

Life Position: I'm Not OK, You're OK

Real Benefit: Gets extensive help without asking directly, appears modest in requests, wears down resistance gradually, and maintains dependent helpful relationship.

Reflection Space

Chapter 58: Cavalier

Description: A game where the player flaunts social conventions and rules to prove their superiority and independence while maintaining rebellious identity and special status.

Example Statements:

"Rules don't apply to people like me."

"I do whatever I want, whenever I want."

"I'm above petty restrictions and limitations."

"I live by my own code of conduct."

"Convention is for ordinary people."

"I'm too important to follow standard procedures."

"I make my own rules as I go."

"Authority figures can't tell me what to do."

"I'm a free spirit who can't be contained."

"I answer to no one but myself."

Example: Someone who flaunts social conventions and rules to prove their superiority and independence.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains sense of superiority and specialness, avoids conformity and social expectations, feels free and rebellious, and proves others are conventional and weak.

Reflection Space

Chapter 59: Happy to Help

Description: A game where the player compulsively helps others to feel needed and valuable, then resents being taken for granted while avoiding their own needs and problems.

Example Statements:

"I'm always available when you need me."

"I love helping people solve their problems."

"Your happiness is my greatest joy."

"I'll drop everything to assist you."

"I can't say no when someone needs help."

"I feel useful when I'm helping others."

"I live to serve other people's needs."

"I get satisfaction from being helpful."

"I'm happiest when I'm making others happy."

"I don't mind sacrificing for others."

Example: Someone who compulsively helps others to feel needed and valuable, then resents being taken for granted.

Life Position: I'm Not OK, You're OK

Real Benefit: Feels needed and valuable, avoids own problems by focusing on others, receives gratitude and appreciation, and maintains indispensable helper identity.

Reflection Space

Chapter 60: Monday Morning Quarterback

Description: A game where the player criticizes decisions after the fact without having taken responsibility at the time, maintaining superior position through hindsight wisdom.

Example Statements:

"I would have handled that situation differently."

"If I had been in charge, this wouldn't have happened."

"I saw this problem coming from miles away."

"I could have told you that wouldn't work."

"I knew that decision was a mistake."

"I would have chosen a better strategy."

"If only they had listened to my advice."

"I predicted this outcome weeks ago."

"I have better judgment than the people in charge."

"I'm always right about these things in hindsight."

Example: Someone who criticizes decisions after the fact without having taken responsibility at the time.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superiority through hindsight wisdom, avoids risk of making decisions, proves others are incompetent, and feels vindicated about superior judgment.

Reflection Space

Chapter 61: Wish I Had

Description: A game where the player constantly wishes for what others have instead of working with their own resources, maintaining victim position through comparison and envy.

Example Statements:

"I wish I had your talent."

"I wish I had made different choices."

"I wish I had been born into your family."

"I wish I had your opportunities."

"I wish I had started earlier in life."

"I wish I had your confidence."

"I wish I had more money like you."

"I wish I had your education."

"I wish I had your luck."

"I wish I had been given your advantages."

Example: Someone who constantly wishes for what others have instead of working with their own resources.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids working with current resources, maintains victim position through comparison, excuses lack of effort, and focuses on others' advantages rather than own possibilities.

Reflection Space

Chapter 62: Tough Guy

Description: A game where the player refuses to show vulnerability or accept help, proving their strength while isolating themselves and avoiding genuine emotional connection.

Example Statements:

"I can handle anything life throws at me."

"I don't need help from anyone."

"I've survived worse than this before."

"I'm tough enough to get through anything."

"I don't show weakness to other people."

"I fight my own battles without assistance."

"I'm stronger than most people realize."

"I don't let things get to me emotionally."

"I can take whatever punishment comes my way."

"I'm built to endure hardship."

Example: Someone who refuses to show vulnerability or accept help, proving their strength while isolating themselves.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains image of strength and independence, avoids vulnerability and emotional intimacy, feels superior to those who need help, and prevents others from seeing weakness.

Reflection Space

Chapter 63: Confession

Description: A game where the player dramatically confesses minor infractions to gain attention and demonstrate their moral superiority through honesty and guilt.

Example Statements:

"I have something terrible to confess."

"I need to tell you about my dark secret."

"I've been hiding something shameful from you."

"I can't keep this guilt to myself anymore."

"I need to come clean about what I've done."

"I have to tell someone about my mistake."

"I'm ready to face the consequences of my actions."

"I can't live with this secret any longer."

"I need to unburden myself of this truth."

"I have to be honest about my failures."

Example: Someone who dramatically confesses minor infractions to gain attention and demonstrate their moral superiority.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives attention and dramatic focus, demonstrates moral superiority through honesty, controls conversation through confession, and gains forgiveness and sympathy.

Reflection Space

Chapter 64: Big Daddy

Description: A game where the player takes excessive responsibility for others to maintain control and feel indispensable while preventing others from developing independence.

Example Statements:

"I'll take care of everything for you."

"Don't worry, Daddy will fix this."

"I know what's best for everyone."

"I'll handle all the important decisions."

"You can depend on me to solve your problems."

"I'm the strong one who protects this family."

"I'll make sure nothing bad happens to you."

"You don't need to worry about adult matters."

"I'll provide for all your needs."

"I'm the one who keeps everything together."

Example: Someone who takes excessive responsibility for others to maintain control and feel indispensable.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains control and power, feels indispensable and important, avoids own vulnerability by focusing on others' needs, and creates dependent relationships.

Reflection Space

Chapter 65: Little Old Me

Description: A game where the player minimizes their capabilities to avoid responsibility while fishing for reassurance and compliments about their actual abilities.

Example Statements:

"Little old me couldn't possibly do that."

"I'm just a simple person with simple needs."

"I don't have the ability to handle important things."

"I'm too small and insignificant to matter."

"I couldn't possibly be that important to anyone."

"I'm just a nobody in this big world."

"I don't have the skills for such responsibility."

"I'm too humble for such recognition."

"I'm not qualified for that level of trust."

"I'm just an ordinary person without special abilities."

Example: Someone who minimizes their capabilities to avoid responsibility while fishing for reassurance and compliments.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids challenging responsibilities and expectations, receives reassurance and compliments, maintains humble attractive image, and controls others' perceptions.

Reflection Space

Chapter 66: Pollyanna

Description: A game where the player maintains relentless optimism to avoid dealing with real problems or supporting others in pain, dismissing legitimate concerns through forced positivity.

Example Statements:

"Everything always works out for the best!"

"There's good in every situation if you look for it!"

"I choose to see the positive in everyone!"

"Life is wonderful when you have the right attitude!"

"Problems are just opportunities in disguise!"

"I'm grateful for every experience, good or bad!"

"Optimism is the key to happiness!"

"There's always a reason to smile!"

"Good things happen to positive people!"

"I refuse to let negativity into my life!"

Example: Someone who maintains relentless optimism to avoid dealing with real problems or supporting others in pain.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids dealing with difficult emotions and problems, maintains cheerful identity, feels superior to negative people, and controls conversations through positivity.

Reflection Space

Chapter 67: Insider

Description: A game where the player claims special knowledge or connections to feel important and superior to others while maintaining mysterious influential position.

Example Statements:

"I have access to information others don't."

"I know people in high places."

"I'm privy to confidential details."

"I have connections that can help you."

"I know what's really going on behind the scenes."

"I have inside knowledge about this situation."

"I'm trusted with sensitive information."

"I'm part of the inner circle."

"I know secrets that would shock you."

"I have special access to important people."

Example: Someone who claims special knowledge or connections to feel important and superior to others.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels important and special, maintains superior position through secret knowledge, controls others through access to information, and enjoys mysterious influential status.

Reflection Space

Chapter 68: Torn Dress

Description: A game where the player gets hurt (accidentally or intentionally) and blames others for "making" them injure themselves, avoiding responsibility while gaining sympathy.

Example Statements:

"Look what you made me do to myself!"

"See how you've hurt me!"

"This is what happens when you upset me!"

"Look at the damage your words have caused!"

"You've driven me to hurt myself!"

"This injury is your fault!"

"You made me so upset I wasn't careful!"

"Look what your cruelty has done to me!"

"You've caused me to harm myself!"

"This is the result of your thoughtlessness!"

Example: Someone who gets hurt (accidentally or intentionally) and blames others for "making" them injure themselves.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Receives sympathy and attention for injury, avoids responsibility for self-care, proves others are harmful and dangerous, and controls through victim position.

Reflection Space

Chapter 69: Critic

Description: A game where the player constantly finds fault with others' work or efforts while positioning themselves as the expert, maintaining superior position through criticism.

Example Statements:

"That's not quite right, let me show you how."

"You could improve this if you just..."

"I notice several problems with your approach."

"There are much better ways to do this."

"You're close, but you're missing the mark."

"I can see the flaws in your reasoning."

"Your technique needs significant improvement."

"I'm qualified to evaluate your performance."

"You have potential, but you need guidance."

"I have standards that must be maintained."

Example: Someone who constantly finds fault with others' work or efforts while positioning themselves as the expert.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superior expert position, avoids vulnerability of creating own work, controls others through criticism, and feels important through evaluation role.

Reflection Space

Chapter 70: Dilemma

Description: A game where the player creates or exaggerates decision-making difficulties to avoid taking action and responsibility while gaining sympathy for their impossible situation.

Example Statements:

"I'm torn between two equally important choices."

"I can't decide what the right thing to do is."

"Both options have serious consequences."

"I'm paralyzed by this impossible decision."

"Every choice leads to problems."

"I need more time to figure this out."

"The situation is too complex for a simple answer."

"I'm afraid of making the wrong choice."

"I feel stuck between two bad options."

"I wish someone else could decide for me."

Example: Someone who creates or exaggerates decision-making difficulties to avoid taking action and responsibility.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids responsibility for decisions and consequences, receives sympathy for difficult position, maintains victim status, and delays action indefinitely.

Reflection Space

Chapter 71: Braggart

Description: A game where the player constantly boasts about their achievements to cover up deep insecurity about their worth while maintaining superior image through accomplishments.

Example Statements:

"I'm the best at everything I do."

"Nobody can compete with my achievements."

"I always succeed where others fail."

"I'm naturally gifted at everything."

"People are amazed by my abilities."

"I set records wherever I go."

"I'm in a league of my own."

"Others try to copy my success."

"I make everything look effortless."

"I'm simply superior to most people."

Example: Someone who constantly boasts about their achievements to cover up deep insecurity about their worth.

Life Position: I'm Not OK, You're OK (hidden behind I'm OK, You're Not OK)

Real Benefit: Covers insecurity through impressive achievements, receives admiration and attention, maintains superior image, and avoids examining underlying self-worth issues.

Reflection Space

Chapter 72: Good Joe

Description: A game where the player presents themselves as humble and undemanding while secretly resenting their lack of recognition and maintaining moral superiority through modesty.

Example Statements:

"I'm just a regular guy trying to get by."

"I don't ask for much from life."

"I'm happy with simple pleasures."

"I don't need fancy things to be content."

"I'm grateful for what I have."

"I don't want to be a burden to anyone."

"I'm satisfied with my modest lifestyle."

"I don't expect special treatment."

"I'm just one of the common folk."

"I'm content being ordinary."

Example: Someone who presents themselves as humble and undemanding while secretly resenting their lack of recognition.

Life Position: I'm OK, You're OK (surface) but often I'm Not OK, You're OK (underneath)

Real Benefit: Maintains moral superiority through humility, avoids appearing demanding or needy, collects evidence of being underappreciated, and feels virtuous through modest lifestyle.

Reflection Space

Chapter 73: Troublemaker

Description: A game where the player creates conflict and disruption while claiming to be a reformer or truth-teller, enjoying chaos while maintaining righteous position.

Example Statements:

"I like to shake things up around here."

"Someone needs to challenge the status quo."

"I'm not afraid to rock the boat."

"I enjoy stirring up controversy."

"I like to see people's reactions."

"I'm just being honest about problems."

"I refuse to go along with groupthink."

"I'm not here to make everyone comfortable."

"I speak truth even when it's unpopular."

"I'm an agent of necessary change."

Example: Someone who creates conflict and disruption while claiming to be a reformer or truth-teller.

Life Position: I'm OK, You're Not OK

Real Benefit: Creates exciting drama and conflict, maintains superior position as truth-teller, avoids conformity and responsibility, and enjoys power through disruption.

Reflection Space

Chapter 74: Starving Artist

Description: A game where the player uses their artistic pursuits to justify poverty and avoid practical responsibilities while maintaining superior position through artistic integrity.

Example Statements:

"I suffer for my art."

"True artists must struggle to create authentically."

"I choose artistic integrity over financial security."

"My creativity can't be commercialized."

"I'm too pure for the mainstream market."

"Real art comes from pain and deprivation."

"I'm ahead of my time and misunderstood."

"I refuse to sell out my artistic vision."

"Society doesn't appreciate true artistry."

"I'd rather be poor than compromise my art."

Example: Someone who uses their artistic pursuits to justify poverty and avoid practical responsibilities.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains artistic identity and integrity, avoids practical responsibilities and conventional work, feels superior to commercial artists, and justifies poverty through artistic suffering.

Reflection Space

Chapter 75: Patsy

Description: A game where the player repeatedly gets involved with people who take advantage of them, then complains about being victimized while continuing to choose exploitative relationships.

Example Statements:

"I always get taken advantage of."

"People use me because I'm too trusting."

"I'm too nice for my own good."

"I believe everyone has good intentions."

"I can't say no when people ask for help."

"I give people the benefit of the doubt."

"I'm naive about how cruel people can be."

"I keep trusting people who hurt me."

"I'm an easy target for manipulators."

"I always fall for their lies and promises."

Example: Someone who repeatedly gets involved with people who take advantage of them, then complains about being victimized.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Maintains victim identity and familiar patterns, receives sympathy for being exploited, avoids responsibility for relationship choices, and proves others are untrustworthy.

Reflection Space

Chapter 76: Wardrobe

Description: A game where the player obsesses over clothing and appearance to mask insecurity about their inner worth while maintaining control through perfect presentation.

Example Statements:

"I need the perfect outfit for every occasion."

"My clothes define who I am."

"I can't be seen wearing the same thing twice."

"My image depends on having the right wardrobe."

"I feel insecure without the proper attire."

"People judge me by how I dress."

"I need to look better than everyone else."

"My worth is reflected in my appearance."

"I can't function without looking perfect."

"Clothes make the person in this world."

Example: Someone who obsesses over clothing and appearance to mask insecurity about their inner worth.

Life Position: I'm Not OK, You're OK

Real Benefit: Maintains control through appearance, covers insecurity about inner worth, receives admiration for style, and avoids vulnerability about real self.

Reflection Space

Chapter 77: Zealot

Description: A game where the player aggressively promotes their beliefs (religious, political, or lifestyle) while dismissing all other viewpoints and maintaining superior position through absolute truth.

Example Statements:

"I have found the one true path."

"Everyone should follow my beliefs."

"I'm on a mission to convert others."

"My way is the only right way."

"I must save people from their ignorance."

"I have special knowledge others lack."

"It's my duty to spread the truth."

"Nonbelievers are lost and misguided."

"I'm chosen to deliver this message."

"I can't rest until everyone sees the light."

Example: Someone who aggressively promotes their beliefs (religious, political, or lifestyle) while dismissing all other viewpoints.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superior position through absolute truth, feels important through missionary role, avoids examining doubts, and controls others through conversion efforts.

Reflection Space

Chapter 78: Masochist

Description: A game where the player seeks out difficult or painful situations as proof of their moral superiority or worthiness while avoiding pleasure and success.

Example Statements:

"I deserve this punishment."

"I must suffer to learn my lesson."

"Pain is good for building character."

"I need to be disciplined for my mistakes."

"Hardship makes me a better person."

"I should endure this without complaint."

"I've earned this difficult treatment."

"Suffering purifies the soul."

"I must accept whatever consequences come."

"I need to be taught a harsh lesson."

Example: Someone who seeks out difficult or painful situations as proof of their moral superiority or worthiness.

Life Position: I'm Not OK, You're OK

Real Benefit: Maintains moral superiority through suffering, avoids guilt through self-punishment, feels worthy through pain endurance, and controls others through martyrdom.

Reflection Space

Chapter 79: Sadist

Description: A game where the player inflicts emotional or physical pain on others while claiming it's for their benefit, maintaining power through causing suffering.

Example Statements:

"This hurts me more than it hurts you."

"I'm doing this for your own good."

"You need to learn this lesson the hard way."

"Tough love is what you need right now."

"Pain is the best teacher in life."

"You'll thank me for this discipline later."

"I have to be cruel to be kind."

"You brought this punishment on yourself."

"This is necessary for your development."

"Someone has to teach you right from wrong."

Example: Someone who inflicts emotional or physical pain on others while claiming it's for their benefit.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains power and control through causing pain, feels superior through disciplinary role, avoids own vulnerability, and justifies aggression through helping others.

Reflection Space

Chapter 80: Robot

Description: A game where the player suppresses all emotions and claims superiority through logic while avoiding human connection and emotional vulnerability.

Example Statements:

"I function according to logical protocols."

"Emotions are inefficient and disruptive."

"I process information without bias."

"I operate on pure reason and facts."

"I don't let feelings cloud my judgment."

"I maintain optimal performance at all times."

"I execute tasks with mechanical precision."

"I don't experience irrational human responses."

"I analyze data without emotional interference."

"I function better than humans in most situations."

Example: Someone who suppresses all emotions and claims superiority through logic while avoiding human connection.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids emotional vulnerability and pain, maintains superior position through logic, controls interactions through detachment, and prevents others from affecting them emotionally.

Reflection Space

Chapter 81: Clown

Description: A game where the player compulsively entertains others to avoid serious conversations or deal with their own pain while maintaining loveable position through humor.

Example Statements:

"I'm here to entertain everyone!"

"Laughter is the best medicine for everything!"

"I can make any situation funny!"

"I live to put smiles on people's faces!"

"I'm the life of every party!"

"I turn tears into laughter!"

"I'm a professional mood lifter!"

"I can find humor in any situation!"

"I make people forget their troubles!"

"I'm everybody's favorite comedian!"

Example: Someone who compulsively entertains others to avoid serious conversations or deal with their own pain.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives love and appreciation, avoids serious emotional conversations, maintains safe entertaining role, and covers own pain through making others laugh.

Reflection Space

Chapter 82: Sage

Description: A game where the player positions themselves as wise and enlightened to feel superior and avoid learning from others while maintaining teacher position.

Example Statements:

"I have wisdom beyond my years."

"I understand the deeper meaning of life."

"I can see what others cannot perceive."

"I have insights that come from experience."

"I possess knowledge that few people have."

"I understand human nature better than most."

"I can guide others through life's complexities."

"I have spiritual understanding others lack."

"I see the big picture while others see details."

"I'm blessed with special comprehension."

Example: Someone who positions themselves as wise and enlightened to feel superior and avoid learning from others.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superior wise position, avoids being student or vulnerable, controls others through wisdom dispensing, and feels important through teaching role.

Reflection Space

Chapter 83: Time Bomb

Description: A game where the player threatens emotional outbursts to control others and avoid taking responsibility for change while maintaining dramatic threatening position.

Example Statements:

"I'm about to explode from all this pressure."

"I can only take so much before I blow up."

"I'm reaching my breaking point with this situation."

"I'm going to lose it if this continues."

"I'm building up to a major explosion."

"I can feel the anger mounting inside me."

"I'm one incident away from total meltdown."

"I'm warning you that I'm about to snap."

"I can't control myself much longer."

"I'm going to do something I'll regret."

Example: Someone who threatens emotional outbursts to control others and avoid taking responsibility for change.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Controls others through fear of explosion, avoids responsibility for managing emotions, maintains dramatic threatening position, and gets others to accommodate their moods.

Reflection Space

Chapter 84: Atlas

Description: A game where the player takes on excessive responsibility to feel indispensable while complaining about the burden and controlling others through their sacrificial role.

Example Statements:

"The weight of the world is on my shoulders."

"Everyone depends on me to keep things together."

"I carry all the responsibility for this family."

"I'm holding up everyone else's problems."

"I can't rest because others need my support."

"I bear the burden of everyone's mistakes."

"I'm the foundation that everything stands on."

"I sacrifice myself to support others."

"I'm crushed under all these expectations."

"I hold everything together through my strength."

Example: Someone who takes on excessive responsibility to feel indispensable while complaining about the burden.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels indispensable and important, controls others through dependency, maintains superior strong position, and receives sympathy for heavy burden.

Reflection Space

Chapter 85: Prometheus

Description: A game where the player sees themselves as a martyr for sharing knowledge or truth while enjoying the superior position and suffering for their noble mission.

Example Statements:

"I bring knowledge to the ignorant masses."

"I suffer for sharing truth with others."

"I'm punished for enlightening people."

"I sacrifice myself to educate humanity."

"I'm persecuted for revealing secrets."

"I endure pain to help others grow."

"I'm tortured for my generous gifts."

"I pay the price for advancing civilization."

"I'm condemned for helping people see."

"I bear punishment for my noble mission."

Example: Someone who sees themselves as a martyr for sharing knowledge or truth while enjoying the superior position.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains superior enlightened position, feels noble through suffering, enjoys martyrdom for truth-telling, and controls others through superior knowledge.

Reflection Space

Chapter 86: Pandora

Description: A game where the player creates problems through their actions but claims innocence and victimhood while avoiding responsibility for consequences.

Example Statements:

"I was just curious about what was inside."

"I didn't mean to cause all these problems."

"I was only trying to understand the truth."

"I couldn't help myself from looking."

"I didn't know what would happen if I opened it."

"I was innocent when I started this."

"I was driven by natural curiosity."

"I had no idea of the consequences."

"I was naive about what I was doing."

"I unleashed something I couldn't control."

Example: Someone who creates problems through their actions but claims innocence and victimhood.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Avoids responsibility for consequences, maintains innocent victim position, receives sympathy for unintended results, and blames curiosity rather than poor judgment.

Reflection Space

Chapter 87: Pied Piper

Description: A game where the player attracts followers with promises they can't keep, leading others astray while enjoying the power and attention of being followed.

Example Statements:

"Follow me, I know the way."

"I can lead you to a better place."

"Trust me to guide you safely."

"I have the solution to your problems."

"I can take you where you want to go."

"I know the secret path to success."

"I'll show you the way to happiness."

"I can deliver you from your troubles."

"I have the key to your dreams."

"I'll lead you to the promised land."

Example: Someone who attracts followers with promises they can't keep, leading others astray while enjoying the power.

Life Position: I'm OK, You're Not OK

Real Benefit: Enjoys power and influence over others, feels important through leadership role, avoids responsibility for outcomes, and maintains superior guiding position.

Reflection Space

Chapter 88: Cinderella

Description: A game where the player waits passively for others to improve their situation instead of taking action themselves while maintaining romantic victim position.

Example Statements:

"Someday my prince will come."

"I'm waiting for someone to rescue me."

"I deserve better than this life."

"I'm destined for something greater."

"Someone will recognize my true worth."

"I'll be discovered and elevated."

"I'm just waiting for my big break."

"I'm temporarily in this lowly position."

"I'm too good for these circumstances."

"My real life hasn't started yet."

Example: Someone who waits passively for others to improve their situation instead of taking action themselves.

Life Position: I'm OK, You're Not OK (but currently I'm Not OK, You're OK)

Real Benefit: Avoids taking responsibility for improvement, maintains romantic fantasy of rescue, feels superior to current circumstances, and waits for others to recognize worth.

Reflection Space

Chapter 89: Sleeping Beauty

Description: A game where the player remains passive and uninvolved in life, waiting for others to activate their potential while avoiding the risk of action.

Example Statements:

"I'm waiting for life to wake me up."

"I need someone to bring me to life."

"I'm in a state of suspended animation."

"I'm waiting for my awakening moment."

"I need a magical kiss to start living."

"I'm dormant until the right person comes."

"I'm enchanted and unable to act."

"I'm under a spell that only love can break."

"I'm waiting for my fairy tale to begin."

"I need someone to rescue me from this sleep."

Example: Someone who remains passive and uninvolved in life, waiting for others to activate their potential.

Life Position: I'm Not OK, You're OK

Real Benefit: Avoids risk and responsibility of taking action, maintains romantic fantasy of activation by others, receives care while passive, and feels special through dormant potential.

Reflection Space

Chapter 90: Goldilocks

Description: A game where the player is never satisfied with any option, always finding fault and seeking perfection while avoiding commitment to any choice.

Example Statements:

"Nothing is ever quite right for me."

"I need everything to be just perfect."

"This is too much, that's too little."

"I'm very particular about my standards."

"I'll know it when I see it."

"I can't settle for less than ideal."

"I'm still searching for what's just right."

"I have very specific requirements."

"I need to try everything before deciding."

"I won't compromise on quality."

Example: Someone who is never satisfied with any option, always finding fault and seeking perfection.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids commitment and responsibility of choice, maintains superior standards, feels special through high requirements, and controls others through impossible standards.

Reflection Space

Chapter 91: Peter Pan

Description: A game where the player avoids adult responsibilities and commitments while expecting others to take care of them, maintaining childlike position indefinitely.

Example Statements:

"I don't want to grow up and face responsibilities."

"Adult life is boring and restrictive."

"I want to stay young and carefree forever."

"Growing up means losing all the fun."

"I'm not ready for adult expectations."

"I prefer the world of imagination and play."

"I don't want to deal with serious matters."

"I'm too young at heart for adult concerns."

"I choose eternal youth over maturity."

"I won't let the world make me old."

Example: Someone who avoids adult responsibilities and commitments while expecting others to take care of them.

Life Position: I'm OK, You're Not OK

Real Benefit: Avoids adult responsibilities and commitment, maintains fun carefree lifestyle, gets others to handle serious matters, and feels superior to boring adults.

Reflection Space

Chapter 92: Tinker Bell

Description: A game where the player's self-worth depends entirely on external validation and attention from others, fading without constant admiration and belief.

Example Statements:

"I need constant attention and applause."

"I lose my power when people ignore me."

"I must be the center of everyone's focus."

"I fade away without appreciation."

"I require constant validation to survive."

"I need people to believe in me."

"I can't exist without admiration."

"I'm only as strong as others make me."

"I need to be noticed to feel alive."

"I depend on others' faith in me."

Example: Someone whose self-worth depends entirely on external validation and attention from others.

Life Position: I'm Not OK, You're OK

Real Benefit: Receives constant attention and validation, feels important through others' focus, avoids developing internal self-worth, and controls others through neediness.

Reflection Space

Chapter 93: Rumpelstiltskin

Description: A game where the player claims special abilities or knowledge to manipulate others and gain control over them while maintaining mysterious powerful position.

Example Statements:

"I can solve all your problems for a price."

"I have magical abilities others don't possess."

"I can give you what you want, but you'll owe me."

"I'm mysterious and powerful beyond understanding."

"I work in ways others can't comprehend."

"I can make the impossible happen."

"I have secret knowledge and abilities."

"I can transform your situation completely."

"I operate by different rules than everyone else."

"I have powers that others fear."

Example: Someone who claims special abilities or knowledge to manipulate others and gain control over them.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains power and control through mysterious abilities, feels superior through special knowledge, manipulates others through promises, and avoids normal social rules.

Reflection Space

Chapter 94: Red Riding Hood

Description: A game where the player repeatedly gets into trouble by trusting the wrong people, then acts surprised by betrayal while maintaining innocent victim position.

Example Statements:

"I trust everyone I meet on my path."

"I believe people are exactly as they appear."

"I don't see danger in friendly strangers."

"I'm innocent and naive about the world."

"I don't recognize wolves in sheep's clothing."

"I accept people's words at face value."

"I don't suspect hidden motives."

"I'm too trusting for my own good."

"I don't see the warning signs."

"I walk blindly into dangerous situations."

Example: Someone who repeatedly gets into trouble by trusting the wrong people, then acts surprised by betrayal.

Life Position: I'm Not OK, You're Not OK

Real Benefit: Maintains innocent victim position, avoids responsibility for poor judgment, receives sympathy for being betrayed, and proves the world is dangerous and deceptive.

Reflection Space

Chapter 95: Wolf

Description: A game where the player manipulates others by appearing helpful while having hidden predatory intentions, maintaining deceptive caring facade.

Example Statements:

"I'm just trying to be helpful and friendly."

"I have innocent intentions toward you."

"I can give you exactly what you want."

"I'm not the dangerous person you think I am."

"I'm misunderstood by people who fear me."

"I only want what's best for you."

"I'm offering you a wonderful opportunity."

"I can make your dreams come true."

"I'm here to protect and guide you."

"I have your best interests at heart."

Example: Someone who manipulates others by appearing helpful while having hidden predatory intentions.

Life Position: I'm OK, You're Not OK

Real Benefit: Gains power and control over vulnerable people, enjoys manipulation and deception, gets what they want through false helpfulness, and maintains superior predatory position.

Reflection Space

Chapter 96: Fountain of Youth

Description: A game where the player obsesses over youth and appearance while selling anti-aging solutions or lifestyle choices, maintaining control through beauty promises.

Example Statements:

"I've discovered the secret to staying young."

"I can reverse the aging process."

"I know how to maintain eternal vitality."

"I've found the key to timeless beauty."

"I can help you recapture your youth."

"I have the formula for ageless living."

"I can turn back the clock on aging."

"I possess the secret of eternal youth."

"I can restore your youthful appearance."

"I hold the answer to stopping time."

Example: Someone who obsesses over youth and appearance while selling anti-aging solutions or lifestyle choices.

Life Position: I'm OK, You're Not OK

Real Benefit: Maintains control through beauty expertise, feels superior through youth preservation, profits from others' insecurities, and avoids dealing with natural aging process.

Reflection Space

Chapter 97: Midas Touch

Description: A game where the player claims special abilities to create wealth while often destroying relationships and personal values in pursuit of material success.

Example Statements:

"Everything I touch turns to gold."

"I have the magic touch for success."

"I can make anything profitable."

"I turn every opportunity into wealth."

"I have a gift for creating value."

"I can transform ordinary things into treasure."

"I have the golden touch in business."

"I make money from everything I do."

"I can monetize any situation."

"I have supernatural business abilities."

Example: Someone who claims special abilities to create wealth while often destroying relationships and personal values.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels superior through wealth-creation abilities, maintains power through financial success, avoids examining costs of materialism, and justifies harmful behavior through profit.

Reflection Space

Chapter 98: Tower of Babel

Description: A game where the player undertakes grandiose projects to prove their superiority while ignoring practical limitations and the inevitable downfall.

Example Statements:

"I'm building something that will reach the heavens."

"I'm creating the ultimate achievement."

"I'm constructing something greater than ever before."

"I'm reaching heights no one has reached."

"I'm building a monument to human achievement."

"I'm creating something that will last forever."

"I'm surpassing all previous accomplishments."

"I'm building the impossible dream."

"I'm reaching toward divine heights."

"I'm constructing the ultimate legacy."

Example: Someone who undertakes grandiose projects to prove their superiority while ignoring practical limitations.

Life Position: I'm OK, You're Not OK

Real Benefit: Feels superior through grandiose ambitions, maintains importance through large projects, avoids realistic assessment of capabilities, and enjoys power through impressive undertakings.

Reflection Space

Chapter 99: Phoenix

Description: A game where the player creates drama and crisis to experience the high of recovering and proving their resilience, maintaining cycle of destruction and rebirth.

Example Statements:

"I rise from the ashes of my failures."

"I transform my pain into power."

"I'm reborn stronger after every setback."

"I create myself anew from destruction."

"I emerge triumphant from every downfall."

"I regenerate myself through suffering."

"I turn my endings into new beginnings."

"I transform my defeats into victories."

"I'm renewed through every crisis."

"I resurrect myself from every loss."

Example: Someone who creates drama and crisis to experience the high of recovering and proving their resilience.

Life Position: I'm OK, You're Not OK (through suffering)

Real Benefit: Feels special through resurrection abilities, enjoys dramatic recovery cycles, receives admiration for resilience, and avoids stable consistent life through crisis creation.

Reflection Space

Chapter 100: Icarus

Description: A game where the player takes excessive risks and ignores warnings, ultimately leading to their downfall while blaming others for not supporting their ambitious flight.

Example Statements:

"I'm flying higher than anyone has flown before."

"I'm reaching for the sun despite the warnings."

"I'm going beyond all safe limitations."

"I'm soaring to heights others fear to attempt."

"I'm pushing boundaries no one else dares."

"I'm flying closer to perfection than ever."

"I'm ascending beyond earthly restrictions."

"I'm reaching for the impossible dream."

"I'm defying gravity and convention."

"I'm touching the face of greatness."

Example: Someone who takes excessive risks and ignores warnings, ultimately leading to their downfall while blaming others.

Life Position: I'm OK, You're Not OK (until the fall, then I'm Not OK, You're Not OK)

Real Benefit: Feels superior through risk-taking and boundary-pushing, enjoys excitement of dangerous flight, maintains special ambitious identity, and blames others when inevitable failure occurs.

Reflection Space

Conclusion: Breaking Free from Games

Understanding Game Patterns

Recognition is the first step toward healthier interactions. Each psychological game serves real psychological functions for the players:

Protection: Games protect against vulnerability, intimacy, and emotional risk

Predictability: Games create familiar, controllable patterns of interaction

Identity Maintenance: Games reinforce established self-concepts and life positions

Attention: Games ensure social interaction and emotional "strokes"

Justification: Games provide evidence for pre-existing beliefs about self and others

Avoidance: Games help avoid responsibility, change, or difficult emotions

Life Positions Summary

I'm OK, You're OK: Healthy, adult position - rare in games

I'm OK, You're Not OK: Blaming others, feeling superior

I'm Not OK, You're OK: Feeling inferior, seeking approval

I'm Not OK, You're Not OK: Despair, futility, feeling trapped

Breaking Free Strategies

Identify Your Patterns: Notice recurring relationship dynamics

Understand Your Payoffs: Recognize what you gain from playing games

Choose Adult Responses: Respond from Adult ego state rather than Child or Parent

Practice Direct Communication: Express needs and feelings honestly

Accept Responsibility: Own your role in creating relationship patterns

Seek Authentic Intimacy: Build relationships based on genuine connection

These games serve to reinforce life positions and collect psychological "stamps" that justify feelings and behaviors. Recognition of these patterns is the first step toward healthier, game-free interactions.

Final Reflection

"Games are not necessarily bad or good, they are simply part of being human. The goal is not to eliminate games entirely but to choose our interactions more consciously, with greater awareness of our motivations and their impact on others." - Eric Berne

With deep gratitude to John sir, whose teaching illuminated these concepts with wisdom, compassion, and practical insight. May we all continue growing in our understanding of ourselves and others.

Remember: Awareness is the first step toward freedom. Use this knowledge with compassion - for yourself and others.

THE END