

**You can
SHAPE YOUR DESTINY**

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SHAPE YOUR DESTINY**

*Through
Transactional Analysis*

K.A. Sebastian

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Author

K.A. Sebastian

Kalaparambath House

Narakal - 682 505

Phone : 0484 - 2493211

Mob.: 09446393211

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PREFACE

TA is, perhaps the most popular offshoot of psychology. Dr. Eric Berne introduced the concept of transactional analysis to the world during the period of 1950 to 1970 and within a short span TA gained a niche worldwide as a theory for self-awareness, personal growth, interpersonal relationship, communication, child development and psychotherapy. Popular books like 'Game People Play' by Dr. Berne, 'Born to win' by Dr. Muriel James and Dorothy Jongward and 'I am OK, You are OK' by Thomas A. Harris, made TA a 'pop - psychology'. But, gradually the significance of theory faded out from the minds of the people leaving a popular notion behind that TA is merely 'I am OK, You are OK'.

The tremendous development that has taken place in the application of transactional analysis in the field of counseling, psychotherapy, education and organizational development during the last three decades could not receive its due significance because of the belief, "I know TA ... it is 'I am OK You are OK' ". Many untrained TA trainers and practitioners did not bother to go deep into the Bernian concept but, sold half-baked cakes and spoiled the appetite for many.

My employer, The Federal Bank Limited, gave me an opportunity to study TA while working in the Personnel Department as a part of implementing and encouraging positive discipline in the bank. I was astonished at the immense potential of TA in helping people of various walks of life. In very simple terms TA explains what sort of persons we are and why do we behave the way we do at any given time; thereby giving an opportunity for personal growth and development.

Transactional Analysis exposes the dynamics behind interpersonal relationship within the shortest time. Transactional Analysis brings out lucidly how present attitudes are formed and how one can change them. TA explains how behaviours are formed in children, how parents and teachers can influence the personal growth and development of children and thereby contribute in the nation building process.

Transactional Analysis presents the wonder elixir, 'Strokes' that can cure and solve many personal and interpersonal problems. It is a basic need, essential for survival and growth, of which many are not aware. It can cure many mental disturbances. It is the unseen link that unites 'you and me'.

TA shows how deeply ignorant man of his role in the shaping of his own destiny. It teaches that a child of less than six years old decides his destiny based on the earliest experiences. This self-written life script influences his behavior throughout life. But TA shows the way to **rewrite that destiny ,if the present one is not a winner's script.** This theory gives hopes and expectations that one can be **the master of his own destiny and free himself from the strange hold of his childhood experiences.**

The wonderful work done by TA practitioners subsequent to the introduction of the Bernian concepts deserves appreciation, not only for enriching TA but also making TA a more 'user friendly psychology'. The stalwarts like Claude Steiner, Karpman, R. Erskine, M. Zalcman, Taibi Kahler, Jacqui Schiff, Jack Dusay, Mary and Bob Gouldings, Julie Hay and so on have made remarkable contributions in this regard. Some of the original works of the aforementioned stalwarts have been made use of by me in this work so as to make them available to a large number of people for changing their lives for better. References are given for detailed reading, which I strongly recommend, of such publications.

THANKS.....

I am deeply indebted to many who have helped me in many ways to make this book a reality. Mrs Indira Kumar, Principal, Gurukulam Public school Trichur and Dr. Lakshmy, DGO, Elite Mission Hospital, Trichur took a lot of pain to correct the manuscript. Mr. Prakash C. Chandy did the last round brushing up. Many of my friends and students of TA encouraged me to bring out this improved English version from the original Malayalam language book titled 'Thalayilezhuthu Thirutham'. I am thankful to Fr Joe Eruppakkatt, Chief Editor, ST PAULS Publications and his team for all his support. I am also thankful to Honorable Justice R. Basant of Kerala High Court who took interest in this work and wrote 'the foreword' of this book.

- K. A. SEBASTIAN

FOREWORD

Man's endless quest for knowing himself had perhaps commenced with the appearance of human life itself on this planet. Several theories have been propounded in the process. But the final answer to the question still eludes him. It is important that man understands himself-not only to quench the philosophical or spiritual thirst, but also to regulate and modulate his response to fellow beings and environment.

What am I? Who am I? Why am I what I am? Is my destiny predetermined and preordained? Who writes my script? Is it already written by the 'Intelligent Designer'? Can I transform myself? How, when and in what manner can I do that? Is there a voluntary process of accelerating the pace of evolutionary transformation of man into superman?

These are some of the interesting questions! But they are questions that have not yielded convincing answers yet. One is left to wonder whether we would ever discover the final answers.

Transactional Analysis (TA) suggests certain answers, procedures and methods that have helped persons to improve themselves and their relationship with people and the world around them.

Mr. Sebastian's attempt to introduce and popularize the fundamental concepts in T.A is a commendable step which will, no doubt, be beneficial to many. I had the occasion to read the Malayalam version of his book and I am sure that this English version will have better and more effective reach to the target group.

May this work prove itself to be worthy and useful to those who are vexed with many problems of behavior. May this work ultimately contribute to the cause of man knowing and understanding man himself and his fellow beings better.

Justice R.Basant

Kerala highcourt, Ernakulam, Kerala

23 December 2005

PERSONALITY

Who am I?

The question that reverberates in human mind ever since he started to think about himself! 'I' is, perhaps, the most commonly used word by an individual. My hand...my leg...my heart.....my souland so on but, what is this all pervading 'I,' distinct from my organs and even my soul?

Why do I behave the way I do?

Many of us might have asked this question to ourselves on many occasions, especially when we were astonished by the way we behave on certain occasions. What is the source of behavior? Had we known it we would have changed our behaviours as we desired. There evolved various theories to explain the concept of 'I' and the behaviors emanated from 'I' and there were arguments for and against it. Yet the concept of 'I' remains to be quite mysterious. Transactional Analysis is an excellent 'language' to help in the process of understanding 'Self' and 'Others' so that one can modify or change behavior and relate better with others. Transactional Analysis will tell us why we behave the way we do now, so also why people around us behave the way they do now.

PERSONALITY

There is an increased awareness on the importance of 'Good Personality' due to the enormous information now available on the functioning of human brain. What do we generally mean by Personality? The adolescence gives significance to external

appearance while defining Personality like height, colour, shape etc. The Youth gives emphasis to personal abilities also. The elders recognize that appearances could be deceptive as in the case of swindlers or sex kittens and they rely on values to assess good Personality. Personality is, therefore, based on what is perceived by others about an individual. Sustainable interest among others is created through one's behaviour and behaviour is the external manifestation of what is going on inside the skull, the thinking and feeling. Negative thinking and feeling will manifest into unhealthy behaviours. Man has the ability to reflect on his behaviors and modify it; and this awareness is the key to his progress. Why do some people suffer from recurring negative thoughts and feelings? Why do their attitude towards themselves, others and to the world at large become tinted or blurred? Why do their efforts go in vain? Why don't they succeed in life?

Many youth who face interviews lament on lack of confidence. When new assignments have to be taken up, when new decisions have to be taken, when a difficult situation has to be faced some of us become helpless. Some of us sigh when others overtake us in life's 'Hurdle race'. If we can become aware of the source of our own behaviours, we can look at life situations more realistically and we can re-write our destiny.

Personality development cannot be construed as merely learning certain new behaviours. Many training programs and many best seller books deal with a good number of positive qualities that we need to develop to achieve success in life. They are important but much more important is the knowledge of the source of behaviours and feelings. Changes need to take place at this plane. Positive thoughts and feelings can generate attractive behaviours and people will certainly accept it. It is therefore important to know

the structure and function of one's mind so as to implant positive thoughts and feelings and weed out negative thoughts and feelings that mars success in human life that eludes peace and happiness.

Transactional Analysis is a good theory to understand human mind and the personality that emanate therefrom and to accept the changes required for personal growth. It is a sure key to success in life, to be a winner in life!

OPERATING SYSTEM

Computer has 'invaded' this era and this man made machine has many features to share with its own creator. If we purchase a good computer from the market, bring it home, and connect it to the electric supply, will it work? It will not work unless we install Operating system into the computer. The Windows'95 from the Microsoft, or any other such system, should be installed into the computer for it to function properly.

If advanced software is inserted, the computer with Windows '95 operating system will fail to perform because it does not have the necessary message to deal with the advanced software. The computer should be provided with new directives or it needs updating of the operating system. Now there are more advanced versions of operating systems like Windows'98, Windows2000 and so on. Thus the computer has to be updated periodically to make it perform properly.

Generally a competent technician does the installation of the operating systems. If someone who doesn't know the intricacies installs it, the computer function gets damaged. There will be installation errors.

So also the Human computer when manufactured by the Almighty, lack the operating system other than the programming

by genes. But it has the capacity to imbibe the operating system as and when installed. New born baby does not know how to do many things but he has the capacity to know it, to store that knowledge and to retrieve that knowledge for future use. Environment does the installation of operating system. Parents take the premier position in this exercise. They do the installation based on their operating system. Thus the errors, naturally, carry over.

The Human computer also needs updating!

- ☞ Are we aware of how relevant is our operating system?
- ☞ Are we aware of the extent of damage or loss that is taking place due to the faulty operating system that we carry with us?
- ☞ How will we succeed in life when we are faced the complicated “software of life” with out updating our Operating System?
- ☞ How efficient are we to update our Operating System by ourselves?
- ☞ How do we do the updating?

A journey through our Operating system will reveal our strengths and weaknesses giving us the option whether we want to be a winner or a loser in life. To be a winner we need to update our operating system. Our brain has the mechanism for it! We need Awareness!

EGO STATES

The learned Roman Emperor Marks Aurelius’ pointed out the importance of thoughts in carving a man’s life. Ancient philosophers spent quite a lot of time to stress the role of thoughts in life. There is nothing new in saying that the thoughts are an important source of behaviour. But Transactional Analysis says something more than that. Dr. Berne as a psychotherapist was a

keen observer of human nature and in the process of counseling he observed that human behaviour could be categorized based on the consistency expressed. He found that human behaviour could be broadly divided into three groups. These behaviour patterns have an appropriate origin in human mind.

While counselling an advocate, ‘Segundo’ by name, Dr. Berne observed that Segundo was a very successful lawyer who argued cases skillfully in the court, but enjoyed stealing chewing gums while shopping. Segundo like his generous father gave lot of alms to the needy. On one hand this gentleman was like a small boy who stealthily plucked mangoes from the neighbour’s plot and enjoyed eating them, but as an advocated he reasons a lot and acted like an adult. He also believed in the value of helping others like his own father. Segundo was exhibiting three distinct behavioural patterns.

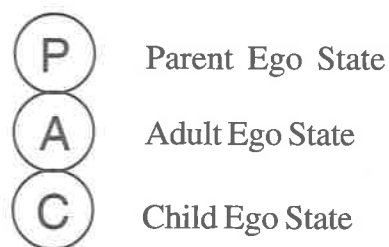
1. He was behaving like a child inspite of his chronological age and education.
2. He was behaving like a reasonable, matured individual as an advocate.
3. He was behaving like his own father, helping others.

Considering the three distinct patterns of behaviours Segundo showed it is evident that there are three distinct and consistent patterns of thoughts and feelings in his mind, because behaviours are the external manifestations of what goes on inside the skull. Dr. Berne concluded that human mind has three levels or states which he called ‘Ego States’. The word ‘ego’ has a specific meaning in literature and in general psychology, but in TA it has slightly different meaning. Dr. Berne clarified the term; ‘Ego State’ is intended merely to denote state of mind and their related patterns of behaviour as they occur in nature. (Berne 1973,p.11). Ego state is defined as a coherent system of thought and feeling manifested by a

corresponding pattern of behaviour. (Berne p.11).Based on the general nature of behaviours exhibited, he coined the terms, Parent, Adult, and Child for the three Ego States.

The names of Ego States indicate the particular type of behaviour. Parent Ego State denotes behaviours generally shown by parents; Child Ego State indicates behaviours generally shown by children and Adult indicate behaviours shown by reasoning adults. In order to avoid linguistic confusion Capital P,A, and C are used to denote Ego States and small letters are used to denote biological entities called parent, adult and child.

Ego States are represented diagrammatically as three identical circles tucked one over the other in the order PAC from top. International TA community goes by this pattern of representation of Ego States. These three identical circles placed one over the other and covered by a common sheath is considered as the Structure of Personality.

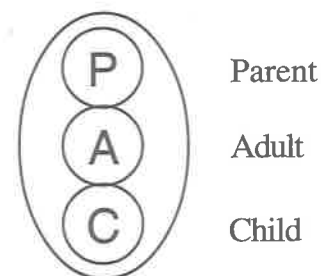


Each one of us behaves from one of the Ego States at a particular time. Mental health is the ability to behave from an appropriate Ego State at a given situation.

While explaining the concept of Ego States emphasis was given to show the content of each Ego State and its functional manifestation separately since the thoughts and feelings are housed in the brain and its external manifestation is seen as behaviours. Ego States are therefore analysed structurally as well as functionally. During structural analysis the content of the Ego State is taken into consideration whereas in functional analysis the behavioural aspect is being considered.

STRUCTURAL ANALYSIS OF EGO STATES

Structural analysis means explaining the content of the Ego States or separating one type of thinking, feeling and behaving from another. What constitutes the Parent Ego State, what is in the Adult Ego State and what is in the Child Ego State, is explained in the structural model of Ego States. For a student of human mind and a person seriously considering behavioural change this method of explanation is very helpful.



Structure of personality

Dr. Berne believed that there could be psychic organs in the brain, which manifest into Ego States. He used the term Exterio-psyche, Neo psyche, and Archaeo psyche corresponding to the three Ego states, Parent, Adult, and Child. The avalanche of

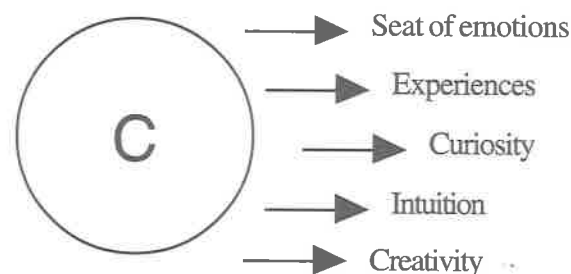
information now available about human brain far exceeds the information that we had upto nineteen ninty's. Though no separate functional organ has been identified in the brain, one can say with fair amount of certainty which part of the brain is responsible for each ego State. The brain Evolution theory itself provides a good ground to supplement the concept of ego states

CHILD EGO STATE

What could be the Ego State of a newborn baby? Does he possess all the Ego states?

Can he think and feel?

When a human child is born its brain is not fully developed. Five senses are also not developed fully. Compared to other animals human babies have a much longer dependency period and they have to depend on the caretaker for all their needs. In order to ensure their survival they have to communicate to the caretaker. Nature is very considerate and it has bestowed certain capacities upon the child for communicating his needs to others. For growth and development energy is required and for that the child experiences hunger, which makes him uncomfortable, and he communicates it by crying. When he is satisfied, he expresses it by showing 'happiness' on his face. High sounds, strange figures, make him fearful and he expresses it on his face. If his crying for milk does not elicit the necessary response from the care taker the sadness transforms into anger and show forceful expressions along with crying. Even before the development of language child has an effective way of communicating his needs by showing emotions. Even after acquiring language, feelings continue to be an effective aid in communication and feelings help the child to experience his environment.



CHILD EGO STATE

Manmade computers generally do not have the operating system when we purchase it from the market and hence it is not functional. "Human computer" also does not contain instructions as to how to 'operate' in its surroundings when it was 'dispatched' to this world, but has the ability to receive instructions for it. Computers are programmed by programmers. If they do not programme it properly it will affect the performance of the computer. "Programming of the human computer" is a long drawn process. Errors, if any, in the programming can result in life long implications.

Every child learns things through its own experience. For example, while in the process of child rearing parents warn their children 'Don't touch fire', but there is no person living who has not touched fire and experienced the sense of heat. Taste of an ice cream cannot be communicated to another who had not eaten it. So also a smell cannot be explained. That's why we say 'Experience is the best teacher'. As the child acquires mobility the scope of his experiential learning expands.

Experiences of children are much stronger because of the freshness of their nerve cells. What is experienced at a young age remains for longer. If the needs are not met in time it creates a

problem for the child. Desertion by the mother, even if temporarily, is threatening for the child. If mother's care is not received adequately for whatever reasons, it creates long lasting impressions in the mind of the child. What I wanted to stress is that:

Child ego state is a store house of our childhood experiences, mostly up to the age of six.

The observations of Dr. Pennfield, a neurosurgeon, are very relevant here. He used to perform open skull surgery to treat Epilepsy patients. During one such occasion he touched, with micro needle, different parts of the brain of a woman who was under anesthesia and unconscious. This elicited different responses from her. She said she was seeing some sights, hearing some music and so on. Recording such experiences Dr. Pennfield concluded that human brain is a good tape recorder. From birth all experiences are recorded in the brain. This process of recording continues until death. Though many of these experiences have been forgotten, under certain circumstances it can be revived in the conscious mind.

Dr. Pennfield's studies provide support to Dr. Berne's the observation that Child ego state is a store house of childhood experiences.

Child Ego state contains the emotional experiences of the person up to the age of six. Though there is nothing very strict about restricting the age to six it is generally considered to be so. It is the age at which most children start their social life. As per neuroscience the neo cortex of the brain also develops by the age of seven and the cognitive abilities develop in the children by that age. Even after the age of six if there are very severe emotional issues it will be stored in the Child Ego state, like death of a loved one, extreme fearful occasions etc.

Intuition

Apart from feelings there are some gifts of nature in the Child Ego State to ensure survival and growth. Intuition is one of them. Without the help of senses some times we are also able to 'understand' certain aspects. This seems to be a common animal faculty. They realize subtle changes in the nature and escape to safer places even before rain, storm etc. This extrasensory capacity is common in children. Communication between mother and child is easy because of this. By the time senses are fully developed children acquire language abilities and hence the need for intuition dose not arise and therefore it may not be very active.

Creativity

Creativity is another important feature of Child Ego state. If this quest for innovation receives good support, they may become good artists and scientists. In different facets of life creativity will provide umpteen opportunities for new ventures.

Joyfulness

Life is sweet for those who can enjoy it. Children are interested in playing for the fun of playing. If this sense of enjoyment is lost, life will become drudgery. Joyfulness also contribute to good health.

Curiosity

Children pester parents with thousands of questions to know many things. This endless curiosity is a part of their survival strategy. If this is not encouraged it affects their healthy development.

Friendliness

Being friendly, having good friends and enjoying their company, is another Child ego state quality.

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Affection

Giving and taking affection makes people attached to one another. It is another quality of Child ego state.

These are some of the important Child Ego state qualities. It is true to say that our own childhood experiences are active in our mind. These experiences influence our activities even now. If we evaluate our childhood experiences it could be relevant or irrelevant now. Awareness of these archaic recordings and its influence in day to day life can alleviate quite a lot of difficulties that we experience. Now unknowingly childhood experiences influence our present. All of us might not have had an enviable childhood. We may not be remembering the immense threats and pain that we had experienced in our family circumstances. Though the said circumstances have no relevance now, it still affects our decisions and activities.

Many cinemas that deal with tragic themes are financially successful in the State of Kerala. It is also a fact that the viewers of such movies are, mostly, women. It is a common sight that women weep a lot while seeing such movies. Those who weep know that the scenes in the celluloid are not real and that the characters are paid actors, yet they forget themselves and weep bitterly. One may say that it is because of the capability of the director to create near original scenes or that it is because of the skills of actors or actresses that the audience get involved in the scene and cry. All these arguments are true. But, if we go further analyzing the situation we can see the dynamics behind. The said viewers have certain special tragic situations that make them sad and they do not weep at every tragedy scenes. Some cry bitterly seeing the misfortunes of the children, some weep while they watch failures of relationships and for some poverty and such other calamities are the reasons. The

tragic scenes of the movies provoke to relive the past emotional hurts recorded in the Child Ego state which remain like the smoking firewood and thereby the person feels the same extent of emotional experience while seeing the cinema. This nature is not only for women. Men who have similar experiences may feel ashamed to cry in presence of others, as they do not have their 'permission' to cry openly. Such people avoid seeing tragic movies on one pretext or other. When we see such scenes we experience heaviness in the chest. We get relieved by crying because while crying we take deep breaths which facilitate higher oxygenation in the blood and thereby the heaviness caused due to shortage of oxygen to the heart melts off. Alternately if we take deep breathing while we feel the heaviness over the chest, or difficulties at the throat, even without crying we can get relieved.

Child Ego state is predominantly a collection of childhood experiences of the individual and one cannot generalize it as common to all. Our own childhood is always there in the mind ready to revive and guide our behavior. This Ego state has preponderance of emotional experiences and it influences many of our activities and characters and remains the foundation for success or failure in personal and interpersonal life

Child Ego state has a crucial role in the destiny of man. Most of the childhood experiences of an individual are deeply embedded in the caverns of the subconscious mind and it influences most of our behaviours, attitudes and character. I used to quote the example of a small girl who covered her book with a beautiful paper. Her craftsmanship was not good and her mother mocked at her. The mother then covers the book well and returns to her with a smile on her face, saying that was the way to do it. The mother's Child ego state peeped out with a smile. What could be the message received by the child?

The next time the same child will be clinging to the saree of the mother and pleading with her to cover her book as the child was convinced that she was incapable for that task. This, probably insignificant act, can cause laying a strong foundation for the belief; "I am incompetent"

With all the good intention of instilling competition in the mind of the child we compare one child with the other and make certain comments. Does it work the way we want to work? It depends on how the child understood the message. Many a time the child with his limited experiences intuitively learn and record certain ideas in his mind and it need not be what are intended by the parents. Childhood experiences are the building blocks of our personality and hence are the decisive factors that decide human destiny. Subsequent experiences that are not in tune with what is recorded already may be rejected or twisted to suit what is already recorded. Success or failure depends on our attitude that is built on our experiences.

One who is interested to rewrite his destiny for better, need to know the contents of his Child Ego State and adopt necessary changes.

PARENT EGO STATE

A child cannot grow and develop without relating to his environment and this relating start with the mother. When child start relating with his mother it is like blossoming of a flower bud. In this process child learn many things and this learning leads forming an identity for himself. From the people around him he goes on acquiring data for his future use. The Parent ego state develops.

Copied Behaviour

In spite of the fact that we may have spent decades after bidding adieu to our childhood days, it still remains fresh in the memory, how eagerly we finish the last examinations before midsummer vacation to run out to play. Some of the games the children play during the vacation include preparing various recipes imitating the parents. Many of the activities were replicas of what our parents were doing at home. We had a tendency to imitate our parents or such elderly people with whom we spent our childhood days.

Imagine two children, brothers or sisters of four or five years old walking together. The elder one will hold the hand of the younger one's just like her father would have done when she went with him. If we analyse the way we express various feelings we can trace it to the pattern shown by someone in the family. The way we express our anger, the way we relate to each other etc. show interesting similarity to that of our parent's generally. Many of our behaviours are copied.

Why do we do that?

Where there is a new life, it has an inherent urge to live and grow for which it has to satisfy certain basic needs. Each time such basic needs are met the child learns and records a behaviour, repetitions of which will ensure the satisfaction of the need. Maturation of the central nervous system ensures functioning of the five senses that are the five peripherals through which data is received by the brain and thereby realizes how people around him get their needs met. He repeats such behaviours for meeting his needs also. Behaviours are inculcated to ensure survival of the child. Such behaviours are recorded and preserved to serve as 'readymade' answers when problem of need satisfaction arises. This makes our life easier.

An experience shared in a TA study group is worth mentioning here. Rex and Reni have two children. They loved their children besides loving each other. But they do not express their love for according to their understanding love has to be in the mind. Something was blocking in the way of intimate relating. TA group provided an opportunity for discussion on the issue and it revealed shocking information. In their childhood they never experienced their parents fondling or caressing them or they do not remember it. They had never witnessed scenes of their parents exchanging love. Reni lost her father at a young age. Rex had his parents living under the same roof as strangers. When Rex and Reni started their lives together they were not having a model for married life before them. Now they have to face the hard realities of life with a lot of emotional strain. Fr. George, our TA Guru used to say;

“The biggest bequeath parents can give to their children is by living a life of mutual love and caring between themselves.”

Parent Ego state is mostly extraneous in the sense that it contains feelings and behaviours copied from others. Parent Ego state has also a decisive role in the formation of our destiny. Many of the patterns of behaviours now we follow are copied and if they are not conducive to achieve success we need to evaluate. Parents tell us,

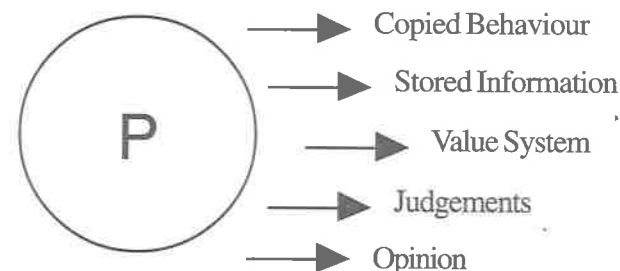
‘Work Hard’

“Do things perfectly”

“Be quick”

A good number of attributions are conveyed to the children to ensure success in life. Such messages and advises are imbibed mostly from deeds of the parents rather than words. Modeling

given by parents and teachers are a major contribution of Parent ego state.



PARENT EGO STATE

Stored Information

Little children are incessantly engaged in the process of learning. They try to understand the environment and other human beings in their own way. They also learn a lot of information from one's own experiences. Each experience provides learning. Such learning alone will make life flow smoothly. Hence each time one need not try to have experience to take a decision. The process of learning is a continuous one as some of the information stored is updated when proved to be 'not right' later. Some of the information though may be faulty, we continue with the same data, as we never had an opportunity to reassess. Even if we had opportunity to verify some of these data we still continue with the erroneous data taking a defiant stand.

However acquired information remains to be another major component of Parent Ego state. In the beginning TA practitioners believed that data storing was at the Adult Ego state. As it stands today it is the accepted view that self learned information based on data from outside, are stored in the Parent Ego state. The quality of life and success is, therefore, greatly influenced by the data

acquired by an individual. The information in the Parent Ego state being recorded from the childhood onwards, some of these decisions need not be factually correct. Such erroneous data will result in serious consequences. What is needed is the involvement of Adult Ego state which is considered to be the Ego state capable of computing data. Adult Ego state helps to evaluate the content of Parent Ego state.

The acquired information about self, others and the world at large is, therefore, another important content of Parent Ego state which we make use of in our decision taking process.

Value System

In one of the studies undertaken by world Health Organisation (WHO) it was observed that children grown in orphanages show more criminal tendencies. Crime in the eyes of society is an inappropriate behaviour. These undesirable behaviours are due to the selfishness of individuals. Hence when we live as a society we must be able to recognize such 'wrongs' and avoid it. One should not be driven by his own desires only. Child Ego state is generally concerned about itself alone. Such persons have to be told that certain desires are not good. It is not might but cooperation that is needed for the survival of the society. One needs to know a lot of "do's and don'ts" if he has to be part of the society. Such values are stored in the Parent Ego state. Religions do a great job in this regard. Parents do it as part of the parenting to inculcate a sense of right and wrong to the child. Those who are grown up in orphanages lack this facility. Now therefore in SOS villages a mother is posted to take care of a group of such children. Creation of good conscience in the children is part of the Nation building process. There are certain hard core criminals, who inspite of their nepharious

activities don't feel guilty. The sense of guilt is part of the conscience. It regulates behaviour.

Conscience is therefore, a Parent Ego state contribution. In a person who has well-developed Adult Ego state conscience has a decisive role in decision making.

Opinions/Judgments

Parent Ego state also has a lot of opinions. There are certain judgments in the mind which influence our behaviour. Some of these judgments could be right and it serves as ready made answer. There can be prejudices also which we consider as true and we argue for it; even though factually it need not be so. These aspects of the Parent ego state unless verified by Adult Ego state can go a long way in the creation of a loser's destiny. Problems in interpersonal relationship can arise unless we check up our opinions and judgments in the light of Adult awareness and see whether it is relevant now.

Parent ego state is a major contribution for the formation of the operating system of the human mind. Many of our thoughts, feelings and behaviour emanate from this Ego State and it works as a frame providing meaning to new experiences. It can also be considered to be a growing Ego state for corrections and additions are continuously made. If this is not done growth and development of the individual will be jeopardized. Its great role as an operating system is that past learning is stored as "readymade answers" to work as a guide.

INNER INFLUENCE

Even when the Parent ego state is not active it will exert its influence over Adult and Child ego states. It is because, we incorporate not only the parental behaviour but introject quite a lot

of parental messages/slogans also which are later heard in our head like tapes. (Muriel James 1971.p.114). Sometimes these messages can be contradictory and when such conflicting messages are introjected it will create tension and confusion. Such messages can be torturous for the individual

Muriel James also suggests that death, desertion or continued absence of parents, unless substitute is available, will create a void in the Parent ego state. There are people who eagerly wait for the 'Rescuer or Santa' to make their life happy. She suggests 'Self Re parenting' as a technique for corrections and replacements in the Parent ego state. It involves three steps. First the negative parental behaviours are identified. The person then observes or read appropriate parental behaviours that are to be substituted. Intensive inner dialogue takes place for acceptance by other ego states and finally Adult ego state substitute the set of parental behaviours.

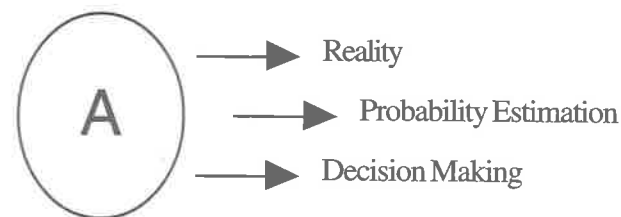
We had an experience in our TA study group. One professor who argued that 'real love' is to be in the heart and that is not to be expressed, admitted that he never had such an experience from his father in his childhood. Realising the folly he declared that he is taking one-week leave to sit at home with children to share physical stroking (dealt with in chapter four). He had substituted a new parental behaviour. Similarly our cognitive awareness helps in updating the contents of Parent ego state.

Rewriting the destiny is, therefore, making the corrections needed in the Child and Parent ego states of an individual, which performs as 'operating system' for that person's brain computer.

Thus updating the contents of Parent Ego state is part of the transformation process of 'Frogs' into 'Prince(ss)'.

ADULT EGO STATE

Adult ego state has also Thoughts and Feelings and it manifests to a corresponding pattern of behavior. The word 'Adult' indicate that the behaviour will appear to be that of a matured person. With the development of five senses and neo cortex of brain, human beings become capable of analyzing and evaluating behaviors and take in necessary changes. This is something unique to human beings and this could be the reason for human civilization itself. This human ability also starts developing at a very young age. When the children develop the capacity to move around, feel, experience and also learn they 'realise' that many things they were told are not 'true'. Papa says that eating sweets will spoil teeth. The child wonders after eating sweets, 'nothing happened to the teeth!' Now, how will he believe what the father says?



The ability to think and analyse the situation brings in awareness. Similar to man made computers Adult Ego State also finds answers from available data. We make use of our prior experiences recorded in the Child Ego State, information in the Parent Ego State and the information we get through our five senses to analyse and take decisions. Sense of time and place is the specialty of this Ego State and it helps us to live in the present. Very often the stimuli we receive from the environment provoke past experiences and we live in the past deviating from the present. Though we are awake we fail to enjoy the beauty of flowers in

front of our eyes and we remain 'blind'. Similarly we fail to enjoy the melody of sound that falls on our ears and we walk past 'deaf'. When we are in Adult Ego state we live in the present and we become aware of the realities. It enables us to exhibit our feelings appropriately.

Reality and Awareness are the most striking features of the Adult Ego state. Reality means we live in the here and now situation and react appropriately. It helps us from being high-jacked by emotions or traumatic experiences of yester years. It helps us to make use of our mental and physical capabilities to meet the challenge that we face day to day. It helps us to detect facts and circumstances as they are. Our decision taking powers remain with it. The wounds of the past will not make the life miserable as we can remain detached from the past and enjoy the present moment. Though there could be subjective differences in perceiving and evaluating reality based on the chemical configuration and past learning's in some cases, living in the present without being carried away to the past is possible.

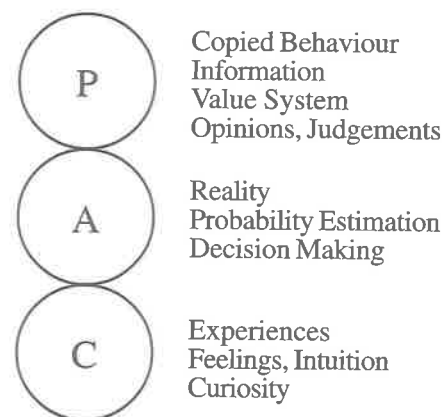
Awareness as a quality of Adult Ego state is one of the most misunderstood concept. It has its roots in the body. The alertness shown by organisms on receiving a stimulus from the environment can be considered as the beginning of awareness. Then there is awareness of bodily sensations. There is awareness of emotions. Gradually the quality of awareness grows. Awareness is the basis of psychological cure. Counselling and meditation have the ultimate aim of reviving awareness. Adult Ego state is the seat of Awareness.

Many TA practitioners, now, do not consider Adult Ego state as a storehouse of prior learning's. We used to experience the reasoning within the mind when emotional issues come up. It is because of the awareness of the Adult Ego state that we control

our emotions in certain circumstances. It is because of this awareness that we reason out some of the parental slogans in the Parent Ego state and take necessary corrections. The value system, the opinions, judgments etc. loaded from the external sources as the Parent Ego state can be subjected to the scrutiny of Adult Ego state in the presence of stimuli inconsistent to the recordings. These updating make our life progressive.

Development of Adult Ego State has a crucial role in our destiny. It is the steering wheel of transformation of 'Frogs' into 'Princehood'.

STRUCTURAL ANALYSIS



The three Ego states, Parent, Adult and Child represented as three circles placed one over the other under a common sheath is accepted as the structure of personality. These three states of mind are observable realities. It is known that we have internal dialogues within our head. The first time when we act or think of doing a wrong, there is a voice within us advising us not to do it. When we face difficult situations the Ego states within us communicate with each other.

In one Malayalam cinema that I had seen long ago there was a beautiful scene that illustrates various Ego states. A middle-aged comedian apparently looking like a gentleman was walking through a village road. He happened to see a 'BAR' board prominently displayed. He stopped immediately. He looked around. Having seen no one, he takes out his towel, covers his face and briskly goes inside the bar. When he comes out, he is totally a different person! The dhoti he was wearing was removed and tied over his forehead, as if he didn't care anybody!

Who has gone in?

Who has come out?

This performance is absolutely commendable if we look at alcoholics. In the beginning most of them are concerned about their status, ill effects of alcohol, the social stigma etc. After taking a few pegs those restrictive factors are no longer there. The Parent Ego State has become dysfunctional. Thereafter they take care to see that they do not drink too much, unless they are chronic alcoholics. But after a few more drinks they lose the control. The Adult Ego State is also gone!

Then start the real drunken revelry. Some enjoys singing, dancing, shouting abusing, fighting etc. It depends the nature of Child Ego State. After a few more drinks the person gets knocked out. The Child Ego State is also gone!

During the process of waking up also there is an order. The Child ego state gets activated first. The person realises the physical pain first. Then the Adult gets activated and the person reasons out to find out what happened to him. After that the Parent ego state gets activated. He finds a way to secretly to leave the place to protect the 'gentleman face'.

While administering anesthesia during surgery, fading of ego states and its revival seems to be in the same order. What I want to impress is that all three Ego states are observable realities.

Subsequent to the introduction of the Theory on Ego States by Dr. Berne in 1958, Neuro- Science has grown by leaps and bounds and the information now pouring in supports the Bernian views. The theory of Brain evolution also provides an interesting link of ego states and the brain. According to evolution theory human brain has attained the present triune form through millions of years. It has three distinct parts. The first part called brain stem, hind brain, is formed as an enlargement of the spinal cord and this part of the brain has a significant role in the regulation of the vital activities of the body. Animals like reptiles have only the brain stem structure. They do not relate with one another and when hungry they don't bother to eat their own young ones. They have certain urges or hungers to ensure their survival and multiplication. Human beings too have this reptilian structure and sometimes they too behave from these instincts. Gradually the paleomamelian group emerged in the animal kingdom. They have certain additional structure developed over their brain stem. The emotional center was developed and they started to relate with their young ones. Development of emotional center has therefore the important function of relating with others. It also motivates to do some activity for survival or for meeting its needs. Because of this area mother loves the young one and for them to relate emotions have meaning. The famous Neuro Scientist Joseph Le Doux calls this the "Emotional Brain". When man evolved from the primates the uppermost part of the brain also evolved called the Neo cortex or the "Thinking Brain". The forebrain helped man to acquire his unique quality of reflective power in the animal Kingdome and could become capable of ruling the other animals. Thinking and feeling

are the two excellent tools man can use in his struggle for existence. For a long time significance of emotions did not receive a thrust. The excellent contributions by Neuro scientists like John Mayer and others and the path breaking work of Daniel Golman, 'Emotional Intelligence', gave emphasis to the role of emotions in human life.

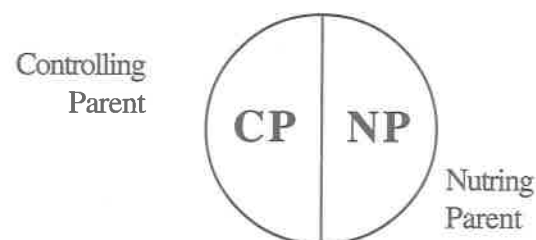
Dr. Berne defined Ego State as "a coherent system of thoughts and feelings..." Emotions are the most crucial aspect of Child ego state and hence the seat of Child ego state could be in the Emotional Brain. When a child is born his emotional centers are well developed whereas thinking brain develops by around the age of seven. The earliest recordings in the mind are, therefore, in emotional language, the coding and decoding of which we are ignorant. Parent ego state location can be at the region above the emotional center and partly at the neocortical region. Empirical studies to confirm this are yet to take place. Brain structure also shows extensive interconnections between Neocortical and emotional centers. Thoughts and feelings control each other and there are times when emotion takes over the decision taking ability making the thoughts irrational and inappropriate in certain circumstances. Thought center can be activated and man can have control on him without leaving him helpless in the flood of emotions.

Joseph Le Doux in his book, "My Synaptic Self" substantiates that personality is due to the neuron combinations called synapses, formed by adjacent spines or dendrites from nerve cells. Each nerve cell is capable forming thousands of such combinations. When electrical impulses pass through such synapses it causes certain behaviour. New combinations can be formed and when impulses cease passing through the earlier synapses for long such connections can get atrophied, **which means behavioural change is very much possible.**

FUNCTIONAL ANALYSIS

Ego State is defined as consistent pattern of thoughts and feelings manifested by a corresponding pattern of behaviour. Behaviour being external manifestation of ego state it is easier to analyse. Functional analysis gives a clearer picture of manifestation of various ego states. Structural analysis of ego state speaks about the contents whereas functional analysis speaks about observable behaviours. Let us examine ego states one by one. Joseph Master was a good disciplinarian. Very strict and punctual. His children were given strict orders to get up and study early in the morning. Prayer, food etc. were at a prefixed time. There were a lot of 'orders' or 'don'ts' that were to be followed strictly. He believed that these were necessary to create good citizens. In spite of these strict rules and their implementation he was a lovable father at times. If the children fell sick he took leave and nursed them. Seeing this one may doubt whether he was the same disciplinarian Joseph Master.

The loving, caring, nursing behaviour is generally considered to be a maternal nature. But mothers too are strict, controlling and critical at times. These two patterns are external manifestation of Parent ego state. It has two separate styles; called Critical or Controlling Parent and Nurturing Parent. The abbreviations CP and NP are used to denote the styles.



PARENT EGO STATE

Many times the word 'Father' conjures some of these general comments in our mind:

Controlling

Restricting

Accusing

Persecuting

Whereas the term 'Mother' conjures,

Loving

Caring

Nurturing

Supporting, etc.

In some cases it may be vice versa. Thus the Parent ego state of a person has two functional aspects copied from their parents or other elders with whom they had related.

Behaviour of children may not always be acceptable in a society. Their basic selfish nature has to be socialized. It is the need and responsibility of parents to ensure that children are grown up to be fit to live in the society. This process is called 'Parenting'. Parents relate with children in two ways: Controls and punishments on one side, love, care and appreciation on other side. Both are essential for healthy transformation of the child.

In the most important assignment in human life, parenting, the healthy application of Parent ego state is very essential. Both controlling and nurturing aspects of Parents ego state are copied from other people and it may not be subjected to the evaluation by the Adult ego state and hence there can be irrelevant matters in the content. Therefore there can be unhealthy controlling and nurturing

aspects in the behavior. Parent ego state may have prejudices and inappropriate value system.

Excessive controlling behaviours cause a lot of strain to Child ego state and it prevents natural growth and expression of that Ego State. With the result that natural growth of psyche gets affected in children.

A person with a very high controlling nature will not find peace and happiness. It does not mean that critical or controlling behaviour is unacceptable and hence has to be avoided. It is an essential component for achieving success in life. Bringing up a child is an important duty of the parents and it is not an easy task to direct and mould children into worthy citizens of the society. A lot of manners, which a natural child may not cherish, have to be inculcated. Child behaviours are to be adapted in accordance with the norms of the society. In this process a healthy Controlling Parent takes the lead and children are one way or other forced to adapt necessary behavioural changes. This transformation has to be healthy. Nurturing Parent ego state which fosters growth and development instill trust in the mind of the child. This trust makes him capable of social life.

Excessive nurturing results in unbridled freedom of expression to child and such freedom may not be acceptable to society. Selfishness of the Child if not restricted can cause troubles in the social life. When the needs of the children are met even before they express it, when parents take too much care, children fail to develop their natural capacities to get their needs met. It leads to unhealthy dependency relationship. In later life they may find themselves good for nothing.

Every individual has Critical Parent Ego State and Nurturing Parent Ego. Ever since children started copying and learning, their

Parent Ego State also start developing. Since contents of Parent Ego state are extraneous it is imperative to check up data whether they are relevant and appropriate now. This process helps us to be flexible and our interpersonal relations become comfortable. Otherwise the first casualty could be married life itself, because both the spouses carry separate value systems as they hail from different family backgrounds.

ADULT EGO STATE

Adult ego state is awareness. It helps the person to live in the 'here and now' and hence it has no sub divisions. It has the ability to take decisions in the light of the recordings in the Child and Parent Ego states.

It can be construed that Adult Ego state has functions rather akin to a man made computer in the sense that it estimates the probabilities in the background of previous recordings. Therefore the quality of Adult decisions follows the computer slang;

"Garbage in , garbage out." However, the reflective power and abstract thinking ability of the forebrain helps in many a time.

If the prior recordings were good, decisions also would be good. It also receives information through the five senses. We know that the stimuli received through the five senses are recognized in the background recordings of prior such stimuli. The cognitive ability of the mind is making use of such learning before.

All through out our life we face problems and solve it too. In the process of taking decisions appropriate to the situation faced by us, the role of Adult Ego state is very important. It relates us to the present, the reality. Its independent functioning is the very root of mental health. When Child and Parent Ego states pull us away

from reality, it is the functioning Adult Ego state that makes it possible to live in the present.

Man, the last in the chain of evolutionary process possesses a significant quality that is lacking in rest of the animal kingdom i.e. evaluate his own feelings, thoughts and behaviour. It is the basis of civilization itself. He can select better way of feeling thinking and acting and thereby have more meaningful life. Success in life also depends heavily on this quality of Adult Ego state. The quality of Adult Ego state functions, such as being aware of the present, probability estimation and reflective power etc. depends on its freedom from the undue influence of the Child and Parent Ego states. Adult Ego State hold the key to change destiny and thereby transform the 'Frog' into 'Prince (ss)'.

CHILD EGO STATE

Child ego state contents include, apart from the inherited qualities, experiences each person had in his childhood. The Child Ego state behaviours in each person, therefore differs. If we observe the behaviour of children we will notice the sharp differences in their behavior. These differences are grouped into three types.

NATURAL CHILD

This is an important aspect of Child Ego state. This is called Natural Child because this is the Ego State with which a child is born. Based on the configuration of genes it also differs in different individuals in function. It is mainly concerned with the satisfaction of basic needs for ensuring survival and growth. It has certain extra sensory capacities too. Intuitive and creative aspects are such natural gifts. The innocent 'angel look' is that of the natural child. It has a strong desire or possessive instinct to whatever it likes. Likes and dislikes are expressed spontaneously. It is not rational. The driving

force is satisfaction of his needs. He has various hungers and has to satisfy it by whatever means.

Natural Child Ego state is needed to enjoy life. It is the pleasure seeking self. It helps to enjoy life. It can be considered as the seat of emotions. It has the aesthetic and humanistic sense. Nothing is serious. Natural Child cares most for the lighter side of life. This can be considered as the 'spice', that adds flavour, of life. Absence of Natural Child in an individual will earn him the nickname 'Bore'.

Logic, values or norms of the society does not influence this child. A mother may find it difficult to manage a Natural Child when she takes him to a party or a social gathering. There is no control on his behaviour. Therefore, this ego state is also called, Free Child. In a social life it is not possible to permit the child to perform freely always. It needs to be tamed and trained. Parenting is the job of adapting the child to live in the society. The Natural Child does not usually welcome parental interference, but it is forced to adapt certain behaviour. Children adapt. In some cases adaptation takes place even while at mother's womb itself

ADAPTED CHILD

Natural Child is self-centered and hence is least concerned about others. This behaviour will not suit the social life where cooperation and peaceful co-existence is the rule. Natural Child likes freedom but many a time that freedom will interfere with the freedom of others. Parents therefore set norms to be complied with by the children and deviations are punished. On one side Natural Child likes to please his parents but on the other side his desires are to be abandoned. He decides to modify his behaviour in many respects. Decision in this regard is not that easy.

How much tall is a child of three or three and a half? Could be around three feet ?. How tall is the parent? Five or six feet tall? In comparison, they are almost double the height of the child and a few times bigger in size. Imagine a person near us with double our height and many times bigger in size shouting at us threatening our very existence! The plight of little children with the parents shouting at them is not much different. It is possible that many of us might have virtually frozen in fear when parents shout at us because of the gigantic size. How many such occasions the child might have faced? They are forced to live a different life with the parents around than their natural behaviour. It leads to adapt to the situation. New behaviour formation takes place.

The emotional education imparted to the child from the family background remains as a long lasting pattern of expression of emotions. On one hand the Natural Child experiences failures when he expresses his genuine feelings to satisfy his needs whereas he notices that some grown ups in the family successfully uses some patterns of expressions of emotions. He adapts some of these behaviours. Many people continue such patterns without assessing its feasibility even later. Some people say that;

They are sentimental

They are quick tempered

They are afraid of closed rooms, insects and so on and justify it as part of their behaviour.

Parents entice children to new behaviour that gets their approval. Children like to make their parents happy too. Many socially acceptable behaviour are also learned like this. For example, it is very interesting to watch how mothers teach their children to say 'Bye Bye'.

What is there for the child to say bye to somebody? They are least bothered. Then the mother forcefully moves child's hand to and fro saying, "ta...ta". The child watches the mother during this process. The mother smiles and the child learns that this is something that makes 'my mother happy.' Thereafter children do this happily irrespective of whether one responds or not. This is an adaptation. Parents influence and initiate many such behaviour, taming the Natural Child. This adaptation takes place in two ways.

Some children obey the parents and display behaviours as desired by the parents and such behaviour are called "Compliant Child" behaviour, which is one form of adaptation to the Natural Child. Whereas some children do not comply with what is told, but resort to rebellious behaviours. It is called "Rebellious Child"

COMPLIANT CHILD

Compliant Children follow the behaviours suggested or liked by parents irrespective of whether they like it or not. Their Parent ego state absorbs the directions of the parents and their Child ego state show the behaviours appropriate to the parent's commands. Many of their adapted behaviours will appear like adult behaviours for them as it has their 'internal parent' approval. Many of these behaviours are acceptable to the society also. They similarly accept Etiquette and social norms whether they like it or not. It is not their like or dislike that matters but it is the like or dislike of parents that matters for the adaptation. Many of the expression of emotions are copied or compliances during the adaptation process. They repeat these behaviours without Adult awareness or interaction.

A father was very particular that one should get up early in the morning and take bath in cold water to keep oneself in good health. The son literally obeyed his father. He was good at studies and

became a doctor. He got an opportunity to go to London for further studies. He joined the course at London during winter. The son got up early in the morning and took usual cold water bath. He fell sick, Many of the adapted behaviours insisted by parents were perhaps ideal or good in 'their days' and now it may be relevant or not. It is our responsibility to be aware of such adapted behaviours and assess whether such behaviours are expected now or not. When our Adult Ego state starts performing this job, life will turn out to be more comfortable.

Rebellious Child

These children are opposite of the Compliant Child type. If they are asked to go towards south, they will decide to go to north whether it is needed or not. They have adapted behaviour always opposing to whatever was asked to do. Minor incidents that went unnoticed would have contributed to these rebellious behaviours.

I remember an experience with my son while he was hardly four. While returning home after a journey with my son he expressed his desire to have sweets when we reached a shop near our house. I told him that sweets will spoil his teeth and hence I will not buy them. He was not in a mood to listen to my reasoning, and insisted for the sweets. I reminded him once again that teeth would get decayed if he ate sweet. He started crying and that made me angry. I pinched him and asked him to keep quiet but it only increased his crying. Swiftly he slipped down and lied on the ground.

Seeing this my wife intervened saying,

"Why do you want to make a scene? Why don't you buy a sweet for him?" I felt cornered, as my wife did not take into account my good intentions. I felt bad. Instead of one, I bought two sweets

for my son. What could be the consequence? The child has learned a strategy to get his need satisfied.

Rebellious children will find it difficult to get along with people with authority as they are projections of his own parent. Their relation will be strained. Rebellious children continue to be the mischief-makers in the office.

Little Professor (LP)

One of my friends narrated an interesting incident. One day he took his two and half year old daughter with him when he went to the market. While returning from the market he bought two sweets and gave it to his daughter saying that one was for her brother at home and not to open them until they reached home. She kept the sweets in her hand.

She was sitting in front of him on the bike. On their way, the bike jerked and one sweet fell down. The daughter with a disappointment said:

“Chachan’s (brother) sweet gone”

How did she become intelligent enough to prevent her sweet from sharing?

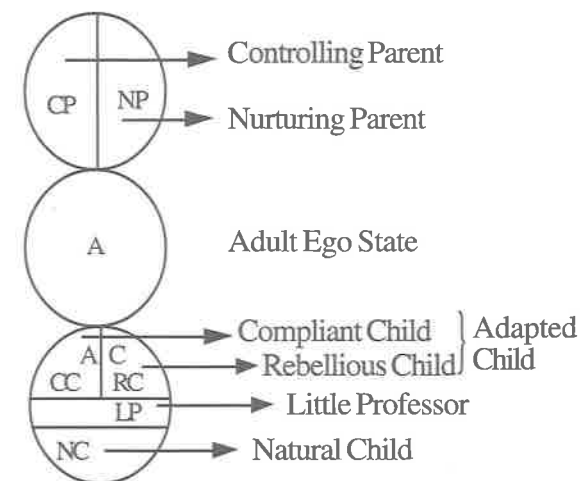
The Child Ego state has a further division called ‘Little Professor’ popularly called LP. It is the shrewd part of the Child Ego state which helps, when one is caught between devil and Deep Sea. It emerges as the “fishy” politician amidst the journalists, wisdom behind inventions, as the sudden solution during indecisiveness.

The first stalker, perhaps, in history was Archimedes of Greece. While he was taking a bath in a tub he noticed water overflowing from the tub. Archimedes ran nude through the streets of Athens, shouting

“Eureka ...Eureka”

Which Ego State can do such a fete?

Little Professor is the ‘unschooled’ wisdom of the child or the Adult of the child, which functions mainly on intuition. Without knowing how we get the answer we get some solutions in times of dire need. It is the child’s way of making sense to what he perceives. With the development of Adult ego state the Little Professor recedes and comes out only in certain occasions. Sometimes it comes out as creative genius and some times it may appear as a shrewd manipulator. For a winner scripted person it is constructive and for a loser it can be destructive too. With parent’s smiling and appreciation this ‘genius’ can be groomed.



Functional Analysis

Structural Vs Functional Analysis

Why should one understand the psyche functions in structural and functional pattern? The style Dr. Berne followed for introducing Ego states as structural and functional analysis has a definite

advantage. As the definition itself shows it has a structural and functional aspect which can be understood as the content and behavioural manifestation of the contents. It helps in therapy to decide action plan. It gives more clarity to the subject and can be explained in a simple way. TA practitioners are very particular not to mix structure with functional aspects or vice versa.

3) **How to detect Ego States (Diagnosis)?**

Fr. George Kandathil, while teaching TA used to ask,

“It is fine that you understood structural analysis of Ego states which explains the sources behind behaviour and that functional analysis that shows various behavioural styles, but how will you find out the particular Ego state of an individual at a moment?”

Identifying ego state of an individual is very important in the process of knowing self and others. Since thought and feeling is an internal process ego state can be identified mainly through observable behaviors. When a child internalises parent behaviour he is incompetent to distinguish parent's three behaviour patterns as Parent Adult and Child but takes in as one and it forms his Parent behaviour. Hence particular behaviour itself is not a conclusive method for identifying ego states. Dr. Berne therefore suggested four methods by which one can 'Diagnose' Ego states of himself or others.

1. Behavioural
2. Social
3. Historical
4. Phenomenological

Diagnosis of Ego States can be done by any one of the four styles as above, but a fool proof method is by using all four methods, as the subsequent ones should corroborate the first finding or there

is a possibility of mistakes which should not be there in therapeutic sessions.

1. **Behavioural Diagnosis**

Behaviour is the external manifestation of Ego states and behavioural diagnosis is the simplest and easiest way. Behaviour has the following components and each component has distinct manifestation for each Ego States,

- 1) Words
- 2) Tone of voice
- 3) Facial expressions
- 4) Gestures
- 5) Postures

Others 'understand' us based on the external behaviour we exhibit through the aforesaid five modes.

A) **Words**

There are specific words that are commonly used by various ego states. Orders and prohibitory directions like:

“You should”

“You must”

“You ought to”

“Don'ts” etc indicate a Controlling Parent ego state.

Nurturing Parents use various terms of endearments and words of appreciation like,

“Good”

“Splendid”

“Cute”, and so on.

Adult Ego State uses words that are matter of fact expressions like:

"It would be better..."

"I think it is so..."

Words of the Child Ego state are very typical

"Oh"

"Hai"

"Wow"

"Ouch" and so on...

b) Tone of voice

Though we are not very much aware of the tone of voice with which we speak it can even communicate a totally different meaning. Usually "NO" has only a negative meaning and no dictionary states that it has a positive connotation. But if you can change the tone and say the word in a particular tone it can even communicate a positive meaning.

When a Critical Parent Ego State uses a high pitch voice, the Nurturing Parent uses a soothing, soft and caring voice. Adult do not have ups and downs in voice pitch and use rather monotonous style. Child Ego State voice is full of emotions and hence pitch varies faster.

Once we start listening to the voice with which people speak we can easily pick up the change in voice as and when the thinking/feeling changes. Even telephonic conversation, if we start listening, will reveal different meaning than that of the words conveyed because, whenever ego state changes it reflects in the voice of the person.

c) FACIAL EXPRESSIONS

Face is the mirror of the mind and it is the most expressive part of the human body. We look longer at the face of the other and go on "reading" a lot of cues without our conscious awareness. Facial signals appear and disappear in one fifth of a second (Hedwig Lewis, 2000). Various voluntary and involuntary muscles on the face move in accordance with the thoughts and feelings in the mind and unfortunately we are quite oblivious of these exposures but others can read and comprehend what goes on in the mind. Psychological attitudes reflect on the functioning of the body (Schutz, 1958) and the face get set according to the dominant Ego State. We can observe people who easily get irritated develop furrow on their forehead. Those who have a 'frozen' smile on their face induce their mind to be happy.

Critical Parent behaviour makes the face serious and tight whereas Nurturing Parent's face is relaxed and happy mostly. Adult face is flexible to the 'here and now' situations and is unassuming whereas the Child Ego state exhibits a lot of emotions. A little training can make a TA person to read faces to diagnose ego states.

d) Gestures

A gesture is a body movement used to express or emphasis an idea, an emotion... (Hedwig Lewis, 2000). Gestures include movements of the whole body (shoulder shrug), head movements' (nodding), hand and finger movements' etc. Gestures are often used in conjunction with verbal messages. A single gesture or a cluster of gestures is used in communication. There are typical gestures emanating from each Ego states and it gives a good cue for diagnosis. For example, pointing index finger during interactions shows authority and it is from Critical Parent and similarly Nurturing Parent uses thumbs up position to encourage, or open arms as an

invitation for a hug. Slight nodding of head is an Adult approval or go-ahead gesture. Self-touching is usually a Child gesture, like when they are ashamed they touch or cover their face or touch their lips. When they are afraid, their hands move to the nose. Though there could be some variations due to culture, gestures have a common style irrespective of nationality.

e) Postures

Body postures also denote Ego states. Critical Parent Ego State usually takes an upright posture and in some cases the chin remains slightly tilted upwards. Nurturing Parent has a forward bend. Adult Ego state takes an upright posture. Children's postures differ with the feelings. While Rebellious Child is in a ready to fight posture, Compliant Child leans forward. Natural Child assumes various postures in accordance with the situations.

Behavioural diagnosis is simple and more accurate than other methods. Any one can develop expertise in observing and listening to others to help easy identification of ego states.

Social Diagnosis

Diagnosis of Ego states can be done while people interact with one another. It is observed that there is a general pattern in such social interaction. When one person is in his Parent Ego State there is a tendency for the other to go to his Child. The Critical Parent Ego State often provokes the Rebellious, or Complaint Child in the other. Similarly the Nurturing Parent usually activate the Free Child. Adult transactions invite the Adult of the other, normally. Hence when two persons interact if the Ego State of one of them is known the Ego State of the other can be guessed with fairly good correctness. Therefore Social diagnosis is the identification of Ego state of one person based on the Ego State of the counterpart.

During interviews many people become nervous as they project the interviewers as Critical Parents. This information is very helpful in counselling situations

3. Historical Diagnosis

Here again the caption denotes the meaning. The source of relevant behaviour is traced to make out the Ego State as some behaviours are, apparently, common to more than one Ego State. Some of these behaviours are copied from parental figures and some behaviours are self designed. For example, expression of anger can be that of the Critical Parent or that of the rebellious Child. The history or source of behavior is needed to diagnose correctly

In one of the TA study groups one person raised a doubt. When he talks to his wife it ends up in a quarrel and this lead to 'Kitchen music' (the unusual sounds from utensils while handling it in the kitchen). It flares up his anger further and results in more serious consequences. He wanted to know whether it is the Rebellious Child of the wife or Natural Child or Critical Parent that elicited the said behaviour? A few more questions to the wife revealed that when her mother got angry she use to murmur aloud and handle utensils roughly in the kitchen. Pondering over the past she said; "Yes, I am also doing the same thing." Historical background shows that she was in her Parent Ego State in those occasions.

Tracing the origin of behaviour to find out the Ego State is historical diagnosis.

4. Phenomenological Diagnosis

Ego State is defined as consistent pattern of thoughts and feelings....Feelings have, invariably, a bodily experience that is

distinct for each feeling. Identifying this experience is a nice way of recognising the Ego State in which that person is in the particular moment. In any situation we have this advantage to identify our Ego State through our experience. Similarly by checking the somatic experience of others we can interpret their Ego State also. During counselling, counsellors ask their clients the question,

“How do you feel now?”

Creating awareness of the physical experiences to identify one's state of mind is a good method.

The above four methods of diagnosis in itself need not be accurate and hence all the four forms are used for complete diagnosis. Findings in the later three have to corroborate the first finding.

For a student of TA, diagnosis of Ego states is a thrilling experience. As the time goes by the percentage of success in recognising Ego States and understanding people around us goes up. A little bit of intuition, sharp skill in listening and observing will definitely make a person an expert to read Ego States. Not only for counsellors and trainers, but also for any person who is interested in human nature diagnosis of Ego States is very useful. Even when spouses talk to each other, the ability to diagnose will help, like the old adage “A stitch in time saves nine”, to maintain good relationship. Parents will understand why their children behave the way they do now and how to tackle them.

PATHOLOGY

Healthy mind is pictorially represented in TA as three identical circles, Ego States, placed one over the other. A person with a healthy mind should be able to function from the appropriate Ego State as warranted by the situation. Many a time, we know

that, this is not the case. There are many people who do not to maintain the balance of the mind and exhibit various mental disorders in different degrees. It will be of great use for those who deal with persons having such mental disorders to clearly imbibe what goes wrong within the mind. This awareness will definitely help them to treat such persons. Also it helps all those who relate with such individuals. It can foster good relations in the family or elsewhere and also a conducive atmosphere to rehabilitate those who are disturbed. Dr. Berne coined the medical terminology ‘Pathology’ to explain unhealthy Ego state formation. These disturbances are explained as structural and functional pathologies in the TA way.

STRUCTURAL PATHOLOGY

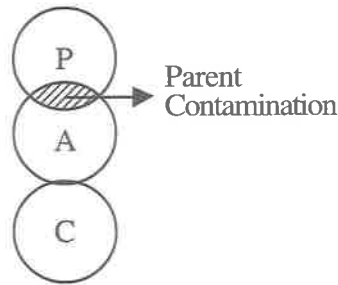
1. CONTAMINATION

Adult Ego State enables us to be in the ‘here and now’ and hence our behaviours should take place with the knowledge of this ‘sentry’ so as to behave appropriate to the situation. The role of this Ego State is very significant. But in some cases the independent functioning of this Ego State is tampered with due to the intrusion of Parent/Child Ego States into it. As a result inappropriate behaviours are exhibited justifying it with Adult logic. This phenomenon is called contamination. The individual is not aware of this inappropriateness in his behaviour. If someone points it out Adult reasoning will justify the behaviour and hence change in the behavioural pattern will be difficult.

Contamination is one of the most common pathology of Ego states. The three identical circles placed one over the other shows independent operating style of Ego states. This helps the individual to activate the appropriate Ego State and initiate action in accordance with the situation. It is quite common that those who

appear to be apparently healthy also behave from certain prejudices and try to enforce their views on others. Transactional Analysis exposes such behaviour that is consequent to the structural problems of Ego states. One such situation is that Parent Ego state intrudes into the domain of the Adult Ego state. This mixing up of Parent Ego state and Adult Ego state is called Parent Contamination. If this intrusion is done by Child Ego State it is called Child Contamination. Intrusion by both Parent and Child Ego states into the Adult is called Double Contamination.

Parent Contamination



The content of Parent Ego State is extraneous and is introjected from others. Along with the copied behaviours it includes opinions, judgments and values about the world, life and people around us. Influences of religion, cast, creed and culture of the family and country are all part of this. These prior recordings help us with 'Ready Reckoners' to face life's day to day situations. Sometimes we make certain updations and inclusions into the list and in that sense Parent Ego state is a growing Ego state. Our success in facing life situations depends on the ability of Adult Ego State to interfere, evaluate and update the contents of Parent Ego State. It is also a fact that some of the contents of Parent Ego State are not objectively evaluated by the Adult Ego State before we behave from such areas. But it can be brought to the attention of Adult Ego

State. But the unfortunate situation is that some of the contents of the Parent Ego state is beyond the 'Scrutiny' of Adult Ego state as it is intruded into the Adult Ego state and it is regarded as part of the Adult itself by the individual. He believes that it is true and tries to justify it using the Adult faculties. Some of the prejudices, beliefs, opinions are thus held on as facts by him and he operates from that area causing difficulties to people around him and also to himself.

Influences of such contaminated beliefs are seen in language and cultures. In Malayalam and Tamil language there is a saying "Dwarf people cannot be trusted". But we see that there are great and famous leaders who were short. Untenable beliefs in the Parent Ego State circumvent facts to 'prove' that they are right. And, it is history how Adolph Hitler found it incredible that a Nigger won Olympic medal.

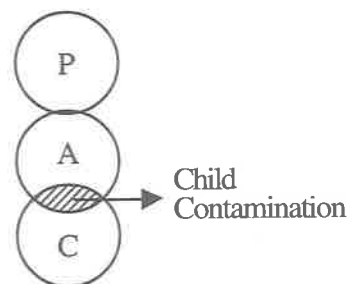
It may appear that such a contamination is comparatively harmless or inconspicuous. But it is not. When some of the contaminated areas create prejudices and cause interpersonal issues other areas cause serious psychological problems for the individual and some times to the humanity itself. It is the strong contamination against Jews in the Parent Ego State of Hitler that caused death of lakhs and lakhs innocent Jews. Some cases of Parent contamination may cause serious psychological problems.

When Raju entered the class the whole class burst into laughter including the teacher. He thought that the whole class was mocking at him and that they might have passed some comments about him. It made him very uncomfortable. He felt angry towards the teacher and the whole class. He did not hear the joke teacher told making the whole class laugh. It had nothing to do with Raju. But Raju could not accept it. Parent contamination made him suspicious of people around him.

Laly found it extremely excruciating to go the market along with her husband. His 'detective eyes' are so watchful that he 'finds' many reasons to suspect the fidelity of his wife. Life with a person affected with Parent Contamination can be miserable.

In the office and work places also contamination play havocs. The supervisor or manager with strong contamination can create a lot of interpersonal problems. Who is the sufferer? The organisation! The Boss and the subordinate act and react on contaminated ideas that may even lead to strikes or deliberate slowing down of work. All these 'idiosyncrasies' of the Parent Ego State resulting from contamination will cause heavy damages to the organisation. Parent Contamination is the reason for paranoia of various magnitudes

CHILD CONTAMINATION



Just like Parent Ego State, which intrudes into the Adult Ego State in Parent Contamination and exhibit parental behaviours with analytical reasoning of Adult Ego State, the Child Ego State may also intrude into the Adult Ego State. When the person behaves from the contaminated area he uses the Adult logic in support of his behaviour. These intrusions take place at a very young age and remains with the person through out his life unless decontaminated.

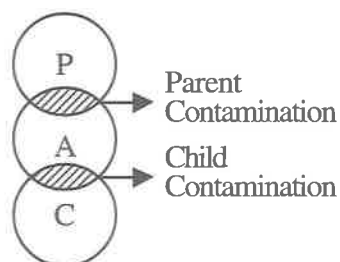
Inspite of the grown up physic there are people who are afraid of cockroaches, spiders and other such small insects. If any one asks for the reasons for this fear, they use logic to justify their behaviour. Why they are afraid of such insignificant creatures? They themselves do not know. There are people who are afraid of going out of their houses after sunset for they think that there are evil spirits that come out at night.

There are people who are afraid of heights. They get giddiness if they go up. Some are afraid of open spaces. Some cannot sit alone in a closed room. These phobias are due to certain experiences in early childhood, which remain in the Ego State. Now they will give justifications to reinforce the contaminated behaviours.

It is quite common that the parents and grand parents tell stories at bedtime. Children enjoy the stories and keep awake with wide-open eyes. To make them sleep they need to close their eyes. The caretakers start telling stories that can instill fear in the child. Naturally, when afraid, they keep their eyes closed and gradually slip into sleeping. These stories are stored in their minds and a fantasy is built on it. These fears remain in the Child Ego State making even the grown-ups afraid to step into the darkness. These fears are reinforced with logic. Such experiences can also result in Child Contamination. The irritation caused by the cockroaches can remain in the Child Ego State and then he reason out saying that he is not afraid of cockroaches, but cannot stand their bristles rubbing against his skin. They find reasonable reasons for justifying the behaviours.

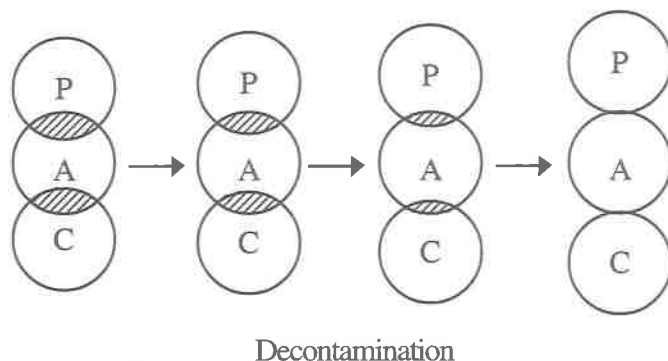
Child contamination of serious magnitude is seen in delusion. A common one is the delusion of grandeur. They consider themselves as savior of the world like Jesus Christ, Lord Rama and so on. Another type is feeling persecuted. They believe that someone is after them to Poisson, spy upon them etc.

DOUBLE CONTAMINATION



Many TA experts now consider that most contaminations are double contaminations. There is an experiential and learning part involved in the contamination. The difficulties faced by the child in fulfilling its basic needs causes strong emotional issues for the child.

While mother's presence gives safety feeling for the child, her absence can result in taking decisions like "I am unwanted", "no one can be trusted" etc. This is painful. While such decisions are stored in the Parent Ego State the emotional difficulties associated with it are stored in the Child. Both reside in the contaminated area.



These structural issues as discussed above can create life long problems and can hamper personality development. Contamination distorts the reality and clouds the logical thinking of the Adult ego state.

To some extent contamination can be present in every individual.

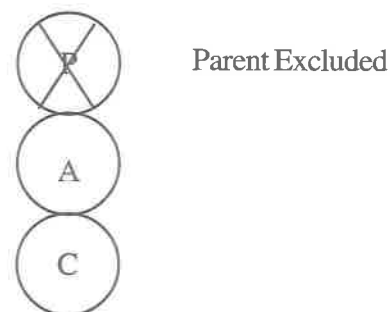
What can we do about it?

We need to evaluate such behaviours in the light of Adult reasoning and thereby ego state boundaries are to be restructured as one on the other. Self-awareness through counselling, psychotherapy or otherwise will help in the process.

EXCLUSION

Exclusion is another structural Pathology. Mental health enables an individual to behave from any one of the Ego States that is appropriate to the situation. In some cases one or two of the ego states remain inactive. Or, in other words, the energy responsible for activating an ego state remain stuck in one or two ego states alone as if the boundaries of the ego states are rigid disallowing free movement of energy and thereby excluding that ego state.

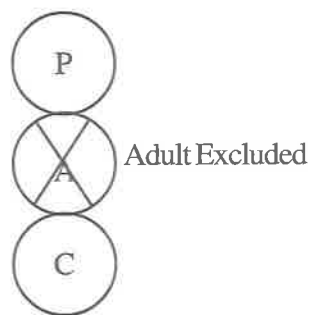
1) Exclusion of Parent Ego State



As we have seen Parent Ego State include copied behaviours, information acquired, value system, opinions, judgments etc. If the personality is devoid of Parent Ego State he may find it difficult to cope up with daily life requirements. Lack of value system can result in uncontrolled child behaviours, many of which may not be acceptable to the society. Lack of a model for life, model as a Father, model as a Husband etc, cause extensive problems for the person concerned. Interpersonal relations can be very unpredictable and strained.

2) Exclusion of Adult Ego State

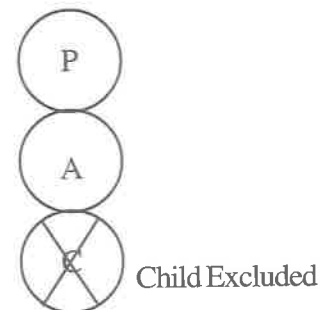
Adult is the reality. The 'here and now' awareness is the Adult and if it is excluded the person will find it difficult to be in the 'present'. It is the Adult Ego State that process information received through senses with the help of data from Parent and Child Ego States. Its absence can lead to making use of the contents of Parent and Child Ego States alone, which may turn to be inappropriate to the situation. Insanity is the result of absence of Adult Ego State.



3) Exclusion of Child Ego state

Child Ego State is the 'spice' of the personality. Its absence will make life mechanical and boring. It is essential for enjoying life. When children are not in the house the parents say that,

"The whole house morose"

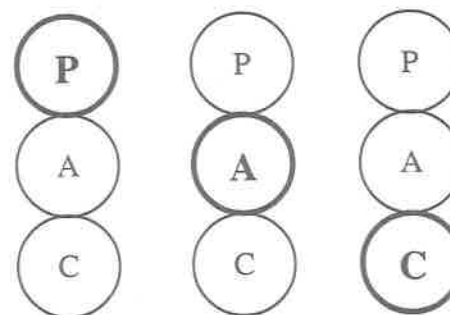


A personality without Child Ego State is something similar. In the absence of Child Ego State life becomes monotonous, lifeless, dull and cold. Even personal relationships become uninteresting.

Those who would like to develop a charming personality need to develop an active Child Ego State.

Exclusion of Ego States can be of temporary or permanent nature.

3) Constant Ego States



A Constant Ego State is another form of structural defect. Any one of the Ego States continues to remain active as if energy is not moving to any other Ego State. Behaviours become repetitive and stereotyped and hence predictable.

If Parent Ego state alone is functional, the person will be guided, mostly, by prejudices and behaviours that are not evaluated by Adult Ego State. Reality becomes a rare phenomenon. Similarly if Child Ego State is dysfunctional, enjoyments in life become a remote possibility. The influence of certain professions on Parent Ego State can result in such situations. Teachers, who always deal with children, policemen who deal with habitual criminals, missionaries' etc. generally develop very high level of Parent Ego State making the other two Ego States, in some cases, dysfunctional.

If the Adult alone is functional, sense of Reality is seen, but in the absence of Parent and Child Ego States that person will be 'Robot' like. For enjoying life, the Child Ego State should be active. Parent Ego state makes life effortless due to the data available therein and its absence will make advancement of life difficult. Social life needs both the Parent and Child Ego States. It is the Child Ego State that finds thrill in life and finds the sources to achieve it. Adult Ego State helps to assess the 'Here and now'. Child Ego state is the essence of joyful life.

If the Child Ego state, is the only functional one, it is also a personality disorder of serious consequences. In the absence of controls from Parent Ego State and sense of reality from Adult Ego State the person will make quick and inappropriate responses. Emotional outbursts will make interpersonal relations difficult.

Constant Ego State does not mean that through out the day one person remains in one Ego State alone. Sometimes it may exhibit but may not have the ability to execute.

One should be able to act and react from appropriate Ego states and personality development should aim at this. This will help the person and the society.

FUNCTIONAL DISORDERS

1. There are people whose behaviours change frequently and unexpectedly and these sudden changes create a lot of difficulties to others who interact with them, as they cannot predict the moves and reactions of these people. These unexpected and quick changes in behaviour are due to the erratic movements of psychic energy. Let us imagine that there is a membrane around the Ego State and that psychic energy passes through this membrane in a controllable way. Incoming stimuli causes accumulation of energy in a particular Ego State due to the permeability of the membrane and it becomes functional. If these membranes become fully permeable energy may pass uncontrollably to the Ego states and thereby quick changes in behaviour takes place. This unexpected flow results in unpredictable actions and reactions.

The biggest casualty of this nature is interpersonal relation. When we are able to understand an individual and predict his behaviour to a good extent, we can relate better and the other person also expect us to understand him or her and relate. Intimacy develops when we are able to know each other. Unexpected changes in behaviour will spoil the efforts of the persons to understand each other and it will keep them away from relating closely. This behaviour can create difficulties in the office where one works and in the society where one is associating.

2. Emotional traumas, especially experiences from the childhood, can create long lasting impressions or scars (lesions) in the Child Ego State. A lesion is manifested by a gross overreaction to the reality of the stimulus. They remain as unhealed wounds in the subconscious mind, and these 'sore spots' can get activated at any time. Any subsequent relevant event or stimulus can activate this 'ash covered fire' causing the same emotional distress.

Sometimes certain sights, thoughts, sounds, a piece of music etc. can take individuals to emotional issues. Those who suffer from depression have this experience frequently. Certain scenes of tragedy movies or dramas take us away from reality and activate the 'wounds' in the Child Ego State. When the hidden traumas get activated, it causes a lot of emotional problems. It take us away from 'here and now'. Such experiences are termed as 'Rubber bands' in TA. A particular sight, music, sound etc. can take us away from reality and link to the past incident and almost the same extent of feelings are generated, though it is inappropriate to the present context.

These 'wounds' of personality keep us enslaved to the past and if we do not recognise it and change it, we are liable to have mental and even psychosomatic ailments.

The erratic flow of psychic energy causes certain problems as mentioned earlier, and similarly the energy getting stuck in one or more Ego states also result in behavioural aberrations as has been stated in constant ego states and exclusion. The information about structure and function of Ego states will help us in recognising the source of certain problems in behaviour that thwarts success in personal life and maintaining good interpersonal relations. It gives us a much clear picture of our own 'Self' or part of what constitutes 'Self'. It enables us in identifying the 'errors' that have crept in the operating system of our 'Computer'. The best 'technician' to correct the 'errors', or update the operating system, is the individual himself.

The openness and willingness to search for 'errors' and correcting them is the key to Success! This is the process of rewriting the Script for transforming the 'Frog' into 'Prince or Princess'.

PSYCHIC ENERGY

Human body needs energy for its various functions and similarly the mind also needs energy for its activities. The functional agility of Ego states depends on the energy available for it. In 'TA in Psychotherapy' Dr. Berne explains the concept of 'psychic energy', that is needed to activate Ego states and it is very useful to understand the concepts of TA.

Ego State contains three types of energy in its normal form.

1. Bound Energy
2. Unbound Energy
3. Free Energy.

All the three Ego states have these three types of energy. Like many other individual differences due to genes in persons the quantum of energy can also differ. Bound energy has the ability to become unbound and later become bound. This process of conversion is based on the activities in the mind like thinking and feeling but the individual does not have much control unless he develops mastery in 'Self control'.

The free energy has the ability to freely move into other ego states. The ego state in which maximum free energy is available is experienced as 'The Real Self' which can be explained as an experience of the individual about himself. Sometimes a voice, from within, criticizes our own actions. Free energy is under the control of the individual. When we decide to perform from a particular ego state free energy rushes into that. But high level of Free energy itself is not enough to manifest into behaviour.

Actions or behaviour emanate from that ego state in which maximum amount of free energy and unbound energy is available. This Ego State can be termed as the 'Executive Self' at that moment

as behaviour originates from this. Sometimes we behave in a way that is not acceptable even to ourselves and we hear a voice, from within, criticizing our own action. Energy theory was explained with the analogy of a monkey sitting on the branch of a tree.

By virtue of sitting on the branch of a tree the monkey has energy, though it is not visible, due to gravitational force. This is called the potential energy. Once the monkey loses its balance and falls, the potential energy becomes kinetic energy. If the monkey on his own, jumps from the tree another form of energy is released by the muscular power. The energy available by way of sitting on the branch is the Bound energy and while falling from the tree the Bound energy becomes Unbound energy. When it jumps from the tree there is another form of energy called Free energy.

Free energy with the Unbound energy gives executive power to the Ego State. When Free energy and unbound energy are more in one particular ego state the 'Real Self' and 'Executive Self' reside in the same ego state. It is called Ego Syntonic and the person will have congruence of behaviour. If level of free energy and unbound energy are more in two separate ego states it is called Ego Dystonic. Behaviour will not be congruent. The person will experience 'Real Self' different from 'Executing Self'. Let us take an example; While Mr. X was in a social gathering he gets a mobile message of a very sad news. He felt like crying. But he is aware of the situation. Many people are assembled and it is not good to express the feelings. He controls his emotions and remains in 'here and now'. The person has his 'real self' and executive self in his Adult ego state itself though for a moment he passes through his Child ego state. He knows and acts from the same ego state. Mr Y in a similar circumstance got a similar message. He knows that he is in the midst of a gathering engaged in something serious but he could not

control himself he burst into crying. His Adult ego state knows the situation and tells him to control but his Child ego state took control and expresses its grief. Now the 'real self' and 'executive self' are in two different ego states. The thoughts and feelings can unbind the bound energy. Where there is no control or where there is no effective Adult Ego State the bound energy will go on unbinding inappropriately there by the 'executive self' will be that particular ego state.. On the other hand free energy is released according to the wishes of the person and hence can be under his control. Those who can control their thoughts can control the process of unbinding the bound energy and can regulate the flow of free energy so that they can control their behaviours. Energy concept gives clarity to the functioning of ego states. Energy concept amplifies the immense potential of awareness, which promotes control of the mind and thereby regulates the release of psychic energy.

Increasing awareness helps the process of transforming the 'Frogs' into the 'Prince or Princess'.

EGO GRAMME

Ego Game is an excellent application of the concept of 'Ego State' theory and for those who are interested in Personality Development, Interpersonal Relationship, Counselling, Training etc. This, tool developed by John Dusay is of great help. Functional analysis of Ego states shows five prominent styles of functioning or behavioural manifestation of Ego states. These are the styles we all exhibit, but there are marked differences between individuals as one or more of these styles vary in intensity. These styles are explained under Functional Analysis of Ego states. Dusay introduced the constancy hypothesis where total of psychic energy remain constant. Hence increase in one Ego State will cause decrease in another.

$$(P + A + C) mm = K$$

Where mm represents non psychological factors like hormonal changes that influence energy level.

THE FIVE STYLES OF PERSONALITY

1. CONTROLLING PARENT

The Critical or Controlling Parent Ego State, called CP for brevity, is one type of manifestation of Parent Ego State. This critical or controlling behaviour is part of the parenting required to mould children for social life. But in the absence of awareness the critical behaviour may turn out to be excessive. Hence CP behaviour can be appropriate or inappropriate. Many responsible jobs call for the ability to control, like in Management, Police, Military, Leadership etc. This behavioral style causes a lot of strain in interpersonal relationships.

2. NURTURING PARENT

Nurturing Parent is another manifestation of Parent Ego State and is referred as NP. As the name indicates this Ego State is what is expected from a mother and such motherly figures who helps the other person grow. Too much nurturing can also be detrimental. But it has a soothing, healing influence on others. Nurturing parent Ego State is very effective in Child rearing, Customer Service, Negotiations, Conflict handling, Management, Leadership etc.

3. ADULT

The third Personality style is called Adult and we know that the Adult Ego state functions like a computer. Information or stimuli received from the environment is processed in the light of past experiences in the Child Ego State and the recordings in the Parent

Ego State. This personality style denotes thinking, analytical and reasoning style. It is the 'here and now' experience.

4. ADAPTED CHILD

The style of functioning of the Natural Child is not very acceptable in social life many a time and hence parents teach their children certain rules. The parents insist on behavioural patterns that suit the society, manners expected by others, religion, culture etc. A part of our behaviour is developed as an adaptation to our Natural Child Behaviour that is not acceptable to the parents or society. This adaptation includes two types of behaviours as we have seen in the functional analysis of Child Ego State. One part is compliance of the directions of parents and the other part is rebellion against the parental directives. Adult Ego State evaluates some of these behaviours whereas many are continued without awareness. Adapted Child behaviours can, therefore, be good or bad. An obedient or recalcitrant son or employee is the two sides of AC, Adapted Child.

5 NATURAL CHILD

This is the enjoying, fun loving, lighter part of the personality that shows the behaviour of a little child of about three/ six years. It is selfish, but innocent. NC is concerned about its own needs but does not have crooked designs. NC is not very serious about life or future. It is creative, innovative, friendly and affectionate.

CONSTENCY HYPOTHESIS IN FUNCTIONAL TERMS...

Let us presume that the total psychic energy that any one person can spend in a day is fixed. If so the total energy that will be spent by the five types of behavioural patterns called Personality styles, in a day will be within the said ceiling. Therefore if any new

behaviour is learned it will result in withdrawal of energy from some other ego state. The energy use can be represented as below.

$$CPo + NPo + Ao + ACo + NCo = Ko$$

(Where K represents a constant figure)

If the constant is taken as 100 it is the total unit of psychic energy that can be spent by the five personality styles in a day. If psychic energy spent by one style is increased it will result in the corresponding reduction in some other style because; the total will have to remain 100. If we can find out our pattern of spending the 100 units in various Personality styles we can draw a bar graph. This bar graph depicting distribution of psychic energy in various functional divisions of Ego states in one day is one way of drawing Ego Gramme.

EGO GRAMME

Jhon Dusay's Ego gramme concept, is a major contribution to TA. He was recognised by International Transactional Analysis Association by honoring him with 'Eric Berne Memorial Award'. Ego gram as a tool has immense utility in counselling, personality development, and training. It gives us a clear picture of the person as to his present behavioural patterns. Any one interested in self development can draw this by dividing the 100 units into five, as he perceives his behaviors. Initiate the changes as one desires and redraw it after a few months and see the difference! During counselling sessions also this can be drawn to make the counsellee aware of his present patterns and as counselling proceeds redraw it after sometime.

An example

Joseph master was 'known' for his adamant behaviour. He was systematic, orderly and very strict about complying with rules and regulations. He was intelligent, analytical and good in

communication. He could not tolerate wasting time and he could not enjoy fun, movies, music etc. He was affectionate to his children to some extent. He was a high school teacher by profession. Let us draw an Ego Gramme based on the available data. In one day Joseph master may be expending his psychic energy quota as below.

Approximately the 100 units of energy is being spent:

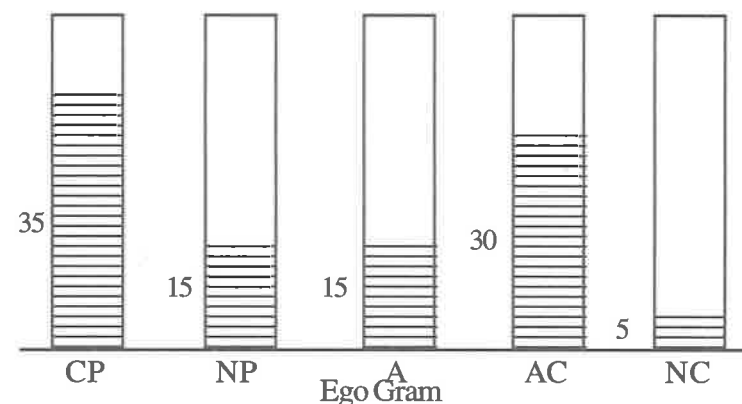
CP...35 units

NP...15 units

A... 15 units

AC... 30 units

NC... 5 units



The energy-spending pattern is shown as shaded region in the picture.

The high Critical Parent Ego State induces more Adapted Child, and reduces level of NP. The lower level of NP causes less NC. Consequent to the high level of CP and AC, Adult also is low. What could be the pattern of behavior?

As a teacher he may be effective in controlling the classes. But the low level of Nurturing Parent will make him unacceptable among his own students. The quality of his performance gets affected because of the low level of Adult. Low level of Natural Child will project him as a boring individual and he will lack friends. This could make him generally unhappy. High level of CP may cause bad temper and hence may result in unhappy interpersonal relations.

By observing an Ego Gramme we can reach certain conclusions but that is not enough. If Mr. Joseph is interested in changing his behaviour and asks,

“What shall I do to change?”

Counsellors also ask questions like.” What sort of change do you want?”

In this case Mr. Joseph said that he wanted peace of mind.

Joseph master must increase his Natural Child ego State and simultaneously avoid certain unhealthy behaviours from the Adapted Child. The Adult and Nurturing Parent Ego States have to improve and the influence of Critical Parent should come down. This can make him contented. For this change he needs a valid information.

It is difficult to stop certain behaviours that one has been repeating for many years, as the neural structures responsible for such behaviours get cathected easily. Hence many people who make New Year resolutions for behaviour change every year-notice that they repeat the old behaviour without much delay. To get rid off those behaviour patterns that have been set in the mind by awareness alone takes time. Joseph Le Doux, an authority in Neurology, in his book titled “My Synaptic Self” explains that brain recordings are in the form of neural synapses. Each time electrical impulses pass through such synapses it becomes an easy channel for carrying the impulses. It is not that easy to disrupt those synaptic

connections. But it is much easier to start a new behaviour inconsistent to the one that has to be changed. To start a new behaviour pattern we need psychic energy and this energy will be taken from the unhealthy Ego State. Even without our own awareness the previous behavioural pattern will start disappearing. That is again the rule of the body that the organs when inactive get atrophied after a period of time.

Though Ego Gramme is a very useful tool in TA, we must be aware of its limitations also.

Limitations of Ego Gramme

Many participants in training used to ask,

“What is an ideal Ego Gramme?”

1. There is no ideal Ego gram. Factors like culture, religion, family, etc. make an ideal common Ego Gramme impractical. The roles in life and profession also influence the Ego gram. High Nurturing Parent may not suit the profession of a police official. Generally Critical Parent is found to be higher in a teaching profession. Those who are in professions like nursing may have a high Nurturing Parent. Comedians, jokers and artists have more of Child in them.

2. The functional style has two aspects based on its impact on the individual, namely Positive and Negative. Controlling Parent Ego State is not only good to an extent, but also it is a necessity. The critical parent Ego State if excessively applied on a child, it can transform him into a ‘Bonsai plant’. Though Nurturing Parent Ego State is appealing, if it is applied excessively, children turn out being ‘Pampered’ and spoiled. Adapted Child also has positive adaptations and negative adaptations. Such aspect cannot be easily reflected in an Ego Gramme.

3. Most of the adapted behaviours, other than rebellious behaviour, have the approval of Parent Ego State and hence the person who prepares his/her Ego Gramme may consider such behaviour as Adult behaviour. Hence, the quantum of Adult and Adapted Child taken can go wrong.

4. Contamination of Adult Ego State will induce to give more percentage for Adult Ego State than what one person actually has, because the person who draws the Ego Gramme considers the behaviours that emanate from contaminated area as Adult behaviours. Hence, the Ego gramme drawn by such persons may go wrong and a behavioural change based on such ego gramme is not advisable.

Though there are certain limiting factors, Ego Gramme is one good tool that can be used for behavioural change. It is simple but very useful. Arriving at the quantum of energy in one particular style can be done through a questionnaire or even by dividing the hundred units in accordance with our own self-assessment. Ego Gramme prepared by self-assessment and questionnaire does not show much variation.

How can we make use of this contribution by Dusay?

1. For counsellors Ego Gramme provides a clear picture of the client's personality and hence they can create awareness of undesired behaviours in the client pretty well.
2. Similarly for those who are interested in personal growth Ego Gramme is an excellent starting point for self-analysis and marking areas where changes need to be introduced. Periodic redrawing of the Ego Gramme will help to evaluate the progress achieved.

3. For teachers/trainers Ego Gramme of their students/trainees gives a good 'map' to show where to concentrate their work.
4. Where good interpersonal relations are to be fostered, like married couples, Manager-subordinate etc. Ego Gramme compatibility is a very revealing and helpful tool.
5. In a pre-marriage preparatory course awareness of Ego Gramme compatibility will help them to be aware of their strong and weak points that can affect harmonious life.
6. Trainers/counsellors/elders can introduce practical suggestions as change agents.
 - a) A person with high a CP and a high AC is likely to have interpersonal problems, and other behavioural issues that may lead to cardio-vascular diseases, stomach ulcers etc. Such persons need to activate their Free Child and develop Nurturing Parent behaviour and that will drastically cut down CP and open up opportunities for a more satisfying life.
 - b) Those who have inferiority complex, lack of self-confidence, nervousness etc. have a very poor self-image and self esteem. Their internal Parent-Child interactions can be brought to light by analysing their belief systems in the Parent ego state. Their Child ego state needs permission to come out and shine like everyone.
 - c) Those who have the habit of postponing assignments have guilt feelings etc. can be brought to awareness and undue influence of the Parent Ego State can be dealt with.

This list is not exhaustive and we may find more and more applications for the concept of Ego Grammes.

WHY DO WE ANALYSE EGO STATES?

The prime purpose of this analysis is to make Adult Ego state functional to its fullest extent so that appropriate behaviour is possible at any given situation. This chapter aims at the Herculean task of releasing the person from the clutches of unhealthy past experiences to which he is chained. The contaminated Adult has to be freed. Ego states are the building blocks on which entire TA theory has been built.

Once liberation of the Adult is effected, various Ego states get integrated and behaviours from this integrated Ego State become a reality. The Parent and Child Ego states function with Adult awareness. Complete integration may not be easy, but that is one of the goals of Ego state analysis. Ego state analysis is a simple and practical way to achieve the desired changes in Personality.

Let us take the analogy of computer programming. Ego state analysis provides a clear picture as to where the operating system has gone wrong and how it can be rectified. Modern computer operating systems are very user friendly and as a result even a layman can handle the computer with ease.

Farsighted Dr. Berne made psychology 'user friendly' with the introduction of Transactional Analysis, and Ego State Analysis paves the way for a layman to travel through 'the murky taverns' of human mind. It was exciting for me, and I hope it will be exciting for you too!



CHAPTER-11

HOW DO WE RELATE ?

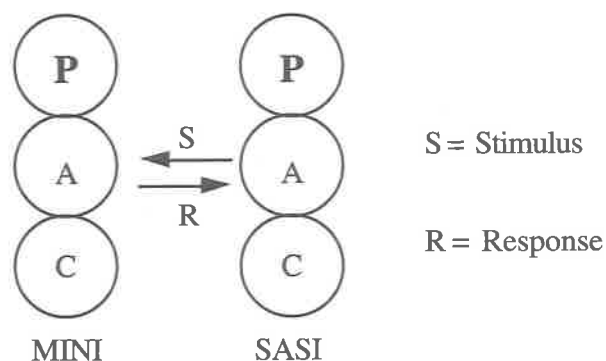
(TRANSACTIONAL ANALYSIS PROPER)

"You think that you understood what I spoke. Are you sure that you understood what I meant?"

TRANSACTIONS

Man is a social animal and his survival is by relating with others and this relating is carried out through exchange of stimuli. Generally exchange of stimuli, whether verbal or non-verbal, is called communication. Communication is one of the most important aspects in daily life taking perhaps more than 70-% of our time and expertise in communication ensures success in life. But, 'relating' has a much deeper content than mere outward communication. We relate through transactions. 'Transaction' means any exchange of communication between two people (Berne, 1966:370). It is a unit of social interaction, which constitutes a stimulus from one person and a response from the other. In this chapter, such transactions are analysed to reveal certain dynamics behind transactions of which we are not aware when we relate or communicate with each other.

When two people meet, one person sends a stimulus from any one of his Ego states and the other person sends a response from any of his three Ego States in accordance with how he perceives or understands the stimulus. These stimuli and responses are shown as two straight lines called 'vectors' to illustrate transactions.



A stimulus and a response constitute a unit of social interaction and it takes place either as a small unit or as a chain of such units. Mental health is the ability to act or react from an appropriate Ego state in a situation. Difficulties in human relationships can be due to certain lapses in the transactions and awareness of such lapses can help us to streamline the transactions on a healthy plane. Hence, by analysing transactions personal change and growth is possible. It is the style of conversation of a person that induces others to be close to him or provoke them to keep away from that person. But the speaker may not be aware of the idiosyncrasies in his conversation. When he becomes aware of the style of his conversation, he can correct himself, nurture good relations and win the hearts of others through appropriate transactions.

If we observe people in conversation, we can see the differences in the style of talking with one another. In some cases, they can go on talking for hours whereas some others get into verbal duels or clashes within a few minutes. Some people do not give straightforward answers. Some others are experts in communicating with "hidden meanings". Why are there such differences? Can we change these styles?

Any body interested in personal growth and development will be eager to know about the ways and means of developing good communication styles. Transactional analysis is very useful in the process of learning the language of the 'Prince or Princess' and breaking the barriers in communication created by the 'Frogs'. Counsellors are capable of bringing out the covert messages in communications. T. A. is a good tool for counsellors to know the 'meaning' of words beyond what is spoken. Knowing the dynamics behind our daily conversations, especially, within the family, is a very rewarding experience that will tell upon the relations of members with one another.

Mini and Sasi were friends. Let us study a conversation they had. Hear their talk.

Mini: "Hi Sasi"

Sasi: "Hi Mini"

Mini: "I didn't see you in class today, where were you?"

Sasi: "I had severe head-ache and I was resting"

Mini: "You are careless. You stay too long out in the sun."

Sasi: "Yeah. . . . My headache is because of that. Any one will have a head-ache in similar circumstances."

Mini : "Why don't you take medicines?"

Sasi : "I don't like medicines" (Smiles)

Mini : "If you don't take medicines, you will miss classes, won't you?"

Sasi : "That is true. I was fooling around" (ticklish Smile)"

Mini : "I will tell your Mom"

Sasi : (Showing anger) "You mind your own business."

Mini : (Seeing the change in Sasi) "You need not get worked up. What I meant is that I will remind your mother to give you some medicine or, you may forget."

Sasi : "Oh, Sorry Mini"

Nothing may sound special or curious in the above conversation, but if we consider the Ego States, from which these statements originate, we will see a different story. Dr. Berne speaks about three types of transactions that we enter into in our daily interactions with others

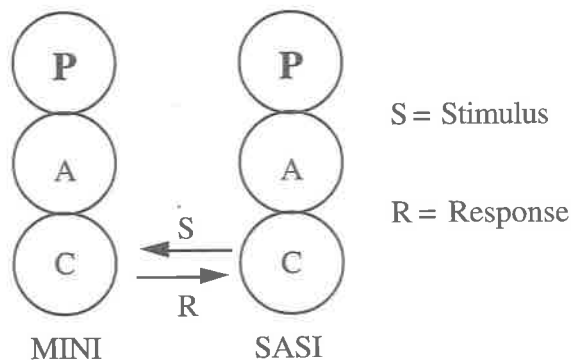
1. Complementary Transaction

Here are some examples- (1)

Mini : "Hi Sasi"

Sasi : "Hi Mini"

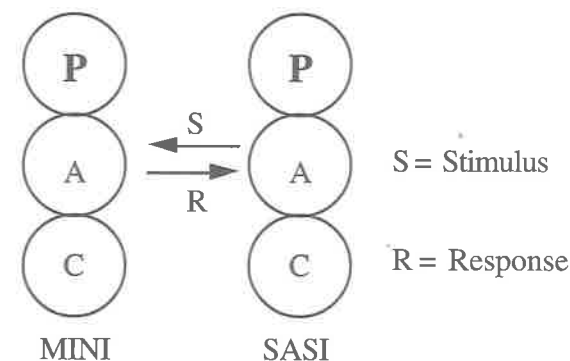
Two friends share their happiness of meeting each other. It is obvious that it comes from the Child Ego State.



(2) Mini : "I didn't see you in class today, where were you?"

Sasi : "I had a severe headache and I was resting"

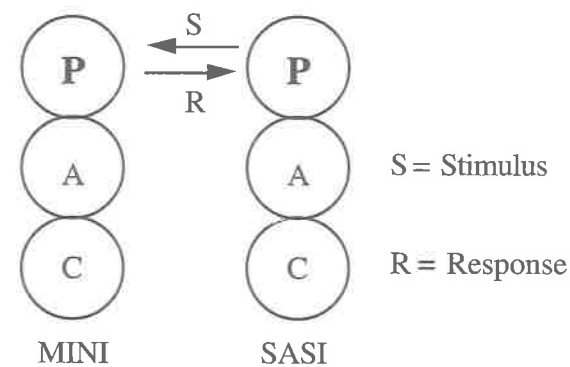
A question seeking some information and a prompt reply shows that the stimulus and response are from the Adult Ego state



(3).

Mini : "You are careless. You stay too long out in the sun."

Sasi : "Yeah. My headache is because of that. Any one will have a headache in similar circumstances"

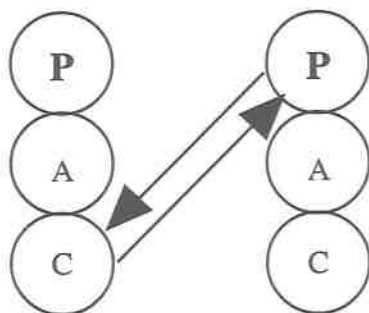


Criticism and prejudice is very apparent in the stimulus. Similarly the response also shows prejudice. Evidently the transactions are from the Parent Ego State.

(4)

Mini : "Have you taken any medicine?"

Sasi : "I don't like medicines (Smiles)"



Nurturing Parent's concern is clear in the stimulus. Response shows distaste for medicines. Here, transaction is from the Parent and Child Ego State.

(5)

Mini : "If you don't take medicines you will miss classes, won't you?"

Sasi : "That's true. I was fooling around (ticklish smile)"

The anxiety expressed in missing classes is that of the Adapted Child and the reply with a smile is that of the Natural Child. The stimulus can also be from CP, NP or A and can be identified through the tone of voice too. The transactions so far discussed have certain common features.

1. One Transactional Stimulus and one Transactional Response constitute a unit of social interaction.
2. Both the stimulus and response are shown as vectors.
3. Only two Ego States are involved.
4. Responses are addressed to the same Ego State from where the stimuli have originated.
5. Vectors are parallel.

Such transactions are called Complementary Transactions. It ensures continued relationship between individuals, as the response is from an expected Ego State. Dr. Berne refers to Complementary transactions as, "Appropriate and expected and follows the natural order of healthy human relationship" (Games People Play, p29)

Whenever communication is complementary it fosters good relations. When we are open minded we respond to the statement or answer to the question directly and we do not read in between the lines and search for hidden meanings knowingly or unknowingly. Such open communications may continue indefinitely. This is what we see in the communication style of lovers. But, once they are married most of them change their communication style. Communication breaks off easily with accompanying emotional fallout. But, why? Communication is not complementary.

When a supervisor and a subordinate communicate many a time expected responses are not forthcoming and it may lead to suppressed anger or noisy exchanges, either way hurting the interests of the organisation. Why? Communication is not complementary in these cases.

1st Rule of Communication

Through three transactional patterns Dr. Berne proposed three rules behind human interactions or communication. According to rule No. 1 Complementary Transactions may continue indefinitely.

2. Crossed Transactions

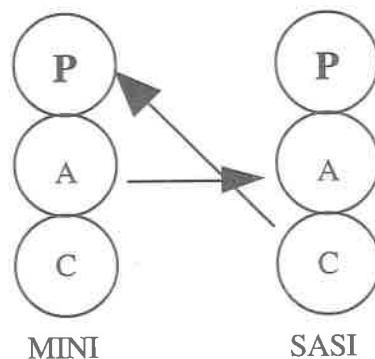
Excepting certain transactions from Critical Parent and Rebellious Child complementary transactions are generally smooth and promote good inter-personal relations. But, many a time social interactions are not so smooth. Transactions resulting in emotional issues are very common. One such transaction that usually creates problems in relationships is called 'Crossed Transaction'.

In Complementary Transactions responses are from expected Ego States, whereas in Crossed Transactions response is not from the Ego State to which stimulus is addressed. This response from an unexpected Ego state generally causes emotional issues. Based on the mental make up of persons engaged in Crossed Transactions, the result also varies.

In the communication between Mini and Sasi an example of crossed transaction can be seen:

Mini : "I will tell your Mom."

Sasi : (Showing anger) "You mind your own business."



Vectors are not parallel. Mini realised that Sasi was losing classes because of her lack of interest in taking medicines and hence she said that she would inform Sasi's mother, so that she will take care to see that Sasi takes the medicines. Since Mini's was an effort to solve the problem of Sasi's missing classes, her stimulus was from the Adult. But the response from Sasi shows that she misunderstood her friend and her retort was from the Rebellious Child. Sasi viewed the unnecessary intervention in her personal matters by Mini, was viewed by Sasi as unnecessary and hence she got angry. Transactions crossed. Sasi's response was not

from the expected Adult Ego State. She failed to note the positive aspect of Mini's comment. Sasi projected Mini as a Critical Parent. Mini felt annoyed.

Crossed Transactions show:

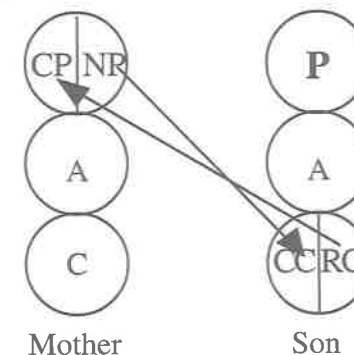
1. Response is not from the Ego State to which the stimulus was addressed to
2. The vectors are not parallel as in the case of complementary transactions and in many cases they cross each other.
3. Crossed transactions reduce the opportunity of transacting further
4. Only two Ego States are involved.

There are many conversations that end in "fights" after just one or two sentences having been exchanged and each always hold the other responsible for the situation. These accusations further alienate them. Inside the office or in other work places this conversation style causes a lot of interpersonal issues.

In the example above Sasi projected Mini as a Parent and reacted from her Child Ego State. Other examples are,

Mother: "Johnny, Why don't you go and study."

Johnny : "No."

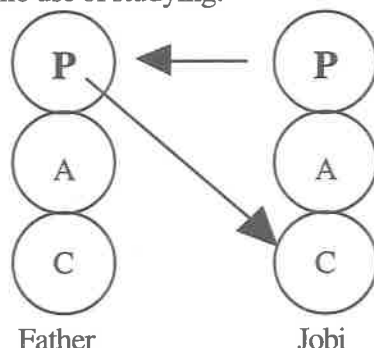


Mother's Nurturing Parent Ego State is concerned about his studies whereas the Rebellious Child is activated in her son. The result is a Crossed Transaction.

Father: "Joby, Don't waste time. Go and study."

Joby: "Why should I? Many are wandering jobless after studying."

Father's Nurturing Parent reminds the son not to waste time but to study, but the son's Critical Parent expresses the prejudice that there is no use of studying.

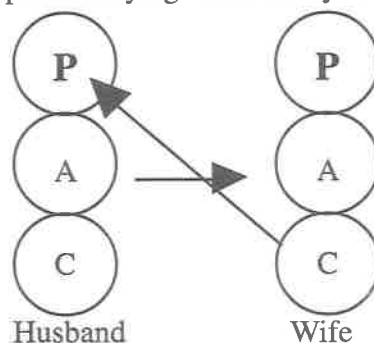


These are crossed transactions.

Crossed transactions can take place in various situations. However there are two common types. A husband in his hurry to go to office in the morning asked his wife;

"Is breakfast ready?"

The wife responded saying: "I have only two hands."



The husband enquires about the breakfast from his Adult Ego State. But, the wife took it as an accusation by the husband (Parent Ego State) for the delay and hence expresses her helplessness (from the Child Ego State). She perceives the person who is in the Adult Ego State as Parent and responds to him from her Child Ego state.

This situation could be because of the wife's life position; 'I am not OK., You are OK' (Chapter 4). Those who are in this life position compare themselves with others and project or magnify others like "Mountains" and feel inadequate or helpless in front of them. Because of their inferior thinking and lack of self-confidence, they tend to 'magnify' others.

One bank manager shared his experience. One day while he was in his office, two men entered his cabin. On opening the cabin door one gentleman, who was elegantly dressed started talking in a high pitch. He introduced himself as a retired bank manager and explained the purpose of his visit. He came to recommend for a loan for the man who was with him. Through out he spoke in English and the branch manager responded in vernacular. They were requested to come after a few days. The Branch manager felt 'moody' for the rest of the day, thereafter. The branch manager was musing in the evening about the episode and could understand the reason for his ill feelings. He considered himself to be fairly good in English and was sure that he could communicate well in that language. In spite of that on that particular day when the retired manager spoke in English, he could reply only in the vernacular. Hence, he felt bad.

After some days the two men came again. As soon as they entered the cabin, the branch manager started greeting them in English, saying that he had been waiting for them. They spoke for some time. But, this time the branch manager spoke in English and the 'guest' in vernacular.

The incident appears to be funny. But these types of transactions are common cross transactions. The recipient of the stimulus perceives the sender as Parent, unawarely, and so goes into his Child Ego State. Many youth while facing an 'interview Board' flutter and fumble for words or even forget many of the answers they knew well and in the end blame their bad luck. They slip into their Child ego state and project the interviewers as Parents and eventually miss great opportunities. This pattern can be changed.

In a second type of cross transactions, instead of magnifying the other person one magnifies oneself. For example, let us consider the gender issue. The men in many countries consider themselves superior to women. Religion and culture affirm it. Due to higher education and influence of modern culture some of the Indian women started fighting for equality. But the value system in the Parent Ego state of the male still contains the same recordings and it may cause a lot of strain in relationships between men and women.

A wife asks her husband: "What's happening on the India – Pak border?"

The husband replied: "Hey, You won't understand all that."

This discounting causes transactions to be crossed. There is a perception of superiority of oneself in the way in which superiors relate to their subordinates; teachers relate to students and leaders relate to their followers. Even among peers some people have the tendency to perceive the other as one step below, or themselves to be "smarter" and the transactions tend to become crossed. The emotional disturbances caused due to crossed transactions spoil relationships. "Crossed transactions are a frequent source of pain between people" (Muriel James 1971 p28).

This does not mean that those people who frequently have crossed transactions always enter into crossed transactions. The structure of personality reveals the possibilities of various crossed transactions. Our past experiences, prejudices, value systems etc. can cause crossed transactions. Transactional analysis points out the possibilities of the havoc crossed transactions play in human relations and the necessity to avoid such crossed transactions. It stresses on the foolishness of continuing crossed transacting patterns that is not helpful to self & others. Awareness will help us maintain good interpersonal relations through complementary transactions. This does not mean that crossed transactions should be avoided completely. Some times it is necessary, but with Adult awareness. We can use it to discontinue one pattern of dialogue and to invite the other person to come to his Adult Ego State as is usually done in counseling situations.

2nd Rule of communication

Crossed Transaction blocks further communication and results in ill feelings. But we have a way out. In order to resume transactions one or both partners should change their Ego State and respond. When we realise that we have entered into a crossed transaction there is a way to come out of it. We should relate from a different Ego State. Even if one person decides to do so, it is helpful. If both persons change their Ego States it is ideal. Let us take the example of Mini's & Sasi's conversation once again:

Mini : "I will tell your mom"

Sasi: (showing anger) "You mind your own business".

Mini : "You need not get worked up. What I meant is that I will remind your mother to give you some medicine or you will forget"

Sasi: "Sorry Mini"

The first part of the dialogue is a crossed transaction. It has resulted in emotional disturbances in both of them. Sasi expressed her displeasure. Mini didn't change her Ego State, but clarified her concern to Sasi. Her explanation made Sasi change her Rebellious Child Ego State to Adult Ego State accepting the factual situation. This helped them to continue the conversation. The awareness that one can relate from any of the three Ego States provides enough opportunity to maintain healthy transactions. This rule of communication is an "eye opener" for those who are easily ruffled by certain types of communications.

We have options to relate differently! We can remain related and happy with awareness!!

3. Ulterior transactions

The examples of transactions so far discussed shows that only two Ego States are engaged in a transaction at a time. So also, one message is exchanged. Both the communicators are aware of the social message that is being exchanged. Ulterior Transactions are different from this. Some of the special features are

1. Two messages are exchanged at a time. One message is at the social or overt level and another at the psychological or covert level
2. The persons exchanging the messages are not aware of the exchange of psychological messages, because it is conveyed unwarily i.e. without the involvement of the Adult Ego State.
3. Three or four Ego States are involved in one transaction.

This does not mean that the communication referred to has double meanings. Conscious usage of certain words with double

meanings is beyond the purview of ulterior transactions. Ulterior transactions take place without awareness and can spoil relations, sometimes.

The husband hurrying to go to office asks his wife: "Is food ready?"

Wife replies: "Cooking gas is over."

Hearing this reply the husband stands still for a few seconds! The transaction, has clearly communicated the meaning that food is not ready, yet he feels uneasy. If we follow him his subsequent behaviours it will be an interesting experience. While going to office he may meet some of his friends, but he will not be interested in greeting them. If one of them says, "Hello" he will ignore the greeting.. When he waits for the bus at the bus stop and the bus is late, he abuses the drivers, the Transport Corporation, the Minister in charge etc. etc. And finally when the bus arrives he gets into the bus, gives a ten-rupee note and asks the conductor for a two-rupee ticket. The conductor refuses to take the ten-rupee note as he has no change and he insists on being given change. The man says to himself, "I am not printing currencies at home" He is getting more and more disturbed. He reaches the office and settles down in his chair. The subordinate comes with a file saying,

"Sir, the message we sent yesterday was wrong in"

The 'Boss' explodes. The subordinate returns to his cabin thinking,

"Something has obviously gone wrong at home"

What really went wrong?

The study on communication reveals that words by themselves convey very little meaning. Sometimes a negligible 7% of the meaning is communicated to the receiver through words. 38% of meaning exchange takes place through tone of voice and the

remaining 55% through body language (Albert Mehrabian, 1971). The percentages may vary but that is what is observed during conversations.

We understand the meaning and depth of each word, as we perceive it, though there are specific meanings ascribed to words in the dictionaries. Apart from the differences in meaning in different regions and times it has a personal element too. Hence we cannot say with certainty that the other person has understood the meaning of what one has said, exactly as he intended to communicate it unless we check with him.

Significant changes in meaning are introduced to the spoken words through tone of voice. As I mentioned elsewhere 'No' has only a negative meaning. But by changing the tone of voice even the word 'No' can communicate the meaning 'yes'. Conscious changes introduced in conversation are beyond the purview of discussion here. Persons engaged in conversation are usually not aware of the role of tone of voice in conversation. Long before language was developed man used to communicate to each other through certain sounds, gestures, postures etc. This type of communication is still important because unawarely we use a lot of body language in communication. The need to be aware of the impact of body language is highlighted by ulterior transactions.

The definition of Ego State is very relevant in this context. An Ego state is a consistent pattern of thoughts and feelings manifested by a corresponding pattern of behaviour. Transactions are part of behaviour as it originates from certain thoughts and feelings. In the absence of activated Adult Ego State, the individual will not be aware of this. He will not be aware of the gestures, postures, and facial expressions, etc. that changes the meaning of the word itself.

Ulterior transactions contain two messages. One is at the social level and another is at the psychological level.

One of my colleagues expressed a lot of interest in learning T. A. I explained some of the concepts whenever we were free. Realising the significance of this theory in nourishing healthy relationships at home and office, he wanted to read some books on T.A. He said that he wanted to know more about TA and asked me to lend him a book.

The conversation went on like this:

Me: "The Books that I have are in English. The one I liked most in the beginning was "Born to Win" by Muriel James. Its language is simple and lucid. There is "T.A. revisited" by Taibi Kalher which according to me is tough. There is also the original book "T. A. in Psychotherapy" by Dr. Eric Berne himself.

Colleague: "The subject is very fascinating. I need T.A. revisited"

I gave him the book.

After a few days, he came to return the book.

Colleague: "I liked the book very much" (Smile)

Me: "Did you read it completely?"

Colleague: "Not once, but I read twice". (Smile)

His wife who accompanied him said that she too had read the book and that the book was excellent. That day was an unforgettable one for me. I was off mood. I did not know what had happened to me. Back at home I tried to rewind the day's episode to see what had made me moody. I went through each experience of the day. Finally I could trace the origin of the change in my mood. It was the conversation with my colleague.

Prima-facie the conversation was OK. But soon I realised that it was an Ulterior Transaction.

To my colleague who was interested to read TA books, I had suggested a book saying that was written in simple language. There was a suggestion from my part, that he read the simple book first and that the other book would be “tough” for him. Though my suggestions were well intended it was an ulterior message for my colleague as he was well educated. My estimation about the language of the book was based on my limited knowledge. The problem is not with the book. Without considering the language proficiency of my colleague I came to the conclusion that the book will be tough for him to comprehend.

When my colleague preferred ‘the tough book’, he did not give any negative indication. When he returned the book he said it was a good book. There was nothing strange about that too.

Then why was I annoyed?

While returning the book, there was a smile on his face. Was it of gratitude?

My Child Ego State did not perceive it as gratitude. I was provoked by his comment and read between the lines. I took his words to mean,

“The book is good. I have the ability to read and comprehend English. May be you don’t have that ability.” I felt belittled and hence I was disturbed.

The most important aspect of an Ulterior Transaction is that the Adult Ego State is not aware of it.

In colleges, some boys prefer to exchange notes with particular girls without any hidden agenda. Gradually with the

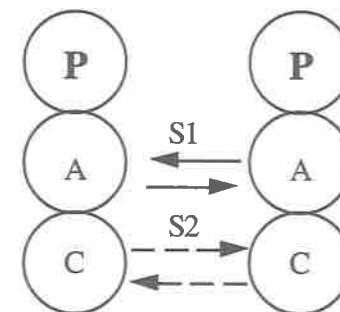
exchange of notes they fall in love. The transactions between them contain an ulterior psychological message

“I like you”

“I like you too”.

Even without actually saying the words their Child Ego State conveys the message. In such cases they do not consider their caste, creed, family acceptance etc. as a problem for loving one another. The Child Ego State can neither think of such consequences nor does it has the competencies for that. It is because of this that people say, “love is blind”. One thing is certain; the outcome of ulterior transactions is decided by the psychological messages perceived.

Another specific feature of such transactions is that three or four Ego States are involved in this.



- | | | |
|----|--------------------|-----------------------------|
| S1 | Asks for the notes | Social Level message |
| R1 | Gives the notes | |
| S2 | I like you | Psychological level message |
| R2 | Me too | |

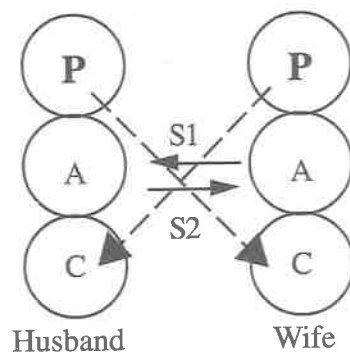
3rd Rule of communication.

As per the third rule of communication, the outcome of ulterior transactions is decided by the psychological message.

Awareness of the prevalence of ulterior transactions in our daily life will definitely help to improve inter personal relations. Ulterior transaction is the 'villain' who destroys the happiness of married life. It also sows seeds of disturbances in our official life. Whenever two people transact and they have an internal need to play "psychological games" they resort to ulterior transactions. Ulterior transaction is an important area in Transactional Analysis to be taken care of in the process of our transformation to 'Princehood'.

1. Duplex Transactions

There are two types of Ulterior Transactions of which one is called Duplex Ulterior Transactions. They are called duplex because two pairs of Ego states are involved. The examples so far mentioned are Duplex Ulterior Transactions.



"Is food ready?" "The cooking gas is over" *Social*

"You are irresponsible" "You do your duty first then blame me"

Psychological

2. Angular Ulterior Transactions

The second type of Ulterior Transactions is called Angular Ulterior Transactions. As the name indicates only three Ego States are involved in this. Here also two messages are there.

Good examples are the TV advertisements. In the advertisements about soaps, they engage beautiful film actresses or models. What do the models say?

"The secret of my beauty is Soap."

It hooks the Child Ego States of many, especially women to use such soaps. It is the secret behind successful sales. An oft used comment by the sales men / girls in textile shops is,

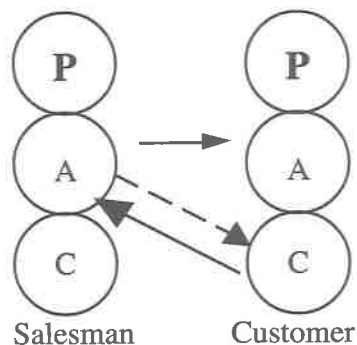
"This piece suits you, Ma'am very well."

That influences the Child Ego State. Sales people are very observant. They watch their customers closely and note their likes for colour, style or design etc. and when the customer is unable to take a decision, the sales person with his comment activates the Child Ego State.

A young woman goes to a textile shop to purchase a sari. She went on for a long time looking different types of saris. The salesman noticed some preferences the customer showed. Pointing at the rack the woman asked the salesman to show a particular saree. While taking out that sari, the sales man said,

"That stuff is good ma'am, but it is a little costly".

The woman finally asked the sales man to pack that particular sari. She went out paying the bill. While returning home she starts thinking whether the sari was really worth the cost? Gradually she feels bad and tells herself that she should not have gone for that costly sari. What made her opt for it?



Sales man: "This stuff is good, but it is a little costly" Customer : "I prefer that. Pack it." Social

Sales man: "You can't afford it?" Customer : "Don't underestimate me" Psychological

The ulterior message led to sales. But in this case there is some difference from Duplex Ulterior Transactions.

The sales man applies the trick with full awareness. The conversational style to "hook or elate" the Child Ego State of the customer is the secret of sales. But the customer is unaware of it. The customer's hurt Child Ego State (pride) wanted to "show" him that she was capable of buying the 'costly' sari. Such immature thinking and feelings of the Child Ego State led to the purchase of the sari buying. By the time the customer reaches home, she strongly regrets her decision to buy that particular "sari"

Angular Ulterior Transactions are used in sales extensively. Agents of insurance companies make use of this. People in the marketing field pay great attention to good packaging. Advertisement companies make use of this. Parents make use of this to motivate their children to perform.

Transactional Analysis Proper

Analysis of transactions has manifold advantages in personal life. Ever since T.A. became popular these concepts are used in organizations to improve interpersonal relations and communication. Wherever two or more people are working together awareness of transactions is useful. Transactional analysis is a generic term in the sense that it includes all the concepts along with analysis of transactions and hence this chapter is titled Transactional Analysis Proper.

So far we have been discussing about the three ways of transactions as suggested by Dr. Berne. Some T. A. practitioners have suggested some other types of transactions also.

Gallows Transactions

Many times I have heard people speaking about their misfortune or negative experiences with a smile, chuckle or laugh. Those who listen too respond with a smile or join the laugh.

"I am an unlucky fellow, always ending in spoiled relations (chuckles)"

The listener smiles.

I did not notice anything unusual about it until I read about 'Gallows Transactions' written by Claude Steiner. Gallows laugh is a smile or laugh, which accompanies a discounting statement about self or someone else. It helps to reinforce script decisions and thereby satisfy the Parent or Child ego state of the person. Gallows laugh has another intention of seeking the approval of others by involving them in Gallows Transaction. Gallows transaction takes place when someone else laughs along with the person who indulges in the gallows laugh. That is an encouragement for continuing the not okay behaviour. Hence in TA study groups members take it as

a responsibility to point out gallows laugh and keep away from gallows transactions. It will generate awareness in the individual against his tendency to reinforce script.

Bulls Eye Transaction

Stephen Karpman pointed out yet another type of transaction, which he called bulls eye transaction. (Options p.83) Bulls eye is the center point of the target. In this type of transaction the direct message is to the Adult ego state but it also reaches the Parent and Child ego states.

Supervisor: "I know you have some grievances against me as you cannot appreciate my unstructured patterns, but what prevents us from talking about it?"

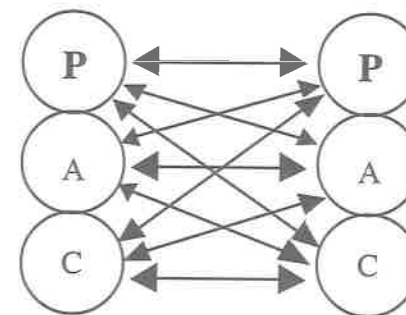
Subordinate: "I don't know exactly...but I think we can talk about it"

The stimulus, though intended to provoke the Adult ego state, brushes the Child ego state, which is unhappy, and Parent ego state, which is concerned about the unstructured patterns. It gives a mild jolt and activates his Adult. It helps in problem solving. It helps in reconnecting with the individual where relationship issues are there. In counselling this transaction is an excellent tool to create awareness.

There are a few more varieties of transactions and they are dealt with in this book elsewhere.

Relationship Diagram

When two people interact it is equivalent to six people interacting. Each person has three Ego States. He can send a stimuli from any one of these and he can receive a response from any one of these three. It means there are nine channels through which two persons can interact.



If we consider the functional divisions there are hundreds of channels for communication. In spite of all these we remain locked in certain channels of communication alone. As we have 'acquired' expertise in certain channels we slip into those channels though we might have started from somewhere else. Many couples say that they start conversing well but before long end up having bad feelings not knowing what went wrong. Problems in relating are, mainly, due to ignorance of the various channels available for relating with each other. Pathology of Ego States also influences transactions, as it restricts the available channels for communication.

USES...

1. Knowing the transactional pattern leads to better awareness of 'Self' and hence provides opportunity for personal growth. Drawing our own Ego gram gives a good picture of our transactional pattern. High Critical Parent and Rebellious Child lead to cross transactions. Compliant Child enables complementary transactional style, etc.
2. We can easily assess transactional patterns of others.
3. Knowing the transactional pattern helps to maintain warm interpersonal relationships. Family can become a cohesive group.

4. General communication ability will improve and it will tell up on the professional growth.
5. Understanding certain general patterns of transactions will help us to evaluate and improve our patterns also. Whenever transactional stimuli originate from Critical Parent the expectation of that person could be a response from the Compliant Child or from Nurturing Parent of the other. My Observation is that normally the Rebellious Child of the responding person gets hooked and response comes from that Ego state. Transactions are generally crossed or ulterior. Adolescent children used to have such a transactional pattern. Whenever children transact from their Rebellious Child Ego state parents get hooked and transact from their Critical Parent in their effort to discipline the children, in which they rarely become successful. The result could be emotional imbalances. If they can transact from their Nurturing Parent ego state they can create a bonding with the children and thereafter the children become more receptive. Or, if they can respond from their Adult ego state the same children will be more receptive. The same thing takes place in superior- subordinate relationships also. Whether it is an adolescent, an angry customer or subordinate or anybody for that matter in the Rebellious Child, Nurturing Parent ego state can create a bonding. Complementary transactions will follow. That is the secret of Conflict Management.
6. Awareness of Crossed transactions can be helpful to stop pastimes.
7. Awareness of crossed transactions can be helpful in counselling, to successfully confront the client as and when necessary.

8. It helps in creating a good organisational climate

Dr. Berne coined the term Transactional Analysis to his concepts and it shows the significance of analyzing transactions for better interpersonal relations and success in life. The awareness of various channels for transactions itself will go a long way in improving social life.

Awareness of our transacting patterns will provide umpteen opportunities to improve our communication styles. That will definitely tell upon our interpersonal relations. Analysing transactions helps in counselling and psychotherapy to reach into the “murky taverns” of human psyche.



Three-In-One

STROKES

“A kiss is fine. If not, a kick is essential”

Hunger for Stimulation

Phototropism and Hydrotropism are wonderful phenomenon found in the plants. Sunlight is so essential to plants that they cannot prepare food in the absence of it. Water is just as essential. These life sustaining essential items are to be obtained continuously for survival. The ‘creator’ has provided an inherent mechanism within the plants whereby the stem turns towards availability of sunlight and roots towards availability of water. This internal urge can be called ‘a hunger’. We know that we also have certain basic needs without which we cannot survive; like food, air and water. We too have certain urges or hungers propelling us to action for the satisfaction of those basic needs. The power of these hungers is so great that man will not desist even from eating the flesh of another man and drinking his blood in dire necessity.

If there is no hunger at all, we will not survive. From the time we are born we experience hungers, and the satisfaction of these hungers leads to growth and development, and growth and development results in further hungers, like sex, for ensuring continuity of the species on earth. Hungers are part of the living system and they remain as the major motivating force behind the behaviours of all living things.

Will the satisfaction of the basic needs like food, air and water ensure growth and development of man?

Is there a fourth need ? Historians point out that Adolph Hitler's 'solitary confinement' was one of the cruelest and inhuman treatments meted out to Jews. He shut them alone in small cubicles of prisons and provided some sort of a broth as food. If food, air and water could have ensured survival, those poor Jews would have survived. Instead, those prisoners lost their mental balance and killed themselves. Why?

In one of the beautiful books written by Dr. Muriel James, called "Born to Win" she describes the case of a little girl called Susan. She was twenty-two months old, weighed fifteen pounds and had a height of twenty-eight inches. But she could not stand up, move or speak. If somebody went near her, her eyes would well with tears. Her parents were not very interested in this difficult child of theirs. Finally she was admitted in a hospital. The doctor, after detailed investigations, realised that she had no organic disease. He had arranged for a "Borrowed Mother" for taking care of Susan, for about six hours every day, five days of the week. Within a couple of months Susan gained five pounds and two inches height. She could speak and crawl. The doctor diagnosed her state as "Maternal Deprivation Syndrome", ie. lack of care and attention from the mother. It seems that stimulation provides some sort of neural energy required for the nervous system to ensure survival and growth. Mothers touch has that magical power to provide that vital energy!

Food, air and water alone are not enough for human beings to survive, grow and develop. We have another basic need as significant or more than that of food and it is called "stimulation". For the past four or five decades various studies were done on this. Now it has been categorically established that the need for stimulation is unavoidable, and that man will not survive without stimulation. Dr. Berne wrote, in the absence of stimuli the spinal

cord itself will shrivel up. Some of the famous works in connection with the significance of stimulation are as follows.

Dr. Rene Spitz has done extensive research in this line and his findings provide lots of information to psychologists and behavioural scientists. He has demonstrated that sensory deprivation in the infant may result not only in psychic degeneration, but also organic deterioration. (Spitz R. "Hospitalisation, genesis of Psychiatric conditions in early Childhood" 1945, p. 53/74). His observation that stimuli deficiency will adversely affect the growth and development of the body and mind opened up a new realm in social psychology. The experiments conducted by Dr. Brown's also lead to this conclusion. Dr. Brown's studies revealed that the consequence of a stimulus, whether positive or negative is not very relevant. He had conducted experiments on rats. The experimental rats were provided with two paths to reach the place where food was kept. One path was through a grill, which gave mild shocks. The other one was easy, direct and without shocks. But it was observed that the rats preferred the path offering mild shocks.

In order to survive, a stimulus giving a negative feeling or experience is enough.

Dr. A D French observed that lack of stimulation would retard certain areas of the brain where stimuli are processed. Hence, proper functioning of the central nervous system itself depends on availability of stimuli. Dr. Hari Harlo and Margaratte Harlo (1962) carried out experiments on monkeys. In one experiment the mother fed some of the siblings, some other siblings were bottle-fed, and a third group were administered shocks while feeding. All the three groups of monkeys grew up. The first batch that was fed by the mother lived together in harmony. The second batch preferred to live alone. The third batch quarreled with each other and exhibited cruelty. Because,

The nature of stimulus influences behaviour.

Dr. R B Barnes (1963) observed that the skin can produce certain types of rays and these rays are exchanged during touch. The skin has a desire to be touched. Hugging is therefore, an enjoyable experience.

Food is a basic need and every young child displays a tendency to take anything and everything into mouth. The parents teach many things regarding eating habits. Stimulation is also a basic need and children display different behaviours for the satisfaction of this need. Lack of positive stimulation may lead to desire for negative stimulation. Many parents and teachers give or encourage undesirable behaviours by not giving positive stimulation adequately.

For the growth and development of a person and his ego states there should be continuous supply of stimulation. It ensures the healthy functioning of the nervous system including the brain. Stimulation is as essential from birth to death as is food and water.

We need the society for our own well being, because it is the source of strokes!

Stimulation is an experience and like any other experience it can be positive or negative experience. We like good food and we go for it but when nothing is available we may even consume stale food for survival. Similarly positive stimulation is good and we desire it but when it becomes scarce or not available we may unaware go for negative stimulation because for survival stimulation giving negative experience is enough. Whether negative or positive, the stimulant stimulates the nerves and hence it can be understood as a source of neural energy. If the reticular activating system of the brain stem is not sufficiently stimulated degenerative changes in the nerve cells may follow. (Dr. Berne 1973, p14)

TOUCH

If stimulation is so essential for growth and development of the person how does he get it inside the mother's womb? It seems that the circumstances inside the amniotic sac provide opportunity for growth and development of the baby. Artificial circumstances created for babies born prematurely also sustain growth. Sensory environment is vital for the child and nature induces changes in the mother to provide the necessary circumstance for the child. Oxytocin, Prolactin and such other chemicals generated within the body of the mother influences her behaviour to provide physical intimacy for the child. It was interesting to note that women with young infants showed very high percentage of Nurturing Parent Ego state when their Ego gramme was drawn using a questionnaire in the training sessions. The curious observation was that they did not have a corresponding high Natural Child ego state commensurate with the Nurturing Parent ego state indicating that it is temporary and induced by hormones.

Even in animals this behavioural change is visible. Our pet cats will not allow us to go near her when she is with her new born babies. After the baby-sitting she will repeat her pet behaviours. The social handling and physical intimacy provides stimuli for the baby to grow up. Skin is the organ through which stimulus is received and hence touch is the way to accept and convey stimulus. Touch activates the nerve receptors and it carries the message to the brain. Though all the five senses are capable of receiving stimulation, skin is set for it by birth.

Children need quite a lot of touch for growth and the parents intuitively know this. Even illiterate parents take quite a lot of time to massage the child using various types of oils. Grandmas sing melodious couplets suggesting that each organ is growing with the

massage. This does not mean that grown up children do not need touch. Human skin has the 'desire' to get touched even at a very old age. This desire seems to be an important factor in love making also. The studies by Dr. R B Barnes also support this. In many cultures people touch each other to express acceptance and to console.

STROKES

Stroke is, perhaps, the most popular word in Transactional Analysis like the names of the three Ego states. In TA the term strokes is not used in its popular etymological meaning. The mother sometimes keeps the child close to her and pats the child's back gently. Within a short time the child sleeps. The mother's pat induces a positive feeling in the child and the child sleeps peacefully. The patting causes production of some opiate like substances giving a soothing feeling. **Mother's touch, the stroke, is a magic therapy for the child.** Positive stimulations are good and ideal. But in the absence of it at least a negative is necessary to survive.

"A Kiss is fine, if not a Kick is essential"

Every individual has hunger for stimulation and one way of getting this hunger satisfied is by way of Touch. Irrespective of age people have the desire to get strokes by way of touch. But the society frowns on this method of stroke exchange when children grow up. The children develop a psychological personality, which also needs stimulation to survive, and grow. Along with the formation of psychic "Self" the need Recognition develops into a new hunger called RECOGNITION HUNGER. We need recognition for our healthy survival. This does not mean that touch stroking loses its significance.

Recognition

The coinage of the term Recognition in TA denotes much wider meaning than its etymological one. As a child grows, all the five senses become fully functional and he recognizes his existence as a separate person different from people around him. This psychological person has the desire or need to be accepted and recognized. Physical touch strokes become less frequent due to various reasons and its deficiency is made up with recognition strokes, which provide the necessary stimulation for survival and growth. Still irrespective of age hunger for stimulation by way of touch remains. When two persons come across they exchange a stroke by way of

A word

A look or

A smile

If this exchange of recognition does not take place it results in uneasiness. Some people even think that, the other person is arrogant. Man is a social being and hence mutual recognition is the basis of his continued co-existence. At each and every level of society there shall be exchange of strokes for healthy survival of the society. Recognition strokes are as important or even more than that of touch-strokes. The 'self' in me should be recognized and accepted and discounting or ignoring one individual is as cruel as psychological killing. Yes, like touch stroke recognition also can be positive or negative.

Strokes can be conveyed by verbal or non-verbal means

Nodding,

Smiling,

Staring etc. are stronger stimuli than words. Non-verbal means can be used to convey positive and negative strokes

“Raju, your singing was excellent”

“The letter you have drafted is good”

“You are careless in your job”

Transactions like the above comprising verbal communication are very common and can be positive or negative. We have seen that a transaction in TA includes a stimulus and a response. Every transactional unit is an exchange of strokes whether positive or negative.

Conditional and Unconditional Strokes

Strokes are generally classified as conditional and unconditional based on the purpose of giving the strokes. Conditional strokes are strokes given consequent to doing something or abstaining from doing something.

Father says to the son.

“I will buy you a bicycle if you come first in the class”

Husband to the wife,

“You look beautiful in this sari”

Mother to the son,

“If you do not get 75% marks, you will have to forgo your picnic”

Such positive or negative strokes are given based on a condition or on the outcome of an action. It has the impact of either stimulating a person to do more such acts or desist from doing certain act. Many organizations give appreciation letters for good work done or ‘warning,’ ‘censure’ or other punishments for

unacceptable performance or behaviour. These standard formats may not be as effective as the feed backs of the supervisor at the appropriate time.

Unconditional strokes are more powerful than conditional strokes as they are given for the individual’s ‘being’ (existence) itself.

The mother says to her son,

“I love you” There is no condition attached to expressing the stroke.

Unconditional comments such as “My son, you are everything to me”

Create vibrations deeper in the mind sometimes causing long lasting impressions. Unconditional negative strokes are like curses and they should not be given. It is bad for the giver as well as the receiver

“Hate you”

“Go to hell”

Unconditional negative strokes are the most powerful strokes. Parents should desist from giving unconditional negative strokes to children. It may remain as a “self fulfilling prophecy”. Desperate parents sometimes shout,

“Such an ass, How many times have I told you.....”

“Stupid, I told you several times

These emotionally charged words will be imbibed as the truth by the child though parents actually did not intend to imply that the child is an ass or stupid. The child’s mind will orient itself to commit mistakes and to prove that he is an ass or stupid” as predicted by the parents.

The intensity and quality of the strokes depends on the person who gives it, the circumstances in which it is given and the mental make up of the person who receives it at that moment. A well-delivered conditional stroke can create an excellent, lasting, influence on the person. I remember one such occasion in my life. It was in my primary school days. I had to deliver a speech in a children's forum of the parish. The duty was entrusted to me by a nun to whom I never had the courage to say "no". I had no one to turn to for help in public speaking. I got a small magazine and I memorised a couple of paragraphs about 'Mother Mary'. I delivered my first public speech in front of a hundred or more children. Though I missed a few lines I did complete my assignment. Another nun named Sr. Stella, who is no more now, chaired the meeting. I still remember vividly her Concluding session speech praising me all the time. I had a feeling of soaring upward in joy. Also, I felt like crying. Thereafter I never missed an opportunity to speak and could bag several laurels. When I look back, I realise that those positive strokes did unleash great desires and confidence in me, in public speaking.

The success or failure of many children's life is on the tip of the tongue of their teachers!

Strokes Vs. Behaviour

Cigarette packets contain the statutory warning that smoking is injurious to health but has could not deterred many people from smoking as the deleterious effects of smoking appear quite late. Had these results occurred immediately, no body would have dared to smoke. Consequences of an action should follow immediately. To establish desirable behaviours and to do away with undesirable ones strokes are the best means, because strokes reinforce behaviour.

Children need an abundant supply of strokes for their growth and survival and whenever stroke deficiency arise, children exhibit some behaviour to ensure a continued supply of strokes. The role of strokes in the formation of various behaviours is, therefore, very important. Information on stroke theory will help parents to develop desirable behaviours in children and to deal with undesirable patterns.

The hunger for strokes prompts children to display various behaviours. First they may try positive behaviours but when they realise that it does not yield the necessary results they try some mischief, which usually clicks, and then it turns out to be their pattern. Usually the strokes they get through mischievous behaviour are negative. This pattern is easier to follow and results are definite and hence children have the temptation to repeat the same..

I remember an incident that took place a few years ago. I went to see a colleague after a lapse of few years. She was interested to hear the news about some of our common friends and we sat talking for some time. During this time her four year old son came out to the visitors room, paid no attention to me and went up to his mother. She was so engrossed in talking that she did not notice the presence of her son. He waited for some time and realising that his mother had no time for him, went closer to her and told her something in her ear. She said,

"Dear, you go out and play".

He did not move out, but waited for some time and then repeated something more in her ear. The mother said again,

"I told you to go out and play I am busy".

He did not budge but waited for some more time. He was watching her. His face showed that some unpleasant thoughts were

going on in his mind. After a few seconds he moved even closer to his mother and forcibly turned her face towards him using both his hands and muttered something. The mother got annoyed and she raised her voice and said,

"I told you to go out and play".

Seeing his mother's expression the boy realised that it would be of no use to stand there, he took cautious steps to the door, turned back and stared at his mother. I apprehended that something would happen. The boy's face turned purple and he said in a low voice:

"Dog"

The mother was shocked at being called a dog in front of another person by her son and she shouted:

"Don't repeat it again"

But the boy raised his voice a little more and said:

"Dog"

The mother promptly reacted:

"If you say it again, I will show you" She was about to get up. Her son without any hesitation repeated.

"Dog" thrice and ran out.

My friend stood up blushing. It took some time for me to convince her that there was nothing serious about what had happened. She attributed the reason for her son's performance to the cinema that he had watched on a previous day. The poor boy was in need of positive strokes from his mother. He displayed decent behaviour in vain. Once he started being mischievous his mother got up to give him negative strokes.

Many times when children demand their mother's attention they do not get it mostly because the mother is engaged in something else. If he breaks a glass or if he hits the younger child his mother promptly appears to deliver the negative strokes to deter him from repeating such behaviours. Strokes reinforce behaviour. The purpose behind such behaviour is to get strokes. Parents while parenting their children may consider some of the following aspects

- 1) If children get sufficient positive strokes they may not need to search for negative strokes.
- 2) When there is deficiency of positive strokes children may exhibit unhealthy behaviour.
- 3) When parents give negative strokes for mischief, such behaviours begin to settle down into a pattern.
- 4) When such negative behaviours are observed do not give strokes.
- 5) When conditional negative stroke is warranted, parents can give it from their Adult Ego State. Children have a right to have an explanation as to why they were given negative strokes.

The relation between behaviour and strokes are not restricted to children alone. Every body has a hunger for strokes and the intention behind behaviour can be traced to the desire for strokes. Even aged parents need this. Aged parents behave like children. One reason could be their unsatisfied need for stimulation.

A patient listening which is an unconditional positive stroke is what they need more. Who has time for it?

On the work front, behind absenteeism, late coming and ego clashes etc. stroke needs play an important role. Proper exchange of strokes can create a healthy atmosphere for production. In

various training programmes like Team Building, Effective Communication, Interpersonal Relationship etc. the thrust area is exchange of proper strokes.

In the book titled 'One Minute Manager' written by Kenneth Blanchard and another, one minute appreciation and one minute scolding are referred to as the success formula for managers. It is their capacity to give conditional strokes that play a pivotal role in success.

We know that in the marketing field one major thrust area is the ability to influence people. Insurance Agents become successful not by their product knowledge alone but mostly by their ability to influence people. Information on the impact of strokes on various Ego states will help them in their assignment.

From the good old days the profession of teaching has been considered a noble profession. The position of a teacher is equated to God and parents in the sense that these are the forces behind the creation of man. The role they undertake in the formation of the citizens of tomorrow is very important. Schools are the matrix from where most of the children acquire life long behaviours. The theory of Stroke in Transactional Analysis is a handy tool for the teachers to influence their children. Such teachers who give positive strokes that help us to grow will remain in our minds for decades. Information on strokes will help teachers to relate well with children and cause changes in their negative behaviours.

'Totochan' is a book written in Japanese. It speaks about a teacher who used unconditional positive strokes to influence children and mould them. The system introduced by him was later rediscovered by one of his disciples who had benefitted immensely from it.. The influence of positive strokes on children is worth repeating.

Stroke is the best solace one can give to another. People who deal with emotionally disturbed individuals will find the stroke theory most helpful in relating with them. Those who are in helping professions will find strokes very useful. Whenever two persons interact, exchange of strokes takes place. If people knew about various types of strokes and their influence, human relations can be made enjoyable whether in the family, office, or in any social gathering.

Strokes play a crucial role in counselling. Dr. Berne speaks of strokes as nature's cure. Using strokes counsellors can give great relief to persons who are suffering from physical and mental agonies.

STROKING PATTERNS

How do we give strokes? What types of strokes do we give? What types of strokes do we get? We have a pattern of giving and taking strokes. Some people can give positive strokes and take positive strokes from others. For some, giving positive strokes is easy but prefers to receive negative strokes. Some give a lot of negative strokes to others and accept only positive strokes. For still others exchanges are all negative.

Why are there such differences?

Positive strokes are enjoyable and negative strokes are uncomfortable. Yet why do some prefer negative strokes?

The difference in this pattern is due to the difference in the mental make up of each person. This pattern is generally adopted from the family.

Husbands fail to appreciate the efforts taken by the wife in cooking food, arranging the house, baby sitting and so on as they perceive it as the duty of the wife. If something goes wrong in the cooking, or if something is misplaced, they nit pick. Many of the

parents do love their children but do not realise that they do not adequately exhibit the same. The children growing up in such a family may adopt the same strategy in the matter of exchanging strokes. Family life provides the model for children to adopt and implement in their lives.

EGO STATES vs STROKES

Ego grame is indicative of the type of strokes one may or may give not give. If a person is having Nurturing Parent level high, he is likely to doll out positive strokes. If Critical Parent is high that individual will be specialized in giving more negative strokes whereas receiving could be both positive and negative.

A person with a dominant Adult Ego state could be appropriate in giving and taking strokes. Natural Child is predominantly selfish but still they exchange intimacy, though they are more concerned with receiving than giving. Adapted Child with dominant Rebellious Child behaviour passes on more negative strokes and receives more negative strokes. Compliant Child gives and takes both the strokes depending on their adaptation

TRANSACTIONS

Transaction comprises a stimulus and a response and hence it is an exchange of strokes. While most of complementary transactions are exchange of positive strokes and hence it can be continued for a long time, crossed transactions generate ill feelings and hence are exchange of negative strokes. Ulterior transactions may start with exchange of positive strokes but will end up in exchange of negative strokes. Awareness of strokes will influence our transactional pattern itself and offers options to improve it.

STROKES AND SCRIPTS

Transactional Analysis theory rests on the central theme that man himself decides his destiny (Script) at a very young age and

that he follows behavioural patterns to reach the climax of the script. Strokes are the means to reach to the climax of the script. Script influences the stroking pattern itself. Positive strokes provide positive experiences to both the giver and taker whereas negative strokes enable only uncomfortable experiences to both. Even though giving negative strokes results in negative feelings in the giver, there are people who offer only negatives due to the influence of script decisions.

This is a humorous story read somewhere. There were two neighbours. One was a rich man and the other was very poor. The poor man wished to get a break from his poverty somehow. Finally he decided to go to the mountain to pray to God for a boon. The rich man heard about this and he lost his peace of mind on imagining his neighbour becoming rich like him. He also decided to go the mountain to pray to the lord who gives boon.

The rich man managed to find a seat very near to the neighbour so that he can overhear what his neighbour asks for. Both of them continued vigorous 'Thapas' to please the deity. The Deity never discards the prayers and finally he appeared before them and asked what he can do for them. Both of them asked for boon. The deity who knew their mind said that both of them would be given one boon each with a condition that the second person will get double of what the first asks for. The neighbours were in a dilemma. They were not happy of the other person getting double of what one gets. The Deity was in a hurry and urged them to ask for the boon immediately. No one could open the mouth. In the last moment the rich neighbour asked:

"Me Lord, let my one eye burst out!"

Even if he will lose one eye, he is happy that his neighbour will lose both. In spite of the fact that negative strokes if given to others

it will result in discomfort for the giver, many prefers to give negative strokes to others than giving positive strokes and feel happy about it.

Strokes 'boomerang'. Positive Stroke is an elixir for good health and long life.

But because of the influence of script we do not make use of it.

STROKE FILTERING

Filters help to retain only certain type of particles while rejecting the others. In the case of patterns of receiving strokes also some people show the filtering tendency.

After attending TA classes 'a husband' reached home making new decisions to lead a happy married life. After dinner he said:

"Today's dishes have been prepared excellently."

The wife whispered to herself:

"It means he has some other motives today"

Manager to the subordinate:

"Your draft letters are very good"

The subordinate muttered:

"If you want me to do more work, just say it without soaping me"

The person who was offered conditional positive stroke tries to read between the lines and picks up something negative that is suited to his mental frame. This is filtering. A person who is convinced that he is no good or believe that he will never do anything right will find it difficult to receive praise. People who have the basic life position "not OK" will yearn for negative strokes to maintain the basic life position and will reject strokes that do not suit it,

I have heard in TA training classes dialogues of the following types:

"Sir, today's class was wonderful"

Trainer:

"A session on strokes will be wonderful, whoever takes the class"

Instead of accepting the recognition, credit is transferred to the quality of the subject. We must learn to accept positive strokes.

There are people who filter negative strokes for taking positives as they consider themselves one step higher than others.

"Sir, today's class was not that good"

Trainer:

"The participants were not educated enough to understand strokes. What can I do?"

The blame for failure of the session is cast on the participants as the person cannot accept negative strokes that do not suit his pseudo position of "I am OK, You are not OK"

In order to maintain and advance the script, strokes are filtered. Awareness of this behaviour is necessary for behavioural change.

SELF STROKING

So far we have been discussing about strokes communicated by one person to another. Since strokes are stimuli, one can give it by himself also. Such stimulus is called 'Self Stroking'

One must learn to love oneself and recognise one's own capacities. This self-acceptance is a precondition for mutual acceptance. In TA classes a trainer used to ask the participants to jot down five positives and five negative qualities. Many people find it easy to write down their negative qualities but they find it difficult to get five positive qualities about themselves. In one such

session one girl continued writing even when others had started reading out their list. When she was asked why she continued to write when others had stopped, she said

“When others started reading their negative qualities I felt that I have that negative qualities too”

Such a long list of negative qualities can come only from a mind that cannot love itself. When we start recognising our strengths and stroke them, success in life will become an achievable reality. If not, success will elude us. Those who recognise the greatness of creation and believe in God, receive very powerful strokes through their faith and they can remain alone for long periods as they experience presence of God, the source of all energy.

Those who have the basic Life Position “I am not OK” tend to give self-strokes, but these are mostly negative strokes. They are aware of their shortcomings and are expert at stroking for these negative qualities. They do not bother to look for their own strengths. Those who would like to rewrite their destiny must learn to look into themselves and recognise their strengths and feel proud of it them.

PLASTIC STROKES

There are people who are very lavish in doling out conditional positive strokes and they go on giving strokes like;

“Excellent”

“Marvelous”

“Beautiful”

“Wonderful”

“Fantastic”, and so on. Many such words from the dictionary are used sometimes out of place without even bothering about its relevance or significance. We must be careful while stroking. It has

to be sincere and heart felt because only such strokes will evoke a positive response in the minds of the receivers. Sometimes plastic strokes may misfire and will result in unhealthy consequences. Manipulative stroking methods are quite common and one has to be careful about them.

COUNTERFEIT STROKES

Two friends met and in the course of their conversation started talking about the new saree one of them was wearing.

“Raji, your sari looks so fine! I like this colour very much. The stuff is very fine and its design is fantastic! But the boarder of the sari spoiled all the beauty.”

There was a flow of positive strokes. But, all the good sentiments that it evoked were withdrawn with that single last negative stroke. Such people do not observe economy in giving strokes but at the same time they also give powerful negative strokes thus completely negating the effect of the positive strokes they have given.

A husband started giving strokes to his wife:

“Today’s lunch was well prepared, and there was a good combination of taste. I enjoyed it very well. But when it comes to adding salt into the dishes none of your family is good in that.”.

This loving husband is not be aware of his stroking style. Whole hearted appreciation for another is not possible for his dominant Critical Parent. This pattern creates ill will in employee-employer relationships, and it casts shadows in social relationships. We will not be able to motivate people with this style of stroking. In the groups where TA is being taught such styles are ‘caught red-handed’ and correct feedback is given. This is the way awareness can be created in an individual, who has this pattern of giving counterfeit strokes.

STROKE ECONOMY

Dr. Claude Steiner has made a lot of contributions to the development of Transactional Analysis Theory. One of his contributions was in the area of strokes and his theory is a great help for parents who take parenting as a serious responsibility.

Parents have an abundant source of strokes and never will there be dearth of it. Even then parents are not that lavish in giving strokes to the children. They create artificial scarcity and through this short supply teach children certain norms regarding giving and taking strokes

‘Children are born as Princes or Princesses, but parents turn them into Frogs’ (Dr. Berne).

It is through stroke economy that the parents perform the process of transforming the prince and princess into a frog. This is not deliberate but is the result of unhealthy parenting. Parents who remain as frogs cannot raise princes and princesses.

Therefore transformation of a “Frog into a prince or a princess”, or rewriting one’s destiny requires breaking the stroke economy that is being practiced now.

Stroke Economy results in the creation of a population of stroke hungry people who are engaged in spending their time for the procurement of negative strokes. According to Steiner breaking this basic training will lead to autonomy or freedom of the individual to lead a peaceful life.

Withdrawal of stimulation is far more effective in manipulating behaviour than brutality or punishment. Script injunctions are forced in young persons through manipulation of strokes rather than through physical punishment.

Dr. Steiner explained the theory using a simple analogy. Let us suppose that small children are fitted with masks over their faces through which they can take oxygen for their survival. In the very early ages the valve of the mask is kept open and hence without any difficulty children take oxygen and grow. Later when children start showing various undesirable behaviours the valve is kept closed and parents allow breathing only if children perform behaviours as desired by them. If this is the case, children will be forced to behave in the manner as desired by the parents. Strokes are so essential for living, and if those strokes are given only when desired behaviours are shown, then children will have no option but to adapt accordingly. As grown up individuals they are empowered to remove the imaginary mask, but, many prefer to lead restricted lives because of the powerful impact of the sanctions imposed on them by parents in their childhood.

The analogy may look silly but it suits the behaviours of some people and their style of giving and taking strokes. By giving negative strokes one gets back only negative experiences but still some people go on giving negatives. By giving positive strokes one gets back positive experiences yet there are people who are reluctant to give positive strokes to others. Many people live stroke deficit lives. Extreme examples of such people are addicts like alcoholics. Because of stroke scarcity, they spend more of their waking time in search of strokes.

“In stroke economy, just as elsewhere the rich get richer and the poor get poorer while the majority has to struggle daily to make both ends meet” (Claude Steiner) There are five parent imposed prohibitions against free give and take of strokes, and they are:

1. “Don’t Give Strokes when you have them to give”
2. “Don’t Accept Strokes when you want them”

3. "Don't Ask for Strokes when you need them"
4. "Don't Reject Strokes when you don't want them"
5. "Don't give yourself strokes"

1. "Don't Give Strokes" when you have them to give

Strokes can be given as and when the child needs it but the tendency to economise on strokes parents exhibit artificial shortage. Some parents believe that too much of love and care will spoil the child and hence they create artificial scarcity. Some other parents are convinced that a lone child should be dealt with sternly. Parents own experiences in their childhood also can be the reason for adopting this rule. Modelling by the parents has a strong influence in the formation of stroke patterns in the children. One important aspect is that parents with unhealthy scripts adopt such strategies to create 'frogs'

In social life or professional life these rules make a person ineffective and unacceptable. The rule, "Don't give strokes" makes a person very rigid and unhappy. When we give positive strokes to others it makes us happy too. When others watch our stroke-giving pattern, they may reciprocate in the same way. Otherwise, "One will have to reap what one sows"

Let us make a habit to give positive strokes consciously to at least ten people every day and thus break this rule. Our life will change with immediate effect. Even if you do not read further chapters of this book, you will be benefited.

2. "Don't accept strokes" when we want them.

Sajan sings very well. A friend of his appreciated him saying, "Sajan I feel jealous. I cannot sing like you. It was wonderful hearing you."

Sajan : "There is nothing to appreciate. It's all in the family, not that I have taken pains to develop it"

It appears, *prima facie*, that Sajan's humility makes him talk like that. But he is a person who on the one hand craves strokes but on the other is unable to accept positive strokes because of his script decisions. Had the comment been a negative one, he would have easily accepted it and accused himself for his failure to sing well.

Even though a person is in need of strokes he refuses it when offered. This behaviour is necessary to fulfill his negative script decisions or to advance towards the destiny decided by him at an early age. Stroke filtering that we have seen before is part of this rule. We need to check whether we have imbibed this rule and we are turning away our chances to lead a happy life. **Positive strokes are life saving, we need them.**

3. "Do not ask for strokes" when you need them.

Whenever a question is asked to a group of people whether it is desirable to ask for strokes, the answer from ninety percent of them is that, it is not. Due to the influence of culture or religion people may consider that it is not good to ask for strokes and that the strokes one gets after asking for them is lesser in grade or quality.

If strokes are unavoidable for one's growth and survival, why not ask for it if it is not available otherwise?

Mrs. Leena has made wonderful preparations for lunch on her husband's birthday. Her husband ate heartily and left the dining table without a single comment. Mrs. Leena felt very bad. She expected some recognition from her husband for what she had done for him. The husband was aware that she had done a good

job on that day and the preparations were excellent, but he was following the first rule of stroke economy. The wife was in need of strokes. If her husband has problem in giving strokes why should she suffer for it?

She could have asked:

“How did you like my cooking today?”

It would have resulted in a stroke. When the need is that of the wife and the husband is suffering from a mental handicap what prevents her from meeting her need? She was implementing the third rule of stroke economy; do not ask for strokes!

As per TA theory the stimulus one gets by asking for it and the stimulus one gets without asking for it are equally good. When we are hungry we ask for food and it does not affect the taste of the food so obtained. It is as simple as that. We can ask for strokes when we need them.

Through many of our behaviours we are unawarely asking for strokes. Then why don't we consciously ask for it? It will help the person who unknowingly follows the first rule to come out and give strokes and get the benefit also.

4. **“Don't Reject Strokes” when you don't want them.**

There are people who find it difficult to say “No” when a stroke is offered. While satisfying our basic needs we have to take care not to over do things. Water is a basic necessity but it can be consumed only to the ‘satisfaction’ level and anything less than or more than will not be good for health. Similarly a stroke is also a basic need, which has to be accepted to the satisfaction level and one must be able to reject it if he does not need it. But those who have negative scripts are prone to accept negatives beyond their survival needs.

Every stroke that we get need not be genuine; need not be of any value for us. The impact of a stroke depends on the receiver. There are people who jump for negative strokes from others and develop further unhealthy behaviours. We should be selective in the case of negative strokes as it leads to script reinforcement.

5. **Don't Give yourself Strokes.**

This is very dangerous and unhealthy for the individual. TA upholds the dignity of creation and each individual must feel happy about himself. One must be able to appreciate oneself.

If we observe children we can see how proud they are when their actions are appreciated or recognized by others and it tempts them to repeat the fete again and again. It helps them to become self-confident. The rule against self-stroking is therefore very unhealthy for the individual. We can create a reservoir of positive strokes or a stroke bank from which we can draw strokes in times of need. We must identify our strengths and appreciate them. Every individual has his own strengths. Develop the ability to love one self before loving others. If self-stroking is done realistically, it will open up a new life of high self-esteem and self-acceptance.

There are people who accept this rule selectively, in the sense that they stroke themselves only for their shortcomings. A small emotional injury can be built up into an unbearable experience by adding on negative feelings. Such people undercut their successes and toils and give grandiose dimensions to their failures.

A person interested in rewriting his destiny should look into the stroke economy rules he is following. Breaking those rules which block the free exchange of strokes is a strong step towards the creation of a new destiny. Strokes supply the currency for

implementing individual scripts. Stroke Economy rules prevent the free flow of mental energy and block achievement of autonomy.

Positive Strokes are the key with which we can initiate the process of transformation of the “Frog” into the “Prince or Princess”.

Strokes Vs. Social Needs.

A stroke is the link that connects you and me. It is the unseen thread that connects humanity. Wherever this thread becomes thinner or breaks, the relationships will become strained and social life will be affected. There will be emotional issues and heartburn. When a husband and wife draw apart mentally, when parents and children distance mentally, when relatives take stands against each other, the villain is within, namely the incorrect patterns of stroking. Strokes are the foundation on which a marriage stands. Two persons from two different backgrounds come together and live together in marriage and they relate through strokes. The strokes that we receive by touch in the beginning energise the nervous system. It gradually transforms into recognition but the importance of touch remains throughout. ‘Sex’ is one opportunity for abundant exchange of touch strokes. Dr. Berne emphasises the significance of this aspect in his book ‘Sex in Human Loving’. Sex should not be degraded as an animal instinct to be satisfied. Instead it should be based on mutual acceptance and recognition. It is an opportunity to exchange conditional as well as unconditional positive strokes which enables physical and mental well being.

When we live with our parents we must be able to find out opportunities to appreciate them and our love for them should not be locked up in the mind but should be communicated. Where we have developed an eye to find out the faults and inadequacies of

others, we should decide as a part of our ‘Destiny rewriting process’ that we will develop an eye to see the goodness in others, and a tongue to communicate it effectively.

When we recognize that our spouses or parents are suffering from the inability to give positive strokes we must develop an attitude to understand their difficulty and cultivate the habit of asking for positive strokes. Because, it is our need!

When children crave strokes and are not getting them they cultivate mischievous or rebellious behaviours and reinforce them and thus become a burden to the society later. Their need for unconditional positive strokes should be met consciously and if we have difficulties in exchanging unconditional positive strokes we need to take remedial measures or we may be transforming the Prince and Princess into ‘Frogs’. Conditional strokes are an excellent tool to shape children’s behaviours and to develop their abilities. We must be aware that it is our inappropriate stroking pattern that transform children like ‘Bonsai plants’ and, also, that children may react rebelliously during adolescence which we may find difficult to cope with. Parents take earnest efforts to bring up children in accordance with their frame of mind. Children must recognize the absolute love of their parents and should be able to give them enough positive strokes. Parents spend the best years of their lives in bringing up their children and in their twilight years they remain yearning for strokes. Children must be able to spend more time with them, Listen to them, and encompass them in the gentle embrace of love.

These are the unconditional positive strokes parents’ need, which can not be substituted with money. Those who can afford to find time to go to old age homes and spending some time with the inmates will be contributing greater to the happiness of the inmates than merely give alms.

In many industrial, commercial and social organizations communication problems lead to strikes and destructive activities on the part of employees. One of the major reasons behind this unrest is inept exchange of strokes. Creating awareness about this vital aspect among supervisors, managers and employees will be helpful in maintaining good interpersonal relations.

3. TIME STRUCTURING

Visualise a person getting into a reserved compartment of a long distance train with a confirmed ticket in his hand. He checks his seat and berth. This is a window seat and after arranging his luggage he sits and waits for the ticket examiner. The ticket examiner verifies his ticket and gives it back to him. He has about 24 hours to reach his destination.

He looks through the window and happily enjoys the scenery outside. After sometime he gets bored of looking through the window and then he remembers the book he brought with him and starts reading the book. After reading a few chapters he lies down for a cat nap. Then suddenly he wakes up hearing the voices of a steward, who passes by shouting "Tea...coffee..." He takes a cup of tea and looks around. He notices a middle aged man sitting beside him.

With a smile he starts a conversation with the words, "I am going to Poona"

"We are also going to Poona"

"When will we reach Poona?"

"Tomorrow by 4 p.m."

"Damn it. Our trains do not have enough speed. You must experience the speed of trains in the US"

For almost half an hour the conversation goes on. From States to Russia, back to Clinton, Bin Laden so on and so forth. He is getting bored. As the train slows at a station he looks out to identify the station "Oh It is Palghat" It reminds him of his previous trip, where he had the company of a family with a lot of luggage and their frequent 'eating sessions'. With a lingering smile on his lips he remained looking out through the window. Another bout of sleep slowly engulfs him.

How did he spend his time? Some time in thoughts, some time in sight seeing, some time reading, some time talking, and then sleeping. Why didn't he spend his time in any one activity alone? The common answer is 'boredom'. Engaging only in one activity for a long time, in spite of the type of activity, makes one 'bored'. What does this mean?

We need variety in strokes.

HUNGER FOR TIME STRUCTURING

For the growth and development of ego states, we need a "continuous supply of varied stimulations". Any one type of stimulus for a long time results in boredom. This is what happened to the train traveler. We have an urge for varied stimulations. Even in the case of eating your favourite food you feel you have had 'enough' after taking some. The same feeling is applicable to all other senses also.

We have a hunger to structure our waking time in accordance with our need for different types of strokes. If we observe children playing we may note that some of them find it difficult to carry on with the same activity for long. Some times they make a quick run to the mother, move around her for a few seconds and then run out to play again. There is an internal pull to engage in different types

of activities to collect varied types of strokes because they are needed for the Ego states to survive and grow. In accordance with individual stroke needs of each person, he will spend his waking hours differently. Dr. Berne says that our hunger to structure our waking hours is met in six ways.

A) Withdrawal

One method of structuring our time is by withdrawal, whereby we would like to remain alone without interacting with others. We 'enjoy' remaining in a world of our own. The passenger, who was looking through the train window and enjoying the scenes passing by, was withdrawn into his own thoughts.

How long one prefers to be alone, or keep away from others depends on each individual. The stroke one gets from withdrawal is by self-strokes and usually they are mild ones. But every individual has this need to remain alone for some time. We do not allow interruptions or infiltration into our private domain at this time. Withdrawals can be good or bad based on the outcome and type of stroke one gets. Some people use these moments of withdrawal to brood over their unhappiness. Some people during withdrawal engage in prayer or meditation and gather positive strokes, for both their physical and mental well being. Generally strokes from withdrawal alone are inadequate.

This personal time is very useful to revitalise our senses and sharpen the brainpower. This solitude can be used as a great resource for pleasure as William Wordsworth shared in his poems.

But persons with negative scripts make use of this time to intensify their negative feelings as in the case of depressed persons. Withdrawals can be in all the three ego states. In the Parent ego state, one may spend time in prayer or in antagonistic thoughts. In

the Adult, withdrawal can be meditation. In the Child ego state withdrawal is for pleasurable thoughts or depressive feelings.

b) Rituals

It is another method of spending the waking hours. Rituals are social repetitive activities. Some get together for religious or social activities we continue as a tradition. This is an example of rituals. Society has planned such activities to satiate its need for structuring time. Mostly it is the Parent ego state that is involved in such rituals. Child ego state is not much interested in rituals. Some people who do not like social gatherings may find this mode of time structuring more 'risky' than withdrawing. However Parent ego state and Child ego state get strokes from rituals.

Compared to strokes from withdrawals, strokes from rituals can be more powerful for many.

c) Pastime

People flock together in clubs, social organizations, beaches etc. to "spend some time". They sit and talk a lot, without bothering about the outcome. Some people 'spend time' by playing cards (for fun) and such other games.

After the rituals the traveller in the train entered into aimless dialogue. This is pastime. It entails a lot of stroke exchanges that are more serious than in rituals. Pastime can be from any ego state. When pastime is from Parent ego state it may center on values, opinions or prejudices of the Parent ego state. Child ego state may engage in games, joking, singing etc. Adult may be engaged in discussions on stock exchanges, new model vehicles and so on.

d) Activities

Engaging in some activity for gain or for monetary consideration can be one way of our structuring time. Whatever job we are in,

whether as Manager, subordinate etc, when we perform it for salary or another gain, it is an activity. Pay off or a return is important in this type of time structuring. Practicing games is activity for professional players of games like football, hockey, etc. A critic who reads a book for commenting about it is engaged in an activity, whereas when he reads a book for enjoyment it is only a pastime or withdrawal. All the three Ego states can be involved in activities but it is the Adult Ego state that is primarily functional.

Employee reports to work at 8'O Clock in the morning and leaves office or factory at 4 PM need not be engaged in activity alone. During these duty hours he can engage in withdrawal, rituals, pastimes etc. There was a study conducted in some of the local factories which showed that the actual time spent on activity (production) by on average, during the 8 hours duty, was only half of the time. For the rest of the duty hours time was spent in other time structuring methods. If a similar study is meticulously conducted in other offices, the result would not be much different. In some of the government offices, the activity time could be found to be still lower.

The reason for this situation cannot be attributed to the labour force alone. The activity or job has to be so structured that it should generate strokes. If not, people will have the urge to resort to some other method of time structuring to satiate their stroke needs. Salary, allowances or perks alone will not be enough to generate enthusiasm in the job.

e) Games

TA states that we write our life script (Destiny) by the age of six and we live the rest of our lives in accordance with the script objectives and plan. People with unhealthy scripts need a lot of

negative stoke to complete the script plan. From childhood itself one masters some behaviours to reach script climax. Some of us spend part of our waking hours to secure negative strokes through a behaviour pattern called Games.

Psychological Games are played by two or more people. Child ego state has the acumen to trace partners for the game within seconds. Games can be explained as a set of ulterior – complementary transactions with a predictable outcome. Dr. Berne had given a formula for games and stated that behaviours that suit the formula alone are to be considered as Games. We will discuss Games in detail later.

Though persons who engage in Games collect negative feelings, they have an irresistible urge to engage in games. 'Court room' is a familiar Game. There is a judge, an accused and the accuser. Depending on the availability of people there can be roles like advocates and witnesses. One such example is the 'in-laws fight'. The mother-in-law and wife develop differences and eventually enmity towards each other. Their disputes are promptly presented before the son/ husband. Both the parties want to have 'justice' done. In whose favour will the 'judge' pronounce 'judgment'? In favour of the mother who carried the son in her womb for ten months or the wife who claims to be the better half?

Both the accused and accuser expect a decision in their favour, which will not be acceptable to the other. What is the result? The 'judge' will always be at the receiving end of emotional onslaughts thus cutting short his life span drastically. None of the participants knows that this is a behaviour pattern for collecting negative feelings and unknowingly they are advancing towards the climax of their script. Games are an important aspect of loser scripts.

f) Intimacy

Intimacy has slightly different connotation than what is meant etymologically. It is a game free relationship. There is no ulterior agenda behind intimacy. It is supposed to be the best form of strokes. Real feelings are exchanged and there are no strings attached to such expressions of genuine feelings. Those who learn TA look at intimacy as a relation of a Natural Child. It is a child level relationship with awareness of the Adult ego state also. Dr. Berne defined intimacy as, "...spontaneous, game free candidness of an aware person, the liberation of the eidetically perceptive, uncorrupted Child in its entire naivete living in the here and now." (Dr. Berne, 1973 p.180) He further states that eidetic perception evokes affection and candidness and mobilises positive feelings.

Strokes through Intimacy are the most desirable ones. But for some persons strokes thus obtained may result in emotional disturbances and then intimacy becomes scary for them. Because of the painful experiences he gets when he tries for intimacy, he turns to Games which give a 'pseudo intimacy'. Even though games lead to unhealthy strokes, game playing continues.

Time structuring by way of Intimacy is rare. We must be able to increase the time we spend in Intimacy. A sharing by one of the TA study group participant is worth mentioning here:

"Mine was a love marriage. Almost twenty-five years we have lived together. We have a son and a daughter. In spite of all these backgrounds, I could not relate with my wife in Intimacy."

It is not an isolated case. This is the curse of married life for some. Many people regard married life as an "adjustment". There are people who consider this as a physiological necessity. The adjustments that are inconsistent to the Child ego state needs cannot

be continued for long. Intimacy has to be developed in married life and the reasons that stand in the way of intimacy should be found out and rectified to make married life happier and enjoyable.

PIE DIAGRAM

The concept of Time structuring in TA is based on the need for supply of varied strokes for existence and growth. We have a hunger for this. The satisfaction level of hunger varies in individuals based on his need for it. We structure our waking time in six ways. Individual differences in time structuring can be shown by way of a Pie diagram. A Pie diagram is made by dividing the three hundred and sixty degrees of a circle in accordance with the amount of time one spends in each method. In order to divide it conveniently, the waking hours is taken as eighteen hours after deducting 6 hours for sleep from the total of 24 hours a day. Each hour, therefore, corresponds to 20° when we divide 360 degrees by 18. Appropriate the 18 hours as one person utilises it in a normal day. Draw arches taking 20° for each hour.

We get a picture of a circle with six arcs each suggesting the time one spent in one method of time structuring.

This is an excellent tool for time management for people in every walk of life including students and this can be used as a tool in counseling. It is useful in personality development/ personal growth training as it gives awareness to the individual as to what is his behaviour pattern at a given time and how he spends his waking hours and what are the areas where he needs to change. A change in the arc will result in corresponding changes elsewhere.

Time structuring pattern suits to our self-written destiny (script) and we need to break this for our journey to success.



Three-In-One

IAM OK, YOU ARE OK.

(LIFE POSITIONS)

“Every human *child* is born as a Prince or Princess, but parents turn them into Frogs”

Two buckets went to fetch water from a well during a draught season and the well had not enough water. The buckets tried their best to get filled yet they could fill only to half their capacity. While coming up one bucket could not resist crying. Seeing the bucket's unhappiness, someone standing beside the well asked the bucket,

“Why are you so sad?”

The bucket replied; “I tried my best to fill myself up but I am half empty. What can I do with this?”

While the first bucket was talking, the second one came up humming to itself. Once again the by-stander asked;

“Why are you so happy?”

The bucket replied; “I tried my best to fill myself up, and I could get half filled. I can satiate the thirst of at least a few on this dry and hot sunny day.”

Both the buckets were in a similar situation and got the same result for their efforts. One preferred to lament on its shortcoming while the second one found something positive in the situation and was happy.

We may call this attitude, an attitude towards life. Why do some of us develop an unhealthy attitude and lead a pathetic life whereas others live happily with whatever "God has given" them? What could be the source of this attitude? Can we change undesirable attitude?

Transactional Analysts hold the view that "Every human child is born as a Prince or Princess..." If so, are we still a Prince or Princess? Almost everyone, during TA training sessions, used to say that they are not. What happened to us? How did we lose our birth right of 'Princehood'?

We all love little children and feel happy to see the innocence and charm on their face. Do we continue to retain the same innocence and charm that we too had in early childhood? Almost all of us have surrendered it at some stage or other of our development. During the process of growth and development we gave up our 'Royal status' and became 'Frogs', as Dr. Berne calls it.

Can we regain this 'Royal status' of Prince or Princess? Transactional Analysis says, that We can. We can transform back into Prince or Princess.

Life Positions can be considered to be the forerunner of Script, the central theme of transactional analysis. Life positions are formed based on some of the earliest experiences a human child undergoes. Such experiences lead to the formation of certain basic convictions and these convictions remain as a frame to interpret subsequent experiences and thereby reinforce the earlier convictions. Attitude towards life is based on these convictions and it differs from person to person as seen in the story of the buckets. The positive aspect of TA is that it advocates the possibility of changing that unhealthy attitude towards life. The only question is:

Are we willing?

Are we willing to retransform?

Are we willing to rewrite our destiny for the better?

The Formation

That moment, when the sperm and the ovum from a man and a woman fuse to form the zygote, is the most blessed moment. Even now the human race is awestruck by the precision and complexity of the process. This is the moment of the birth (the cellular birth) of a Prince or Princess. Even the mother does not know of it immediately, but the prince or princess starts his/her peaceful growth. Everything that is necessary for its growth is being received through the blood of the mother and it remains growing inside the womb for about nine months and nine days.

The child may continue being a Prince or Princess while enjoying its most comfortable sojourn in the mother's womb.

Due to the excellent development work done in the field of physiology and endocrinology we now know that emotions are experienced and expressed due to some chemicals in the blood released by certain glands as dictated by the brain. These chemicals may remain in the blood for some time and it may not be good for the body. For example; adrenaline released by the kidney, stimulated by the ACTH hormone from the pituitary gland in the brain, is necessary to express anger. The same blood flows through the foetus and it may affect the child though it may not be possible to assess the impact with precision. If such chemicals are harmful to the mother it should, certainly, be very harmful for the growing child also. If the mother is subjected to frequent such emotional disturbances it can definitely be a disturbance for the child and it

becomes difficult to retain the 'Royal' status even while in the womb. Certain medicines administered to the mother during pregnancy may also be detrimental to the child.

Let us presume that the period spent inside the womb was peaceful and that the time has come for the Prince or Princess to be born into the world. This being a natural phenomenon let us, also, presume that the child also desires to come out. There are a lot of difficulties associated with the actual delivery. Birth trauma can be another occasion for the child to lose the 'Royal status' though we are unable to say specifically how, why and to what extent birth traumas affect the child. It is quite logical to presume that the threat and pain associated with the traumas can affect the brain of the child, which is still in a developing phase.

Consider that this process was also a positive one and hence the position of the Prince or Princess is retained. The child is delivered into the world. Now the second part of the quote becomes significant:

"...but, parents turn them (children) into Frogs."

The children who took birth with their birthright of Princehood are transformed into 'Frogs' by the parents. The term Frog is borrowed from the fairy tales where the Frog represents a prince who got transformed into a Frog due to a curse by a witch.

The Prince and Princess are to become winners. They have peace and happiness within them. They have contentment, self-confidence and direction. Dr. Berne used the term 'OK' to express this position of mind. The sense of 'okay ness' belongs to the Prince and Princess and not to the Frog. The Frog, therefore, represents 'not okay ness.'

Life on earth has an inherent desire to grow and for this growth its needs are to be satisfied. The satisfaction of these needs of a

human child has to be met by the parents on whom they depend. If these basic needs like food, love etc. are met in time, it instills confidence, contentment etc. in the child, which means his Princehood, will be maintained. If there are difficulties in the satisfaction of the basic needs it can cause transformation of the Prince into a Frog. The fear of survival generated by the delay or denial of life sustaining basic needs can transform the Prince and Princess into 'Frogs'.

The parents should know how to provide a conducive atmosphere for the continuance of the Princehood of their children and avoid lapses in providing such a background.

"Every child is born as a Prince or Princess but, parents turn them into frogs." In most of the cases this transformation is not a deliberate act on the part of the parents. Parents may never wish to cause such problems for their children. Instead they do their level best for the betterment of the children and this is not disputed at all.

But how can the parents who themselves continue to be 'Frogs' mould a Prince or Princess! They might have surrendered their Prince hood, probably decades ago. When the ripples of happiness and love cease within the family, the children will turn into 'Frogs'. Transactional Analysis says that life is decisional and that the responsibility for continuing the life of a 'Frog' lies with the individual and that he cannot shift this responsibility to his parents. Decisions are one's own.

So far we have been discussing about the situations that would have changed the 'Okayness' to 'not Okayness', while in the womb of the mother or during delivery or during the early childhood.

The trauma of Adult Life can also be reason for this shift.

Based on the experiences of the child in early childhood, he or she adopts the basic conviction, 'I am OK' or 'I am not OK'.

The conviction 'I am OK' instills confidence in an individual and he will have high self-esteem, whereas the conviction 'I am not OK' causes lack of confidence, a sense of inferiority, and poor Self Esteem.

Ever since birth the child starts relating with others for his existence. The first human relationship is with the mother. As the child grows up he recognises that he is different from his mother and his own 'Self' starts taking shape through his interactions with the parents.

It is the effort that parents take to satisfy the needs of the child that forms the basis for developing particular attitude in the individual. The peace and happiness that is instilled in the child by the love and care of the parents induces the child to attribute or project the same peace and happiness on his/her parents and it develops to a conviction that 'You are OK'. Whereas if the child is in the care of disinterested parents who won't take care of his needs, but go on giving negative strokes for no apparent reason, his attitude towards the parent and society can be "You are not OK".

Based on the child's early experiences with the parents and the environment he reaches into certain convictions.

1. I am OK
2. I am not OK
3. You are OK
4. You are not OK

These four convictions about 'Self and 'Others,' result in four possible combinations called Life Positions. It sets in the mind of the child at an early age, probably by the age of three or so. The four Life Positions are:

1. I am OK, you are OK
2. I am not OK, You are OK
3. I am OK, You are not OK
4. I am not OK, you are not OK

Even before the child develops language these convictions are recorded in the mind. The recordings could be mainly emotional and later on when the capacity for language develops the cognitive awareness about the convictions also develops.

Of these four life positions the first one alone is ideal for a person to lead a healthy social life. The rest of the Life Positions result in an unhealthy attitude towards himself and others in the individual.

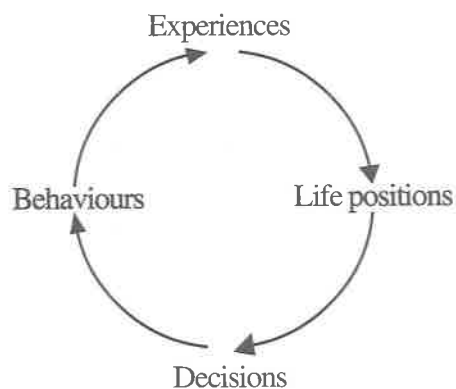
Windows to the world

Out of the four Life Positions every individual imbibes one as his Basic Life Position and thereafter it stays as the window through which he looks at the world. When we look through coloured glasses the objects we see will have the same colour as the coloured glass. But here the individual is incapable of understanding the fact that the colour he sees is due to the glass through which he looks at the objects. Only 'Awareness' of this attitude will help to experience reality and recognise the havoc played by this negative attitudes in life. The coloured window has spoiled the real vision and person does not realise this.

Our attitudes towards life, towards other human beings, towards success etc. are all influenced by the Basic Life Position we have assumed at a very early age. While the first Life Position helps the person to develop a healthy and winning attitude towards life, the other three positions are responsible for the process of transformation of Princes and Princesses to Frogs.

Life's vicious cycle

We learn from our experiences. Once we burn ourselves by touching fire we retain that experience as a lesson for the future that we should avoid fire. Similarly when a child experiences discount or rejection in early life he may develop a skeptical attitude towards people and life. Those who did not receive love in childhood find life meaningless. Early experiences in life have a long lasting effect on the psyche of the individual.



Certain traumatic experiences in life influences the child to take a specific Life Position. In accordance with the Life Position he takes certain decisions (script). Based on the script decisions behaviours are developed. Such behaviours eventually result in the same experience. These experiences reinforce the Life Position and thereby the script decisions, which in turn results in repetition of the same behaviours that generally, provide the same experience. This is the vicious cycle of life.

Traumatic experiences in life can lead to certain decisions like:

“I am incompetent”

“I can not do things correctly”

“No one loves me”

“I am unwanted”

The child makes such unhealthy and sometimes baseless decisions due to his experiences. It is interesting to observe that people who have no self-confidence and who believe that they are incompetent when forced to take up responsibilities don't make the necessary preparations. They carry out assignments without adequate care and in the process commit mistakes and end up in failures to reinforce the “I am incompetent” decision. In the face of such miserable failures they repeat to themselves:

“I knew that it would not have worked well if I did it”

In marital life many times people do create situations, unawarely, with the intention of getting into a ‘fight’ with the spouse and when the situation reaches the climax they lament saying;

“I know, no one loves me”

If a person could evaluate these situations impartially he will realise the role played by him in creating the predicament. And also, that it was the outcome of his inclination to develop such behaviour that suits his Basic Life Position, as clarified under the sub heading ‘the vicious cycle’ of life. Since his behaviour was without awareness he will deny his role in the unpleasant situation and blame fate or God for his misfortunes.

Success in life is impossible without breaking the vicious cycle through “awareness”. Within us we have the power to help ourselves. The reflective power, the power to assess our behaviour, is a special gift given to human beings and we must make use of it. We need to analyse our behaviours and develop a mentality to do away with the unhealthy ones.

“I am OK, You are OK”

Transactional Analysis theory was popularised by the Book “I am OK You are OK” by Dr. Thomas A Haris. The fall out of this popularity is that many people consider TA to be a study of ego states, and ‘I am OK You are OK’, which actually constitutes only the a tip of the ice berg.

I am OK you are OK is the first one of the four Basic Life Positions. A person with I am OK you are OK position considers himself as

Capable

Confident

Enterprising

Lovable

Compassionate

and so on.....

He considers himself and others as worthy human beings and finds meaning in life and develops a desire to live on. For him this world is a beautiful place inhabited by nice people. He loves to live with them a life of mutual recognition and acceptance. He realises that each one has a right to live on this earth. Hence his happiness shall not create a burden for others. His rights shall not be a denial for others. This is due to the desire of mutual love and co-operation. But this birthright has become a rare blessing found in a few people of greatness.

This attitude of I am OK, You are OK has to be the goal in life.

Learning Transactional Analysis is an attempt to rediscover and imbibe this attitude. This Life Position provides a healthy

positive thinking pattern. Ego states remain without contamination and psychic energy flows freely resulting in appropriate behaviour. While value systems in the Parent Ego State give meaning and direction to life, the naturality of the Child Ego State makes life enjoyable. They attract many people towards them and help them to achieve healthy changes in their approach to life. Mind and body work in unison. Unhealthy past experience do not unduly influence their action. Their internal challenges are also healthy. This Life Position is a fountain releasing happiness, which is much more satisfying than the sensuous pleasures that can be achieved with the sense organs. It is lasting. When mind and body are in harmony it results in good health and long life.

The position I am OK, You are OK helps to accept one self, to realistically evaluate ones strengths and weakness and then to lead a meaningful life. The position helps one to work as a team, to mingle freely with strangers or other group members. A leader with this position becomes a compassionate one, a follower with this position gives adequate support to the leader, and an opposition leader with this position provides a healthy feedback. They accept healthy criticism and consider it as an opportunity for learning and correction and hence their personality develops.

This position is the hope for humanity. Dr. Berne believed that this life position and the resultant attitude is our birthright and the glorious experience that living by this life position gives us, can be regained if we lost it, through TA.

I am OK You are OK is the winner’s attitude. It is not that the winners don’t confront situations that lead to emotional problems but they have a healthy way of reacting to such situations. It is not that they do not have difficulties and sufferings but they have a healthy way of facing such difficulties. They will not repent

in despair at the fag end of their lives for having wasted their youth running after success. People with this Life Position have the winner's script, and they become successful in achieving their declared objectives. The goal as well as the path is equally important for them. They love their neighbours as they love themselves. Their approach to life is 'live and let live' and that is the basis of social justice. How stay in that life position longer is our endeavour.

I am not Ok, You are Ok

It is a rare opportunity to take birth and live in an ideal situation that will foster the first Life Position 'I am OK You are OK'. The delays and difficulties in providing a child his basic needs can influence the formation of another Life Position. Healthy relationship during our earliest phase of life is very crucial and some of us were not very lucky in this. Similarly, the physical and mental disturbances that may arise during the prenatal or delivery time can be crucial for the child, as we have seen earlier. If it were possible for us to recollect or to get information of the traumas and difficulties one went through in early childhood we can easily find our Life Position. Though many such experiences are forgotten, they remain in the caverns of the mind.

An assessment of our present behaviour will help to identify our basic Life Position. Inferiority complex is a curse associated with this life position. It is the recognition one gets for small deeds during childhood that paves the way for bigger achievements later in life. Instead of appreciating the children, by providing positive strokes some parents may look at them with a critical attitude, probably with the intention of wanting their children to perform better. The good intentions of the parents are not obvious to the children and hence what they communicate to the children becomes decisive. It ends up in reinforcing the life position I am not ok, You

are ok. When parents desire and insist that their children should do things correctly and perfectly they forget the fact that at their tender age, children have inadequacies. Parents even forget that the target they set for the children would have been impractical for them.

When we compare and belittle children what we want is to instill a competitive spirit but belittling the child has far reaching consequences. The life position he takes lasts, probably, until his death.

The state of helplessness hurts many. Some people always lean on others as they find themselves incompetent to take their own stand. Perhaps they did not have an opportunity to recognise their strength at the appropriate time and the 'support they got' in the early part of their lives did not provide them an opportunity to do so. Now when they face life alone in the 'ring' they are afraid. When parents fail to convince them that "they can do it" they lose their self-confidence. If they had had the opportunity to gain mental strength by doing little things, or had received support to do things independently, they would have grown up with confidence. When parents physically feed grown up children they are choking them with love and affection. When they did the thinking for their children, and assisted them in doing things, which the children could have done themselves, parents never realise that this might go against their children later.

When parents interpret 'the feelings of their children and give them emotional education, they never pause and think how far they themselves are educated in emotional understanding. If they do not handle their own emotional pressures well, how can they expect to do it better for the children. How can they find fault with the emotional outbursts of their children when they themselves cannot control their emotional outbursts?

Self-confidence is essential to achieve success in life. If the children are not accepted and their skills not recognised, their self-confidence gets eroded. This leads to reinforcing the unhealthy Basic Life Position.

We have seen the influence of strokes in the formation of behaviour in children. The continuous supply of negative strokes from parents and teachers will distort the opinion of the children about themselves and they will believe that they are "good for nothing". Once this 'belief' is embedded in the mind, they become inefficient.

They keep away from competitions as they foresee only their failure. Inside the classroom they prefer to sit at the back for reasons not known to them. Even if someone informs them of their abilities they will find it difficult to accept them. Just as the wide, flat ears of an elephant hides its huge body from its vision not allowing the elephant to become aware of its strength, early experiences block the individual's awareness of his potentials.

Nature has instilled with extreme ingenuity the ability to become a huge tree bearing thousands of leaves, flowers and fruits in a tiny banyan seed. The colour and shape of the leaves, the beauty of the flowers, the fragrance etc. are all recorded therein. When the circumstances become congenial, the seed germinates, and a seedling props up eagerly to grow into a large tree. If so much is inherent in a plant, how much more it might be in human beings, the supreme product in the evolutionary process of nature. Yet many of us remain as the underdeveloped "Bonsai Banyan tree"! Children incapable of understanding the good intentions behind the parenting process 'misunderstand' many things as lapses on their part and accept that "They are not competent". In their view neither their parents nor siblings have problem. It is only them who have the

problem: "There is nothing wrong with the society. They are all OK. Lucky people. They have no dearth of anything. God has been partial to me.. Why is it that only I am like this?" These painful thoughts reflect the deep lying Life Position.

These negative thoughts are the characteristic features of this life position. They are always envious of other people. They lose their peace of mind because of the negative thoughts. Looking at the good fortune of people around them these people with Life Position I am not OK you are OK always lament,

"God I don't have this...I don't have that.."

Lapses and deficiencies fill their mind resulting in a negative attitude, such that they cannot look into their strengths and skills. They are always envious of others, never happy with what they have and always craving for something bigger. When they have a motor bike they crave for a car and when they get a car they wish for a bigger one, and so on. They waste their life crying over what they do not have.

Such people look at others with 'a magnifying glass' and at themselves with 'a concave lens' so that they can feel sad about how ignominious they are when compared to others. This pessimistic attitude makes them miss a lot of opportunities to succeed in life.

They are generally depressed people and try to keep away from others. Like a tortoise they withdraw their head into themselves or bury their head deep into sand like 'an Ostrich to run away from reality. May be they are afraid of pain from encounters with others like the ones they had in early childhood. They are prone to have a feeling of loneliness in a crowd. They avoid group activities on one pretext or other. Amidst strangers they feel like 'fish out of water'. They prefer working alone and get themselves engaged in one

activity or other to minimise social life. Some of these people are very good artists. They do not prefer leadership opportunities and even if leadership is thrust upon them they tend to give excuses to avoid it.

Latha was married with two children. Her Children were attractive and smart. She was employed and some of her friends and relatives were jealous of her. There were reasons for others to envy her. But Latha had a different story to tell when she came for counselling. According to her, her husband did not love her. Almost every day they 'fight' with each other. They live like strangers under the same roof. She was badly in need of love and care. She found it difficult to cope up with her colleagues also. She did not realize that it is because of her temper tantrums that she became unacceptable to her colleagues. Her boss seems to be waiting for an opportunity 'to deal with' her. She felt 'cornered' at home and at office.

Transactional perspective

Latha belonged to a family that had financial problems while she was a child. Her father had been very rude to her, as he did not like the idea of having female children at all. She had very little opportunity of getting unconditional love from her parents. She preferred loneliness during her adolescence. Unhealthy negative strokes through temper tantrums were her only means to live on. Through out her life she was engaged in collecting negative strokes to reinforce her life position and thereby fulfill her script decision. Her life position "I am not OK, You are OK" was being reinforced. Only a realisation of her own role in making her life miserable could help her to solve the problem.

Professional fields

Life Positions being a fundamental attitude they reflect in the professional, employment, and management fields. Awareness of

Basic Life Positions will help in the matter of crucial placements. Persons with Life Positions I am not OK, you are OK are not suitable in jobs involving Leadership. The negative thinking of the Boss will percolate down to the subordinates, especially in senior management positions where a lot of decisions are to be taken and implemented. In many offices shuttling of files from one table to another goes on. As far as possible these people avoid taking decisions.

People with the Life Position I am not OK you are OK are masters of procrastination. Many a time they have an internal conflict between their Parent and Child Ego states and the easiest way for the 'Little Professor' of the Child Ego state is to decide to postpone so that the immediate problem is 'solved' without inviting the ire of the Parent Ego state. There is yet another group in work places that keep most of the work pending and their tables remain full with pending work, 'as they do not get time to complete it'. Nothing gets moving until they get approval from 'higher ups'. They are scared and will not take risks but will be guided only by Rules and Regulations' and written instructions.

As salesmen they may not become good performers. Their lack of confidence in themselves will get attributed to the products also. They need training and 'a support' to achieve targets.

In situations where a lot of compliance is necessary, people with this position will score over others. They remain as favorites of the 'Boss' and loyal to the organization also. They are at ease with clear-cut norms. They are good in management, which involves 'remote control'. They do not prefer independent assignments.

There are people who have some trouble initially when they engage themselves in any new assignment. They need somebody to give a push and once they start, they continue easily. Awareness

of the Basic Life Position will definitely help people with the 'I am not OK position'. Though there are many people with this Position, it is observed that most of them are amenable and willing to change.

I AM OK, YOU ARE NOT OK

A Group discussion was going on. As usual Dr. Rane, who was staying in the same premises where the meetings were being conducted, arrived late for the group meeting. With a screeching noise he opened the door, came in, moved his chair and sat down. Creating a noise, by dragging the chair forward and backward, he finally adjusted the chair to ensure that he could see everybody.

These disturbances during the group discussion disturbed and annoyed many people present. Some of them looked at him with a scorn. Rajitha who lost her patience asked Dr. Rane:

"Doctor, why don't you come in time?"

Doctor Rane apparently annoyed by this comment said;

"I have to have a bath before attending the class and that is what I was doing. I cannot come to the class without having it."

This reply irritated most of the participants. They reacted by showing their disapproval. But, without caring about it at all Dr. Rane continued:

"If I am late why should you bother?"

Others retorted in a chorus: "Your late entry and the noise you create is a disturbance for us."

Dr. Rane replied with a grin "That is your problem, not mine"

The members of the group tried in vain to convince Dr. Rane that reaching late for the group activities is not fair. Instead, Dr. Rane said that the other members of the group had some problem.

Dr. Rane's life position is 'I am OK, You are not OK'. He wanted to prove that he is smart and others are not. His 'inflated' opinion of himself makes him believe that others are not as competent as he is. Battered children may develop this position. When they were in dire need of unconditional positive strokes they could not get it but were getting negative strokes for no reason. This position can also develop as a secondary position. The first position adopted could be 'I am Not OK, You are OK'. Later his own individual abilities become a source for strokes and he starts projecting his own drawbacks on others. He is not prepared to accept the realities, but makes use of his abilities to get acceptance. He may appear to be very successful in life.

In a TA class one person shared his experience:

"I had a very unhappy childhood, and later on I used to have lots of depressive thoughts. But I used to study well and always stood first in the class, and everybody including my teachers appreciated me. I went on accumulating degrees after degrees in different fields. Occasionally I used to ponder why I was doing this. Now I realise that my ability to excel in studies was a mask to cover my sadness and it was a source of strokes for me."

There are people who amass wealth but live a life of penury, and do not enjoy peace of mind. Every time that they are successful, they seem to be telling society that they have no problems but others do have!

Their belief that "They are OK" is not based on realities but, on misconceptions. It is not the same "I am OK" state that we have seen in the first position. It is a shield that covers the underlying "I am Not OK." position. When they accuse others it is because of their own inadequacies. They project many negatives on others, which are the underlying realities of their mind.

These people are not willing for self-introspection. It is impossible for them. They do not like to identify their negatives and do not want to change as they feel they have nothing to change. It is the people around them who need change. They have a lot of prejudices. They believe that what they are doing is the best and that they are very capable people. According to them others cannot become as capable as them and hence they cannot appreciate others. Their beliefs about themselves are not based on realities and others perceive it as "ego or head weight". This can be identified from the tone of voice itself. Their eulogizing can be unbearable. Their excessive self-confidence and thoughtless actions land them in trouble, sometimes. Even then they will not accept it as their mistake. They feel that they do not have to change and are very sure that others need to change.

They are good in supervisory jobs. They have a special talent to identify the mistakes of others. Their criticisms are sharp and merciless and hence they become isolated in society. They believe that nobody can be trusted. They do not express empathy. They lament about the erosion of values. When they commit mistakes they blame others for having made them commit the mistakes.

They may create problems in family life also. They do not take up responsibilities. When children misbehave they accuse their spouses for the improper upbringing of the child. When the daughter elopes, or the son becomes disobedient, or for any other misfortunes in the family these people accuse their partners or other members in the family without admitting their role in such situations.

In social activities others find it difficult to tolerate these people. They may create a caucus in the group and become tumbling blocks for the leaders. They appear as authoritarian leaders or disobedient followers.

On the labour front they create a lot of issues. Modern management gives emphasis on developing human resources through training to suit the requirements of the companies but if an "I am OK, You are Not OK" individual occupies a critical position, this approach will not be of any use. He does not rely on the capacities of his subordinates and tries to do many things by himself. But what a Company needs is not this 'one man show.' Instead of helping to retain good employees for the benefit of the company, there will be a plethora of disciplinary proceedings that will eventually demoralise the workforce.

These people may succeed in areas where authoritarian leadership style is necessary such as, The Army, Police etc. Companies can also put these people in suitable positions for better utility, as they are taskmasters.

They are the 'odd men' in a group. If they are included in a group activity it, will affect the smooth functioning of the group. These people are, generally, hard working but their emphasis on themselves act in the way of their social life.

A young man asked, "How can we change this habit?"

He wanted to change the behaviour of his father who was a teacher. His father was very adamant and unyielding and did not bother about the outcome of his own activities or what others thought about him. There was no reconsideration on what has been said or done by him.

It is very difficult to induce changes in such people because they are not prepared for a change or introspection. They may listen to the words of a person more powerful than them. Or, they may have to undergo counselling to create awareness of themselves. Some of these people change when they happen to get some unexpected shocks in life.

4. I am not OK You are not OK

This is the fourth Basic Life Position. Absence or shortage of life sustaining unconditional positive strokes is one reason for the formation of this position. We have already seen that the period of early life that we spent with our parents play a very crucial role in the formation of Life Positions. When the child feels deserted or neglected, there is the possibility of the child taking up this position.

The first relationship of a child is with the mother. Existence is ensured through this relationship. The famous psychologist Erickson found this relationship as the source of 'Basic Trust' in the child and it is essential for the child in his future life.

The child in the womb of the mother leads an aquatic life, but is very safe inside. Subsequent to the birth, the child encounters many threats and the mother takes care of the fear in his mind. The feeling of safety that she gives lasts through out his life. The positive strokes that the mother gives through her touch are invaluable. If this is not available the child desires to go back into the 'secure base' from where he came out. During unbearable emotional stress many people think that they should not have taken birth at all. Sometimes they wish they were dead or think of committing suicide.

The desire to commit suicide is the preparation of the Child Ego State to go back to the secure base. Drugs, alcoholism, smoking etc. are the means for it. It is seen that the use of Drugs, is more among the affluent youth. Why do our youth harm themselves? It is also observed that these children were not fortunate enough to get sufficient unconditional positive strokes during their development. Mental health needs positive strokes, Needs love and recognition.

In the fourth Position they do not find an answer to the question, "why should I live?" In the absence of a meaningful answer they decide to give up.

They do not have respect for themselves; nor do they accept others. They have neither any value for life nor any goal in life. They have no desire to live. They develop hatred towards life. They live in a world of fantasy, created by drugs and drinks. This illusion is more acceptable to them than the meaningless world. They do not find meaning in human relations either. In spite of having everything in life they mess up their lives. With extraordinary courage they resort to a life that only destroys them. They end up in the graves they dig for themselves. The little professor in them has an uncanny ability to find out people with similar views and attitudes to give them company.

Surely they are failures in life. It is difficult to motivate them. Their value system will not help them to work in a structured atmosphere where rules and regulations have to be complied with. They cannot take responsibility and perform if allotted important assignments. When senior postings are received either by way of seniority or otherwise they may even sink the company along with themselves.

They deserve the empathy of the society. They need to be rehabilitated through positive strokes once they are freed from the clutches of addictions and the company of antisocial elements.

BASIC LIFE POSITIONS

We have seen four Life Positions of which one can be our Basic Life Position, but it does not mean that other life positions have no influence on us. All the four positions can appear one by one on any day and, accordingly, we display various behaviours. For example;

One holiday, after lunch, I was sitting in my courtyard reading a book, when a beggar came along. I took pity on him and gave him a five-rupee note. I felt very happy and so did the man. Here I

was in 'I am OK You are OK' position. Soon another beggar came along. Continuing my mood I gave him also the same amount. After some time a few more appeared. I suddenly thought that I could not continue this for long, and felt sad that I was not richer. I was slipping into the second position without my own knowledge.

While I was thinking about this heavenly injustice, some more beggars who were healthy and did not need to beg came along. I got angry with myself thinking that people like me was responsible for creating such lazy people and then shouted at them, for not working and earning. Suddenly my wife appeared and started accusing me for not helping the beggar. I felt bad that no one appreciated the good deeds that I had performed. I felt that life has no meaning etc. etc. I was shifting from the second to the third position when I scolded the beggar for not working and then to the fourth when I began to think about the futility of life

When I was quoting this example while explaining Life Positions one person asked;

"If all the four life positions go on coming like this how will I find out what is my Basic Life Position?"

The question is very relevant.

If all the four positions appear repeatedly in the same individual how will we recognise the Basic position? When a person has emotional stress, or when he has to face a very serious situation, how does he think and feel?

Does he face the problem with peace of mind? If he can handle such situations with a stable mind his Basic position could be the first one.

If he loss his control and feels sad about his plight and suffers emotionally he has the second position as Basic Life Position namely I am Not OK, You are OK.

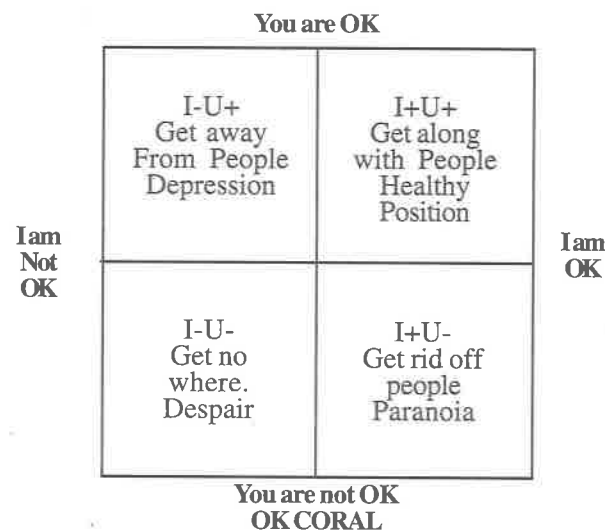
When problems and crises arise and one thinks others are responsible for it, and does not look into his role, he might be having the Basic Life Position I am OK you are not OK.

In such circumstances if the person feels desperate and thinks about the futility of life he may have the fourth position

OK CORAL

Dr. Franklin Earnest did extensive study on Life Positions and introduced the 'OK Coral' giving importance on the social aspect of life positions for which he won the prestigious Eric Berne Memorial Award.

Man is a social animal and he has to relate with others incessantly. This is unavoidable. TA helps to analyse these relations and make life effortless and happy. Dr. Franklin clarifies the impact of 'Life Position' in social relations through the OK Coral.



In order to draw the diagram, draw the positions I am OK and I am Not OK on the vertical axis and You are OK and You are Not OK on the horizontal axis. Join the Four Corners as in the picture above so as to get four quadrants. Each quadrant represents one Basic Life Position with a social attitude, that manifests in the behavior, when a person is in that particular quadrant.

1. Get on with People

This is a healthy approach where the person cooperates with others and leads a peaceful life of co-existence. A person in this quadrant can get along with any community. Country, religion, cast, creed does not become a barrier for happy social life. This is ideal for group ventures. When this person meets another he greets saying, "Oh...How are you?"

There is warmth and genuineness in this relating.

2. Get Away from.

These people find it difficult to cooperate with others. They suffer from inferiority complex. They think that others are better than they are and always think about their own lapses and shortcomings. They will find it difficult to move along with others and hence withdraw into a world of loneliness and fantasy. They are more interested in working on projects that can be done in isolation. This is the quadrant of depressive people. They get tired of high stress. When they meet someone their greeting sounds like this,

"Oo...How are you?"

There is a sigh behind that question as if the person was intending to say, 'I know that you are fine but what about me?'

3. Get rid of people

Social relations can also result in people walking away. There are people who do not consider others as equivalent to them and

this arrogance is expressed in the manner in which they talk and behave. Others will have no option but to leave these people. People in this quadrant will not find fault with themselves. The case of Dr.Rane mentioned earlier is an example. He does not understand other people's point of view, sticks on to his impressions and prejudices forcing others to leave him. These people will find it difficult to be close to others.

Paranoia is very common to people in this quadrant. They doubt other's intentions and believe that people are plotting against them. Spouses doubt each other of having illicit relationships and wait for opportunities to trap them. When they meet someone they greet, "Ohho...How are you?"

The tone of their greetings may convey the message, "Are you still alive?" Nobody would like to receive such a greeting.

4. Get nowhere

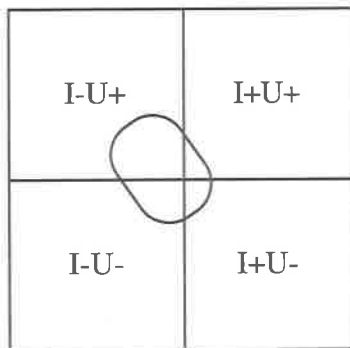
There is some confusion in relationships for people in this group. Since they have no value for life they have no intention or desire to relate to others or get close to them. They are like travelers in a long distance train where they meet fellow travelers who get in from one station and get down at another station.. They are desperate and passive. They do not have the desire to live and hence get addicted to drugs and stimulants. When they meet another their greeting will be,

"How are you?"

The tone of this question creates a doubt in the mind of the person to whom it is addressed, as to whether it is addressed to him or not. There is no warmth or genuineness in it. The one who greets is not expecting a response.

CORRELOGRAME

OK Coral represents all the four Basic Life Positions. Normally we travel through all these quadrants in daily life. It is interesting to note how much time we spend in each quadrant in a day. It can be done through a questionnaire or by self-assessment and we can mark the time in the quadrant correspondingly.



LIFE POSITIONS AND EGO STATES

We have drawn the ego gramme for our functional level Ego states, which shows our behavioural patterns. It is good to know how Life Positions influence Ego states. I am OK, You are OK Position people do not have extreme variations in personality styles as they develop an integration of Ego states.

But, that is not the case with other Life Positions. I am Not OK You are OK people will have more Adapted child to sustain their Life position whereas in I am OK You are Not OK people have a very dominant Critical Parent Ego state. People in the fourth position mostly are stuck in their Adapted child Ego State.

LIFE POSITIONS AND STROKES

We have seen that it is the availability or non-availability of positive strokes in early childhood days that result in an individual adopting unhealthy Life Positions. It leads to certain decisions. These

decisions are part of the script that influences the behaviour for the rest of the life. Unhealthy behavioural patterns are continued by the individual to maintain the mental balance as we have seen in the vicious cycle of life, mentioned in the beginning of this chapter. The strokes received through this behaviour ensure continuity of the behavioural pattern.

Stroking pattern is developed in accordance with the Life Position so as to ensure the continued maintenance of the Life Position. People with the first position give and take positive strokes. It does not mean that they do not give negative strokes at all. The second type gives more positive strokes but receive more negatives. The third types are experts in giving negative strokes but reluctant to give positives. The fourth type are not interested in giving or taking strokes and they exchange more negatives in the society but exchange positives in their restricted company.

Stroke filtering is another mechanism to reinforce Life Positions. People with Life Position "I am Not OK you are OK reject positive strokes and filters them for negative strokes. 'I am OK You are Not OK' people, if offered negative feed backs, filter it and accept only the positive and reject the negative. They are good at giving plastic strokes.

These behavioural patterns reinforce and continue the Life Position.

CAN WE CHANGE THE LIFE POSITIONS?

Life Position can also be changed, though it may not be easy. Learning is formation of neuron synapses in our brain. Now Neurologists argue that spines of the neurons responsible for the creation of synapses are formed later in life also and new synaptic combinations can make the prior ones dysfunctional.

1. AWARENESS

Once we are able to recognise our Basic Life Position, we can evaluate behaviours that we have now. We will recognise if the present journey is a search for unhealthy strokes. If the decision to change the Life Position is firm and the person is committed success is also certain. The gravity of the experience that led to the formation of Life Position is an important factor and it may call for dedicated efforts to change.

Awareness is a realisation that leads to action. It is not mere knowledge or identification of the position alone. Dr. Berne presented this awareness as an "Aha" experience of the person, which will ignite action.

2. Love

Love is nature's cure. Extraordinary changes are noticed in people with Life Position I am Not OK, You are OK when they fall in love or get married. Unconditional positive strokes make drastic changes in the life of many people.

3. Excessive stressful situations

Excessive stressful situations like death or separation of a loved person can lead to traumas that cause change in Positions.

4. Psychotherapy

Psychotherapy is one way to affect change in Life Positions. Depending on the gravity of the Positions taken Counselling or other forms of psychotherapy by competent therapists could help to change Life Position.

Identifying the basic convictions in life, the basic Life Position, and initiating a conscious process to change is a significant step in the direction of re writing the destiny, to re-transform 'the frog' into prince or princess.

SCRIPT - PART 1

TOWARDS FORMATION OF SCRIPT

"Human destiny is decided by a Child of less than Six years old"

DEFINITION

"Script is a life plan based on a decision made in childhood, reinforced by parents, justified by subsequent events and culminating in a chosen alternative" .Dr. Berne 1974, p.445

"SCRIPT IS THE BLUE PRINT OF ONCE LIFE...."

Cigarette packets contain the statutory warning that "Smoking is injurious to health". Similarly liquor bottles also bear the statutory warning that consumption of alcohol is dangerous. This has not deterred people from smoking or consuming alcohol. Though it is made clear that these activities spoil the health many people have an internal compulsion to continue the habit. Why do some people develop a weakness towards smoking, drinking, and drugs? Many people say:

"I can stop drinking at any time"

"I can quit smoking at any time".

But they find it difficult to implement the decisions. I had a friend who sincerely decided to stop smoking by substituting it with 'Beetle leaf'. To his utter dismay he found himself doing both intermittently. Somebody advised him to try another substitute,

'Pan Parag' (a mixture of arecanut, Sugar, etc.). Alas, he started one more bad habit in addition to the two and he could not do away with smoking.

Why one cannot implement his own decisions? These addictions are due to certain irresistible demand from within. What is the reason for developing such unhealthy addictive behaviours and why does man miserably fail to stick on to his decisions against it?

Quick-tempered people behave strangely. It was reported in a newspaper that a mother, who got angry because her son did not study as she expected, stabbed him in a fit of anger. One boy stabbed another boy for teasing his sister. Murders during boundary disputes between neighbors are no longer make news. When the fury of anger subdues many people ask themselves,

"What happened to me?"

"What shall I do now?"

In spite of their best efforts some people find it difficult to contain their anger. Many lives have been spoiled because of this blind fury. Where does it come from?

During one of the world football matches when the Argentina team got defeated, here in this small state of Kerala one devoted fan committed suicide. Many might think, could this be a reason to commit suicide. The number of Suicides by lovers and people who end in debt traps are astonishing. We may find the reasons for these suicides extremely silly and wonder from where they get the inspiration and courage to commit suicide? Why do people commit suicide for apparently trivial reasons?

One ration shop dealer, whom I know, met with an accident while traveling on his bike. He was taken to a hospital and since his injuries were not severe, he was discharged. In spite of this he took his bike out again. Again he met with an accident, not far off

from the previous place. This time he succumbed to his injuries. Is this accident proneness or fate?

Some people desert their family and run away on flimsy grounds. Some suffer frequently with painful feeling of 'being alone'. For some people relationships are experienced as inescapable knots. Some people worry and live a life of penury though they have enough wealth. Even after celebrating the silver jubilee of married life some people laments that they cannot 'be close' to their spouse and that what they lead is a life of 'adjustments'. Who is at fault? Many couples fail to enjoy physical intimacy and sex but repeat it as a ritual. Is this fate?

There are umpteen opportunities in life to accuse destiny or the Creator himself for miseries in our life. But nobody bothers to think and analyse whether they have a role in this. Is it not true that we have a role in many of the aforesaid situations?

Suppose we have awareness of the situations and of our own role in its creation, do you think that those situations would have developed like this?

Many a time we don't realise that we may have a role in the untoward happenings in our life many times. We become the targets of our own actions or omission. It would be better to say that we are falling into the grave that we have dug. It is also true that we have not done this deliberately. On many occasions our behaviour is in response to an internal urge. Sometimes we realise the folly behind the behaviour but repeat the same unknowingly.

Behind some of our behaviour patterns there is a compulsive force of which we are not aware. It is an internal force, an unconscious pull that prompts to commit suicide for the failure of the favourite team. It is the force that prompts a mother to stab her

son for not studying. Such instances may be rare and that all of us may not be such emotional types to succumb to those pressures. But many such events of various magnitudes are regularly happening around us.

The concept of script uncovers the role of the mind in leading to the aforesaid misfortunes and this is the central theme of Transactional Analysis. The light that will kindle through the concept of Script can change human life for better. This is a powerful source of hope for humanity. Without blaming God or destiny for unfairness or miseries in life one should take responsibility for his life and that is what TA reminds for. Let us also distinguish Fate and Destiny. Fate is something beyond our reach like calamities, war, happenings where we have no role. Destiny is our plight in which we had role but we may not be aware of it. Script theory is not to challenge religious beliefs but exposes the role of our earliest synaptic combinations in our brain and reminds that we can change it.

When one takes responsibility for his life, he can change his life for better.

The Genesis

The ovum and the sperm from the mother and father come together and fuse to form a new life! This new life has the capacity to grow to perfection in conducive atmosphere. The seed of the Banyan tree is very small, but the expertise with which the coding of the shape, size of leaves and flowers is recorded in it, is unbelievable. The 'creator' is such a perfect master that we can only remain speechless!

In order to survive and grow we should have certain basic necessities like food, air, water, strokes etc. and if these basic needs are made available as and when necessary, physical and mental

growth can be ensured. The difficulty experienced in getting the basic needs satisfied is one reason for the formation of unhealthy script. On one side we have a deep desire to grow and the other side we experience various hungers for the satisfaction of the basic needs. What do we do to satisfy this?

Human body has a built in 'Self-regulating mechanism'. The ears regulate the sound with which we speak. If there is some defect to the ears there will be difficulties in speech. If the tip of the finger is cut off it grows to the normal size, but do not go on growing like a tape. Body allows growing and simultaneously controls growth. Dr. Maxwell Maltz wrote in his book 'Psycho Cybernetics' that human mind functions like a "servomechanism" and hence there is an internal urge to move towards the goal and also to the way to reach the goal.

The concept of Script has resemblance to this. Since man leads a social life, his goals are linked to the society. Relationships influence his goal and the way to achieve the goal.

We have hungers for food and stimulation and this will continue as part of us as long as we are alive. Hence satisfying these hungers is very important. Without awareness it leads us forward. It was also mentioned earlier that there is hunger for different types of strokes and hence we structure our waking hours. There has to be a strategy for ensuring a continuous supply of varied strokes. This is one of the significance of Script. Like the goal inscribed in a missile that leads the missile to its destination, script remains to be the propelling force behind behaviours.

An idiom, "From the Cradle to the Grave" explains the continued existence of certain childhood behaviour up to the old age, which shows the compulsive and striking nature of Script behaviour.

Apart from the compulsive nature of Script transactions, it also offers a strategy of behaviour that remains like the operating system of a computer.

At the time of birth human Brain does not have an operating system, which tells how to behave, and during the process of growth the child learns and records many things, that subsequently acts like a reference platform. This forms the 'Operating System', which if not updated periodically like the computer operating systems, cannot help the child to cope up with the changing world. Neuro-Scientists have found that the Neo cortex of the brain develops only by the age of around seven (continues till late twenties!) whereas the emotional center (the limbic system) is developed by the time of birth. Therefore the earlier recordings could be mostly experiential.

There are certain factors that influence the formation of the script decisions in the early ages.

a) The period in the womb

For most people this sojourn is considered as the most peaceful and contented period of life. Can script formation takes place while in the womb? There are reasons to believe so. In 'Mahabharatha' the great Indian Epic it is stated that, Abhimanue, the great son of the most acclaimed warrior Arjuna learned the secret of a crucial war strategy called 'Chakravyuham' while he was in the womb of his mother Subhadra. Unfortunately Abhimanue, who was listening to the strategy from the womb, could not hear the second part which deals with how one can get out of the chakravyuha, as his mother slept by that time. During the Mahabharatha war Abhimanue who had grown up as a great warrior like his father fought into Chakravyuha got trapped in it and was killed as he did not know how to come out of it safe.

The studies of De Casper and his colleagues (De Casper and Fifter 1980, De Casper and Spence 1986) show an interesting coincidence. They arranged mothers-to-be to read the story of 'Cat in the Hat' to their unborn children two times each day during the last six weeks of pregnancy. Once they read the same story and the second time they read a different story. At the end of that period the heart rate of each fetus was measured as recordings at the time of the familiar story and of the unfamiliar story. The results indicated that the fetus recorded a slightly reduced rate of heartbeat when familiar story was read and a bit higher recording when unfamiliar story was read. It concludes that fetus can distinguish between familiar and unfamiliar voices and if so recordings in the brain can take place even while in the womb.

We experience emotions due to the release of certain chemicals into the blood stream and higher doses of such chemicals are detrimental to the body as is found in the case of Adrenaline. The same blood is being pumped through the body of the fetus and hence such chemicals can be detrimental to the child too. Therefore the emotional traumas of the mother can be crucial for the child.

Hence formation of script decisions or its protocol while in the womb can be a possibility. In good old days of Kings when the Queen becomes pregnant extreme care was given to keep her happy as she has to deliver the Prince and not a 'Frog'

b) Birth Traumas

Difficulties can occur during the time of delivery. Horrifying experiences associated with the delivery in some cases can pave way to the formation of unhealthy Script. Severe stimulus from the atmosphere can also cause terrifying experiences like heat, cold, sound etc.

c) Delay/Denial in basic needs

If the child is not attended to in spite of its repeated bouts of crying it may feel an emotional despondency. The angry responses of the mother can cause a threat to the survival itself. Rejections can cause severe blows to the child. History will never forget and forgive Adolph Hitler who killed mercilessly lakhs and lakhs of innocent Jews. It is also true that little Adolph suffered a lot in the hands of his father and hence wrote the script that humanity present and future cannot forget.

Birth of another child in the family can cause problems or threat to the elder one. Many things that may look silly for us can be very uncomfortable for the child and they are forced to overcome these threats because there is a deeper and stronger desire to live.

d) Emotions experienced are more intense.

New batteries yield bright light and later due to constant use the intensity of light decreases. The nerve cells and nervous system of children are very fresh and hence the emotions that generate through these cells could be more intense.

e) Physical inadequacies

Children overcome their physical inadequacies and powerlessness in their imaginary world by considering themselves as magical persons having supernatural powers. Superman and Superwoman are imaginations of the Child Ego State. Physical inadequacies are met with in their fantasy.

f) Need for unconditional positive strokes

How one person is accepted in his family is an important aspect in the formation of his psyche. Children when relate with their caretakers synaptic formulations take place in their brain. Hence

deficits in relating with mother can be very harmful. Children need unconditional positive strokes for growth and development and anything that hamper continuous supply of strokes can result in unhealthy decisions recorded in the brain like;

“Something is wrong with me”

“I am unloved”

g) Inability of the brain

Human brain is not competent to distinguish between a genuine instance and an imaginary one in many times. Imaginations can activate emotional responses. Hence many situations that lead to the formation of script decisions itself can be influenced by the imagination of the child.

h) Structure of the Brain suits

The triune brain structure also suits certain compulsive behaviours to be overpowering. Lower brain (Hypothalamus) contain early childhood experiences and it influences behavior. Though prefrontal brain can function independently, the power of the emotional brain is so strong that the person is unaware of what is happening to him. Earliest neural programming gets easily cathected due to repetition. Hence reason does not work.

i) Father and mother are Giants

Imagine how huge is the body of father and mother vis-à-vis that of the child at a tender age! When the child is living with such gigantic humans it is possible that they influence the children by their gigantism. Even a grunting voice can mean threatening to the child. Hence in order to survive the children take some decisions based on their understanding of the situation. Many times petty experiences may lead to crucial understandings. Such presumptions from unhappy experiences can influence script decisions.

Children are incompetent and when they have very bitter experiences they take certain decisions that have an influence through out life, and they build strategies to fulfill the decisions.

These decisions taken in early childhood are, enforced by the parents and justified by subsequent events. These decisions are beyond the conscious mind and are recorded in experiential language and hence we are not aware of it.

j) Internal Compulsion

Script has an internal compulsion to lead us to certain behaviours which will ensure script bound journey. Bermuda Triangle is a mysterious phenomenon on earth. Thousands of ships and planes have been engulfed at this place due to a mysterious pulling power. Script system also exerts a pressure to move towards scripty behaviours though it is not good for the individual. Awareness can lead to autonomous behavior.

Types of Scripts

There are three types of scripts.

1. Winner Script
2. Loser Script
3. Banal Script

Dr. Berne had not given a definition for the term winner but when we go through his writings his idea of winner becomes very clear. Winner is a person who achieves his declared objectives and leads a peaceful life. Winner is successful and happy and live in harmony with his environment. Success does not mean material gains alone. The basic life position of a winner is 'I am OK, You are OK'. A person with this life position cannot lead a selfish life and hence achieving declared objectives itself is not the only criteria

for success in life. Achievements are part of it and it confirms the competence of the individual.

One who cannot make achievements or cannot enjoy their achievements is all harbouring a loser's or banal Script in them. Their emotional problems and relationship issues become a burden for them. Those who find themselves incompetent and inadequate when faced with the challenges of life, those who are compelled to commit suicide, those who lose their mental balance due to emotional problems, those who become sick due to the stress and strain of life, are all people who have loser's or banal scripts.

Those who cannot achieve their goals and those who cannot enjoy their achievements do not know that they have a role in creating such a situation. There are people who put the responsibility for their failure on others. Yet another group ignores their opportunities without realising their strengths.

People with Banal scripts do not have a goal for life. When these people are asked to give a caption for their own life drama/cinema they write captions like;

'A Float' that moves with wind without direction

"A Country Boat" that does not have an engine.

"A Lazy journey"

and so on. That shows there is no specific goal in life. For them the life course is decided by external events. They do not look at life as an opportunity or gift that can be made use of. They do not find a meaning for life.

Some other factors too..

1. Childhood stories

Most of us might have heard a lot of stories during our childhood days narrated by our grandparents. Some of the characters of those stories may be lingering in our mind even now. Such childhood stories do influence children, sometimes in a great way. Grand parents with awareness use this opportunity for moulding the youngsters by instilling values in them. Some others might have told fearful stories of giants, witches, and evil forces and so on to induce fear in the children to make them sleep. But even after years of growth and development such fear disturbs some people after sunset with an unreasonable fear of darkness. There is another group who get motivated with the stories of some past heroes told by grand parents, parents or other elders in the family.

2. **House name, culture** etc. may also influence script formation.
3. **Number in the family tree**, whether you are the eldest or youngest, male or female etc. influences script formation. In a poor country like India taking birth as a girl itself can influence formation of the unhealthy script. The value systems of religions exert influence. There was a time when roles like 'Seetha and Savithri' etc. of the epics influenced female scripts.
4. Effects of prophecy by astrologers and such other 'experts', horoscopes, and astrological stars etc. influence script formation in a family where such believes are taken seriously. There could be many other situations also that might have affected the formation of the script.

IMPACT OF SCRIPT

Why do the children who take birth as Prince or Princess turn out to be Frogs?

How do these Princes and Princesses lose their prince hood and become Frogs?

Who is involved in this conversion process?

Once we know the direction and production of this life drama it is easier to become a winner and achieve success in life.

Elephant has huge body and tremendous power but he is controlled by a thin bipedal man with a small stick, may be because the elephant is not aware of his 'power'. In 'Alert and Achieving' a book written by Fr. George Kandathil and two others, there is a thought provoking drawing.. A two-year-old elephant is tied to a small post. He tries to brake off from the chain in vain and records in his mind that it is impossible. In the second part of the picture the elephant is 20 years old and tied to the same post but because of the recording, that it is impossible to brake free, he is not even trying to pull out of the knot. The elephant has 'realised' long before that he can't brake free and hence inspite of the fact that he has grown into a huge figure with immense strength there is not even a thought in his mind that he can be free with his power. His 'realisation' comes in the way of his freedom.

The illustration is a beautiful expression of the impact of script on the individual. Some of us are chained to our early childhood experiences and decisions (script) that do not allow us to succeed in life. This book poses the question:

"Do you want to brake off from the chains of 'Loser's script'?"

We have seen circumstances that have contributed to the formation of script. Every child has inborn urge to survive and grow and for that he should have uninterrupted supply of ingredients for the satisfaction of basic needs. Delay or deficiency in this regard is threatening and the ground will be set for the formation of the script. Parents have an important role in setting up the stage for the script formation. A master plan is being formed which is a good channel for onward journey. Our Guru Fr. George used to refer script as a channel for psychic energy to flow. The more the frequency of flow of psychic energy through this channel, it becomes an easily activated route for the energy to flow. Either one should close this channel or dig another healthy channel for rewriting the script.

For this we need to know more about the script. Especially, how the recordings have taken place in our mind and how we can substitute the present script with a Winner Script. Script remains as the source of our behaviour and let us consider it as the core of the operating system of the human computer.

PART- II

SCRIPT

CONTENTS OF SCRIPT

Defintion of Script shows four major parts or components in script.

Childhood decisions

Reinforced by Parents

Justifying subsequent events

Culmination in a chosen alternative.

In his beautiful book titled, "What Do You Say After You Say Hello" Dr. Berne deals extensively with script and its components. There are seven major factors that constitute Scripts.

- 1 Pay off
2. Injunctions
3. Provocation
4. Spell breaker
5. Prescription
6. Programme
7. Demon

Pay Off

The most important factor in the Script is the pay off and that is the last scene or climax of the life script. This is the driving force behind continuing many behaviour patterns which they are not helpful for the individual. It is through negative feelings that we

reach the script ending, or pay off and pay off remains to be the goal that propels persons into action. Life script's goals can be

Drop Dead

Go Crazy

Be a bum

Be a loner

It does not mean that all unhealthy scripts end up in the four alternatives as it depends on the intensity of the recordings. Scripts can be of three degrees. Grade one type is comparatively less harmful and can easily be converted to a winner's script. People live with it without much harm though it is true that what they could have achieved in this lifetime will not be possible because of the script decisions. Grade two types lead to more serious consequences though not to the extent of death, madness etc. Emotional problems, physical injuries, failures indicate this type of scripts. Third degree scripts definitely reach the climax of pay off unless confronted and redirected. There is an inclination, or call within such individuals to move towards certain pattern of behaviour. Script formation takes place almost by the age of six.

2. Injunctions

A Court of Law issues injunctions or orders which the recipient is expected to obey or be prepared to face the consequences. Whether we like it or not, we need to obey such injunctions. Rather akin to this, children perceive that parents issue prohibitory 'orders' and whether they like them or not they need to obey them or else accept punishment.

As a part of the socialization process or of disciplining the free child or as part of a parent's strategy to enforce certain life styles for ultimately achieving success in their terms, certain commands are passed on to children which children perceive and

imbibe as injunctions. Violation of these directives is punishable and may be painful too. But once children accept the injunction, it controls their rest of the behaviors. It remains as a part of the operating system of the human computer. These directives being the earliest recordings they remain to be the foundation for further behaviours.

It need not be the exact words of the parents or the meanings intended by them that the children absorb. What they absorb is based on their perception of the parental messages. We know that children at very tender ages do not have enough language or experience to understand what others communicate. Most of these interactions take place in the language of emotions. The recordings take place in the emotional language. Once language proficiency is achieved, whenever earlier recordings are activated, the child will verbally interpret it, as he understood it.

When parents insist on perfection in whatever children do, their intention is to improve their children. When parents severely criticise children they do not think of the negative consequences of such criticism but hope that children will perform better and on their terms.

When some people openly acknowledge that they are incompetent, some others reiterate it in their mind the same, not because they are incompetent but that is a conclusion they have taken long ago. Children need appreciation for the little things they do well and should not be belittled for their shortcomings, because it will erode their confidence.

Wherever children lack enough love and care they may conclude with pain that they are "unwanted". There are other umpteen situations when such crucial destructive decisions are taken. If the child's birth was unexpected in the family, if the child was

born under some inauspicious star in a family where faith in astrology prevails, if a girl was delivered to parents who deeply desired a male child, and so on, the child feels strongly that he/she is “unwanted”.

3. Provocation

Many people behave impulsively and then lament the undesirable consequences of their behaviour. In certain critical moments Parent's voice whispers to the Child and under that influence the Child Ego state exhibits unhealthy behavioral patterns. This is common in the loser's script. Certain internal inspirations sometimes propel the individual into doing some actions which later makes him feel guilty and he wonders why he did what he did. Dr. Berne called injunction and come on “Electrode” because of the compulsiveness with which people behaves when they are guided by this Ego state. No second thoughts before action about their options and mostly they jump into dangerous situations. Electrode has a significant role in implementing script decisions and hence it is a decisive challenge for therapists.

One needs to be aware of this ‘advisor’ within our minds which provokes us into danger.

The three factors that have been discussed above are very important and they originate from the Child ego state of the parents and lodge into the Child Ego State of the child. These three are generally called **script controls**.

4. SPELL BREAKER

In Hindu mythology, we get to read that those who are afflicted by curses are given a ray of hope by way of a spell breaker that is an opportunity to be relieved from the grip of curses and to return to their original form. For example the character Ahallya was cursed

and turned to a stone and the spell breaker was that she would retransform when Lord Sree Rams's feet touched her.

The scripts, other than that of winners, are considered to be curses inflicted on children transforming them into ‘Frogs’ as in the fairy tale. When Dr. Berne propounded this theory he made use of some of the popular fairy tales which have such curses and spell breakers as their central theme. In some of the scripts there are spell breakers which will become functional because of certain events or at a given time or age free the individual from the grip of script decisions. For some individuals spell breakers may remain an oasis.

5. PRESCRIPTIONS

Generally parents are eager to see the growth and development of their children, though there may be exceptions. Parents, based on their convictions about life, success, life contentment etc mould their children accordingly. They give a lot of good messages to help their children achieve success and happiness in life.

Some of the principles they try to inculcate in their children are:

“Hard work alone will pay “

“God helps those who are humble”

“Help others,” and so on.

Such prescriptions may start as early as the toilet training period. The mothers urge their children to get into the toilet and keep nagging them to “hurry up”, as, they have a hundred other things to do after the child is ‘dispatched’ to the school. Every parent does his/her best to teach the children to learn the importance of ‘hard work’. Some parents are interested in ‘creating machines’ that will not react emotionally.

“Boys shall not cry”

“Girls shall not show their anger”

“Always have a pleasing face”

Parents try their best to ingrain many such positive messages into the mind of the child so that they will become ‘successful’ as per the standards of the parents. These messages are good. The intention behind them is unquestionable. It helps the children in many ways. If we trace the history of successful people it will become absolutely clear that parent’s coaching has played a very major role in moulding their lives.

When script controls, pay off, injunction and provocation are from the Child ego state of the parent, prescriptions are from the Parent Ego state. Script controls play a role during very young age, whereas prescriptions are lodged later.

The mother teaches her son to save; the father shows how savings are to be squandered by drinking. The son will faithfully do this.

Prescriptions are positive ideas running against the damaging injunctions, and hence they are called counter injunctions. Where injunctions block growth and development counter injunctions help the person’s growth. But is it so in everybody?

In some people the injunctions and counter injunctions go together smoothly. Working hard is a good quality. There are many who did hard work but had to leave this world before they had the chance to enjoy life. They do not realize the stress and strain they gave to their bodies is too much. It reduces the lifespan.

Counter Injunctions or Prescriptions are good for those who are aware of them.

6. PROGRAMME

We have seen that children adopt many of the behaviors of their parents and this ‘education’ is needed for them to live. Generally boys copy their fathers and girls copy their mothers, This may be because of their identification and acceptance of sex similarity.

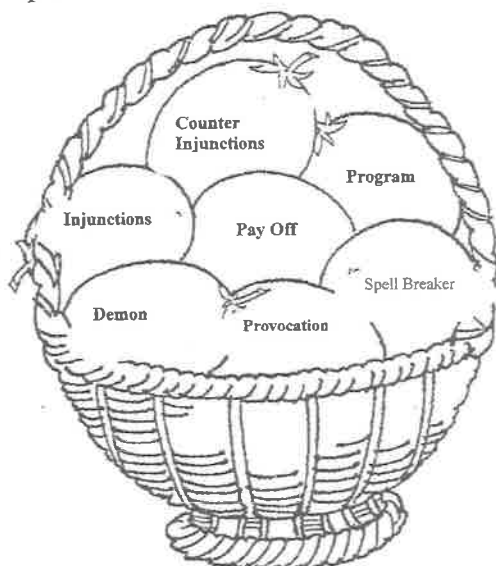
How to get one’s needs met is a practical knowledge which is very necessary for making future life easy. The child has an inherent tendency to go on collecting and storing information for future use. In this process injunctions and counter injunctions are received from the parents and stored. How does one put these into practice? Many of the parental behaviours are copied and stored as a strategy for implementing the script. The woman who has the message that “I am unwanted” will behave in such a manner that her husband, children and other relatives will hate her and thus she will reinforce her script decision. If her daughter grows up seeing these behaviors, she also may develop such a script decision and then she may find her marriage ending in divorce.

For the formation of the script, home atmospheres play a very important role.

7. DEMON

Dr. Berne call this the “Joker” of psychotherapy, appearing at crucial moments to play havoc in the process. A little child throws food here and there and waits for the response from his mother. If the mother takes it lightly, he laughs and enjoys himself. If she doles out negative strokes, he waits for more of such opportunities to display his mischief. The Demon resides in the Child Ego state to inspire the child to do certain crucial unhealthy deeds. Some times this internal call acts towards the detriment of the child.

The name 'Demon' is given to this aspect of the Child ego state because of his nature to induce unhealthy activities. At critical moments he pushes the individual into acts of destruction. He acts like a demon interfering at crucial times during psychological treatment and creates havoc. Demon is an important factor in the loser's script.



SCRIPT BASKET

SCRIPT MATRIX

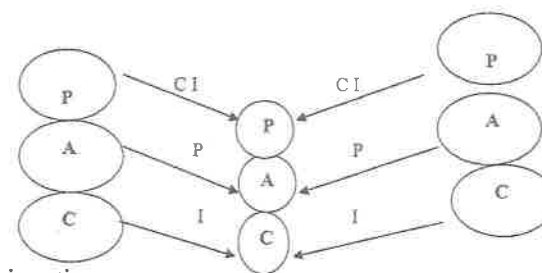
Dr. Claude Steiner who has made remarkable contributions in the development and popularity of TA published a book titled "Scripts people live". The most fascinating idea in this book is the script matrix, a picture that takes care of all-important concepts of TA. Dr. Berne himself concedes that this is one of the most important pictures of twentieth century psychology.

Script decisions are formed mainly from the family. Mother and father or elderly people, who occupy the slot of parents and

the child, are the most important characters. On the one side there is the newborn child with a desire to live and grow for which certain basic needs are to be met and on the other side are the parents who provide the basic needs in accordance with their ideas and convictions. Most parents want their children to become 'smart' or competitive.

During interactions with their parents the child absorbs certain ideas, messages and behaviours, as he understands from the circumstances.

The script matrix includes injunctions, counter injunctions and programs. It is a very simple diagram, which contains not only the concepts of script but also the methodology of its formation.



Picture

I = Injunctions

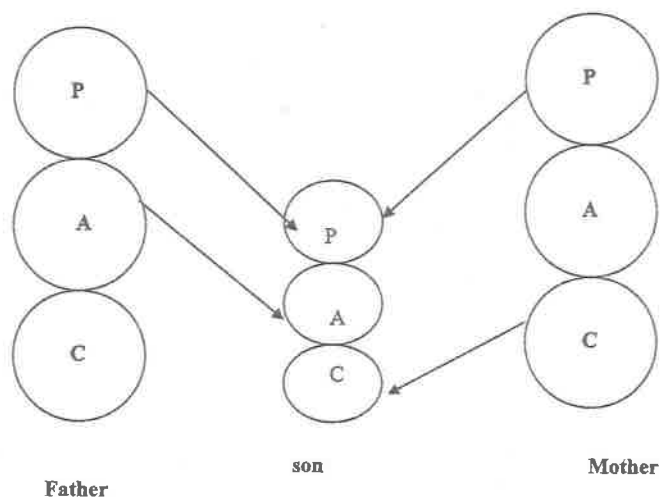
P = Programme

CI = Counter Injunctions

The most important quality of the script matrix is its simplicity and the richness of its contents. The child, who peacefully dwells in his temporary sojourn in his mother's womb, receiving his needs in time, becomes disturbed once he is delivered into the world. This disturbance or insecurity will be met only by finding a secure base and ensuring continued supply of basic needs. In his early life he takes certain decisions, which for him were necessary to once again obtain a secure situation. The script matrix can be considered to be a return to the state of being in the 'womb'.

The injunctions he received from the parents, the counter injunction offered by the parents, the model, or programme, given by the parents as to how to live with it are all part of the script matrix, a secure base, which he considers, will help his existence. This offers him safety. He does not like to lose it. It may be because of this that people find it difficult to stop certain behaviors even though they are informed of the unhealthy scripts and their influence in behaviors. They are reluctant to accept changes because of the fear that they may miss the mental equilibrium they have. The Child ego state does not wish to miss 'the peace' that now it thinks it has.

Steiner made the concept of script clearer through a diagrammatic representation of how injunctions, counter injunctions and program are passed on to the child. While boys imitate the behavioural patterns of their father, girls follow the patterns of their mothers but, injunctions are passed on by the opposite sex. Steiner incorporated these ideas in the script matrix as shown in the picture.



INJUNCTIONS

These are the 'decisions' taken by the child by interpreting the earliest life experiences as certain prohibitions by parents. Violation will result in negative experiences and it remains in the deeper mind to regulate future behaviours in tune with that. Injunctions are the most important aspect of script and script matrix. Before children learn language, they learn and record experiences in the language of emotions. It is through emotions or feelings that they relate with their parents to ensure their continued survival. The hunger for having their basic needs met prompts them to be in contact with others. While parents are forceful when they speak about their dislikes or negatives of their children, they are very soft and gentle when communicating their positives. Strong emotional transactions undoubtedly influence the Child Ego State and these influences stick on in their minds as a compulsive source of behaviour.

In order to rewrite one's script for the better one needs, to identify injunctions and make earnest efforts to get out of the clutches of injunctions. TA practitioners, Mary and Bob Goulding, have reported about twelve injunctions they came across during their counseling/therapy practices. These are not exhaustive but even this discovery of injunctions by the Gouldings go a long way in the application of TA for rewriting one's destiny for the better and for transforming the 'Frog' into a Prince or a princess. Smt Pearl Drego an Indian Transactional Analyst working with children mostly introduced another injunction "Don't be Holy".

Becoming aware of these injunctions itself, many times, provides an excellent opportunity to reflect upon one's behaviour and interpersonal relations, opening vistas for change. Strained marital relations can be reexamined and silly compulsive behaviours

identified and exposed. Family Courts who take great pains to save families can expose the foul play of the human mind and convince the couples of their role in jeopardizing their marital lives. Those who curse their fate because they are unsuccessful in life can trace why they keep missing opportunities to succeed and where they should concentrate.

1. Don't Exist

A child is born with the natural urge to live but we come across many people who wish to die, when confronted with problems. Some are prone to accidents, which is also an indication of a desire to leave this world. In the process of growth the child might have 'understood' that his parents would have been happy if he was not there.

Maybe the father or mother had not wished to have a child at all or maybe, the child was born at an unexpected time, or maybe the child was not the sex the parents wished for.

In all such cases the intuitive child is capable of picking up the emotions of his parents and might reach the conclusion that.

'I am unwanted or nobody likes me

It is mostly, because of the lack of life saving positive strokes that the child ends up with painful decisions. There can be umpteen numbers of reasons for the child not getting enough unconditional positive strokes, like ailment of the mother pursuant to delivery, arrival of the second child in close succession etc. Situations in the family, which makes the mother preoccupied or even deliberate neglect by some mothers to give enough attention to the child can cause the child to imbibe the injunction,

"Don't Exist"

The child, who had been so peacefully enjoying life in the mother's womb, may wish to go back to his previous happy sojourn due to the threats that he is facing now.

Have you ever wished to commit suicide when faced with a difficult situation?

If the answer is yes to the script question, it is possible that you might have imbibed the injunction "Don't exist"

As it is shown in the script matrix the injunctions are accepted and recorded in the Child Ego state and hence it is very difficult to find out how and when these recordings took place. But the behaviours exhibited by the individual are a pointer to the existence of such an injunction. If the presence of the child in the family was not encouraged by the Child Ego state of any one of the parents, during an emotional outburst they may wish aloud (Ian Stewart, 'TA Today')

"I wish I did not have a son (daughter) like you this".

"You should be killed...."

"I have always been miserable since your birth" etc.

Those who have imbibed this injunction possess a life position

"I am not ok you are ok" or

"I am not ok, you are not ok".

They will be collecting negative strokes by unawarily indulging in certain behaviours so as to reinforce their life position and script decisions.

They will practice games and rackets suitable for the 'Pay off' of their script. The game called "Kick Me" and its variants are very common. The scholars and the illiterate, the rich and the poor, the man and the woman all do engage in such games but with sophistications based on their background.

The idea of Dr. Berne's idea that 'Love is nature's cure' is apt for those with this injunction because they are in need of unconditional positive strokes. They missed such strokes when they wanted them the most. Fortunately such life saving strokes can be effectively communicated later in life also (Pam Levin, 'Cycles of Power').

Different individuals who have these recordings implement their injunction differently. Suicide is one way of fulfilling this injunction. Some of them 'invite' the script ending through accidental death. Alcoholism, smoking, drug addiction etc are some other ways of embracing the ultimate destiny.

2. Don't

This is an injunction that has a general ban against doing anything. One reason for this injunction is the transfer of fear of the Child Ego state of parents.

"You are incompetent. You will end up in problems. Hence don't do anything"

Such children become incapable of doing things independently. They depend on others for everything. Whenever they have to do something they say within "I cannot do it well". Hence always they wait for others help. Many people would like to remain as spectators than actually taking part. Children must learn from their experiences or they will not develop the courage and freedom to do many things.

Some times mothers run after their small kids when they run, shouting

"Don't run you will fall!"

Yes, they will fall because of the fear that is being instilled by the mother. Fear of failure will make a person incompetent. Those who have "starting trouble" may also have to conquer the fear that holds them back.

Consider the situation where the father directs his son, "It is 8 o'clock do your prayers". Hearing this direction the mother commands:

"It is only 8 O'clock. You study now"

Whom should the child obey, the father or the mother?

Or, should he sit tight doing nothing?

Parents need to take care not to give contradictory directions.

Take the case where the mother on reaching home finds the kitchen in disarray and shouts at her daughter saying;

"How many times have I told you to keep things in order?"

The next day the daughter keeps the kitchen in order as much as she can. When the mother arrived she yells again as kitchen was not maintained as she expected.

"Dumb head, how many times have I told you to keep things in order?"

What will the child do now?

She is damned if she does, and damned she if doesn't

Is it not better for the child not to do anything? It is not good to be highly critical of children as it spoils their interest in doing things and they may turn out to be idle

Some people feel bad about their habit of procrastination, ie. Postponing things to a future date and finally making a mess out of it.

The accusations and criticisms of Parent Ego state put the Child Ego state in a difficult predicament. Sometimes the assignment to be done makes the Child Ego state jittery as he is not confident enough of doing it well but Parent Ego state dictates that it should be done. What can the child Ego State do in such a situation? To save itself from the wrath of the Parent Ego state the little professor finds out a solution.

“Do it tomorrow”

The present situation is solved. But the problem has not been solved.

3. Don't Think

This is another injunction that has far reaching consequences in the life of a person who has this injunction. This is against the thinking faculty of the brain. The greatness of human creation itself is his capacity to think and to reflect on his deeds and words. Hence man could accept change and create a civilization.

Here again, no parent will dare to hamper the thinking power of his or her offspring. They might not have even dreamt of such a situation. But the child accepts it as an injunction against his capacity to think. The thoughts, feelings and expressions of the child may be inappropriate or meaningless to the parents. If he is ridiculed or belittled for his immaturity he may avoid situations that warrant his thinking. Such negative strokes are powerful ‘curses’ that remain with him throughout his life.

Do you experience difficulties or confusion while thinking to take decisions?

Some people find decision-taking process a difficult one. Logical thinking is not easy. Some of them experience some sort of blocks in their thinking, beyond which they cannot proceed. Some find the problem to be so overwhelming to the extent that they feel they are losing their mental balance.

It seems that they have the injunction, “Don't think”

This ban, against the functioning of the Adult Ego State, will result in serious consequences. If the Adult Ego state is not functional the person turns mad depending on the gravity of the injunction.

Life itself can be said to be a process of problem solving ever since birth. The role of the Adult Ego state in arriving at appropriate solutions when problems arise is very important. Adult ego state functions almost like a computer in the sense that based on the available data a decision is taken. The function of the Adult Ego state is disrupted because of the injunction ‘Don't Think’.

Over pampering can also result in this injunction. Certain parents, who are eager to do whatever possible for their children, even think on behalf of them. So the child does not get opportunity to make use of his natural abilities like thinking and hence such abilities disintegrate or remain latent as there is no internal permission or motivation to think. Children need to be given the freedom to think and act. The experience and knowledge of the parents has to remain as a source which he can tap from in his creative ventures. For success in life, this injunction has to be rewritten. Children need permission to think. Even if children put up a poor show, they need encouragement and not assertions like,

“You are incompetent “

“The eldest child is always like this, a bum”

Unconditional Negative strokes are curses and they are very potent. Instead of giving direction;

“Do what I say”,
appreciate his moves, and explain its pros and cons and consequences thereof. It will help him to think and see the purpose behind parental directions. Children need to think; permit them to think and they will surely grow.

4. Don't Belong

In the chapter on strokes we have seen that man, being a social animal, cannot have an independent existence. He has to be

related to people. Relationships, attachment or bonding gives him meaning and enthusiasm to live and grow. In spite of all this there are people who suffer from the painful feeling of "loneliness".

Though there are a number of relatives, kith and kin, people feel lonely. The efforts to have meaning in relationships have failed and they cry sometimes within.

"I know I have no one".

The pain of loneliness is so deep and excruciating that in spite of conscious efforts to believe the other way; they are unable to.

Looking at other people who live 'happily' they sigh and think.

"Those people are so lucky"

Some of these people prefer 'Bhrahmacharya', and remain bachelors or spinsters. Some of them opt for 'sanyasa'.

Have you ever thought of leaving your house and going 'somewhere' when emotionally disturbed?

If your answer is yes, it is possible that your Child Ego state may have this injunction. Family life will not be smooth for them.

In the concluding part of a basic course a young male participant shared this experience:

"I am employed at a place hardly 20 km/s away from my house and could easily travel to work. But I preferred to stay near the place of my employment and visit home only once in a month to see my sister. I hated to see my father because every time we start to talk to each other the conversation will end up badly. I could not remain long at my home. I happened to attend the TA Basic course sometime ago. Sir, you may not believe this, but, after the session I felt very relaxed. Once in a week I rush to go home. I spend time with my sister but I used to avoid my father. It is a blessing that I

understood the meaning of the injunction, 'don't belong'. It is true that I always felt that I am an odd man out in the family. The question asked during the course as to whether wished to leave home while emotionally disturbed, had touched me deeply. I feel sympathy and love for my father now. I decided to go home everyday.. (he started weeping):"

Children need unconditional acceptance in the family. Some of the circumstances that give out the 'don't exist' message can also be a ground for this injunction. If unconditional positive strokes are not given to the child, he may conclude:

"Nobody wants me,"

The person who has this injunction cannot find himself or herself related to the organisation where he or she is employed. They go on jumping from one organisation to another on one pretext or other. They like to be alone and prefer strokes from 'withdrawal'.

In family life also they are 'alone'. They will find it difficult to relate in intimacy. Many times, on the grounds of professional requirement or 'other reasons', they remain away from the family.

They do not have the awareness that they can relate with the family in the realm of intimacy, if they want to.

It is a common, embarrassing situation for mothers when children ask them, "Mom, where did I come from?"

To avoid or evade embarrassment some mothers say,

"That iswe got you during the festival, in exchange for....."

How did that innocent little mind absorb the mother's replay?

"I am an outsider"

"I don't belong to this family"?

The differences of skin colour of the children from that of the parents or other siblings, the differences in height, or such other characteristics, are causes in some families for the injunction

“Don’t belong”, to be fixed in the child’s mind. Children need unconditional acceptance.

Some times the life style of parents can also cause the damage. If they themselves have this injunction deeply ingrained they may pass it on to the next generation.

If a sense of belongingness is not introduced in the minds of employees, every organization will suffer. There are employees who identify themselves with a union /association but fail to get related to the organization that gives them their bread and butter. Employees alone can not be blamed for this. A conscious effort from the organization to create a “bonding” with the organization is necessary.

Once the chairman of an organization was lamenting, “I have done everything for the employees; for example we even provide news papers to the employees in all cadres, the other benefits given are best in the industry. But still we have failed both to motivate them and to win their loyalty and attachment to the organization.”

When an employee believes that the benefits they enjoy are the fruits of their organized power, how will he develop bonding with the organization? What motivation can be expected from a person in such circumstances? Each organization has a script of its own.

6. Don’t be Close

There is an exercise to demonstrate ‘personal space’ that is being used in organizational training. Participants are asked to stand in two rows facing each other at about six feet apart. One line shall remain standing and the other line would be directed to take one

step forward at a time. But each person should consider his internal experiences. If any one feels that he does not want to move closer towards the other person, he can stop moving further. At the end of the exercise it is seen that some people go very close physically to others but some of them remain at various distances. What is intended by the exercise is to conclude that ‘personal space’ of individuals differs and that they try to maintain this distance.

The relevance of the exercise is that those who have the injunction ‘don’t be close’ would like to remain distant from others.

There are people who find it difficult to have very close relationships. One such person shared his experience in a TA group. He does not show his love and affection by physical touch. He does not touch even his children. He loved them very much but he could not express his affection. The group found the problem very simple. He may not have had a programming or a modeling, in this regard.

Since he became aware of reasons, solution was simple. He needs to be close to his children and give them touch strokes.

He too agreed that.

Was it so simple? No. He could not exercise the suggestion.

A person who has strong ‘don’t be close’ injunction in his Child ego state will find it difficult to be close to people especially physically, and they will avoid touch strokes. This injunction will pull him back from the new decision to give touch strokes.

The strong influence of the mind on body through injunctions disturbs the body also as is seen in some physiological disturbances, like skin eruptions that keep the person physically away from others. The deep rooted experiences in the mind play havoc on human

life. The injunction that dwells in the deep caverns of the unconscious mind causes great losses in a person's life.

A couple cannot be close enough to enjoy intimacy if they possess 'Don't be close' injunction. This injunction spoils married life and only when they identify this injunction and change, they can move towards a life of intimacy. Those who cannot do so will find their life ritualistic and boring.

Eric Erickson, an expert in child psychology, believed that the early relationship between a mother and child results in the formation of 'Basic Trust' in a child and that removes the fears from his mind. The mother becomes a secure base which he can depend on. Any disturbance in the mother-child relationship may cause mistrust in the child. He may become suspicious of all those who interact with him. Rejection by the mother is the most painful experience for the little child.

Little Sandra

One of my friends shared a strange experience. His brother was employed in a foreign country, so his sister-in-law and her little child, Sandra of around three years old, were staying with him. Within a few days of arrival, Sandra became very close to him and she started insisting on sleeping with him. One night he noticed Sandra waking up in the night and lifting up the bed cover and peeping underneath it as if searching something. He picked her up and put her to sleep. Again on another day he noticed Sandra doing the same thing. He asked her what she was searching for. She replied that she was searching for her mother.

"Do you have any idea how did this behaviour start? I asked.

He narrated a certain type of game that Sandra and her mother used to play. Sandra's mummy used to ask her,

"Whom do you like Sandra ""?

Earlier Sandra used to say "mummy". Mummy would kiss her and both of them enjoyed it greatly. Of late Sandra changed her mind and she started replying,

"Uncle"

Then the mother would become sad and say;

"Then I am going"?

Saying this she would walk towards the gate.

Sandra would cry aloud. Then mummy will repeat the question. "Whom do you love"?

Sandra would say;

"Mummy". Mummy would return smiling.

Consequent to this Sandra began having bad dreams of her mother deserting her. It could be the reason for her searching under the bedcover.

Sandra may grow up as a person who cannot trust others and she may even have a miserable married life. She may find it difficult to be close to people.

6. Don't be a Child

Usually this injunction is found in the eldest child of the family, especially if it is a girl. When the second and third children are born mothers find lesser time for the eldest. If it is a girl she may be given the additional duty of helping the mother by fetching the feeding bottle or taking it back to the kitchen etc. She loses the opportunity to remain like a Natural Child. The mother also, due to her various engagements, desires that the elder one should grow up fast. The child develops the attitude,

“After father and mother I am in charge”

If any one of the parents has this injunction it is easily carried over. These people who have no permission to remain a child become ‘serious’. They keep away from enjoyments. Fun and jokes are not for them. They develop a lot of contamination to support their injunction.

Ian Stewart in ‘TA Today’ says: “Either of the parents may have a Child ego state that cannot accept another child. Hence their Child does not like to maintain another child in the family. This unconscious approach, even though does not reach the extreme level of Don’t Exist, however restricts with the message ‘Don’t be a child’.

We may come across, though rarely, some parents who do not like children because children are a disturbance to the free life of parents. Some husbands feel that subsequent to the birth of the child their wives do not love them as before. The ‘untimely’ disturbances by the child annoy them. They disapprove having a child around and this, unknown to them, is communicated to the child.

Children with the injunction ‘Don’t be a child’ shows more maturity than their age demands. Those who have a high degree of the injunction, attain puberty early.

Do you find it difficult to spend time for entertainment or, to play around with children? If your answer is in the affirmative, it indicates possibility of the injunction.

If we analyze the ego gram of these people we will find their Natural Child comparatively very low. The lighter side of life will be considered by them as a waste of time. They are never in a mood for enjoyments or for having fun with friends. They will

definitely have ‘reasons’ for not doing so. There are many women, who in their dedication towards their children; husband and other relatives forget that they too have a life to live.

There are people who go on accepting responsibilities one after the other and at the fag end of life lament over the lost spring of life. It is worthwhile to check whether the injunction ‘Don’t be a child’ is part of our script, because once we know that we are in the grip of this injunction and would like to free ourselves of it, we can do so and thus change our destiny.

7. Don’t Grow up

There is an injunction against growing up too!

There are parents who wish to see their children always as their little ones and the ‘Apple of their eyes’. There is nothing wrong in it. Some parents are disturbed by the thought of their only child or the last child growing up and moving away from them. They are never through with loving the child. They fear that if their children grew up they won’t be able to continue treating them as before. The message they communicate unknowingly is to the child is to remain a child in spite of their chronological age.

If one of the parents also has this injunction, they will find it difficult to leave their ‘playmate’ and can will induce their offspring also to remain a child. Attachment and separation is the rule of nature. Animals too display that. Once the young ones are capable of finding their food they are left to fend for themselves. In order to complete the growth process separation is necessary and when parents move against this natural process it is possible that its ramifications will be felt. Even if it is painful for the parents, it is their duty to co-operate with nature in the process of separation and growth to maturity of the child.

There are some children who in spite of their physical growth and chronological age remain like little children. They exhibit a lot of dependency on others. Always they expect that some one will take care of them and if it doesn't happen they are lost. This incompetence is because of the injunction to remain to be a child. So long as the parents are alive they expect their parents may take care of. After marriage they expect their spouse to take care of them.

In some cases parents distance themselves from their children by the time they reach puberty. The unconditional positive stroke stream starts to dry up. When their daughters grow up fathers find it difficult to touch them as they did earlier. Some mothers feel the same about their grown up sons. They become ineffective in giving the touch strokes and thereby children feel a shortage of strokes. One method to prevent this and to ensure continued strokes is to remain a child. Sometimes both physically and mentally even. This could be the one reason why some people display child behaviors, (constant Child) in spite of their physical growth. Injunction has its impact on the body of the individual based on the severity of the injunction.

8. Don't feel

This injunction is a prohibition against experiencing what one feels. Some people suppress their grief; some people become silent when they are angry. While some people do not express any feelings at all, some suppress only certain types of feelings.

Emotions as we have seen are the vehicle through which the human brain communicates with the body and the surroundings including other people. If emotions are not properly expressed their purpose itself will be defeated and it can cause disturbance to the person. When a person experiences feelings they need to be expressed so that the others know the purpose. How they are to

be expressed is learned by observing how others successfully express their feelings. The manner in which emotions are expressed is mostly, copied from parents or such other elders.

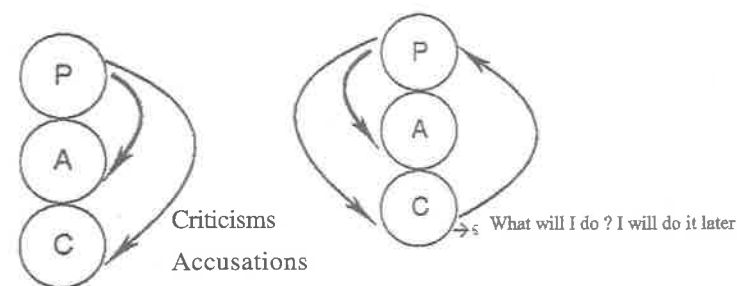
Feelings are certain forms of energy. Suppression of this energy will result in some psychosomatic disorders. Suppressed energy will erupt as an ailment in some part of the body. Gender also is a factor in influencing the prohibition. When boys cry, some people comment,

"Don't cry like girls"

When girls show anger they are forced not to express it. Some parents do not even allow them to laugh aloud.

The child relates with others through his emotions. When expression of such emotion is not allowed it can create a lot of confusion in the child. An injunction against the very purpose of interaction will create a lot of problems in social life. If the husband does not appropriately express his emotion, his wife will fail to relate to him effectively, and vice versa.

Social life will be put to jeopardy, because the process of giving strokes is also mainly through expression of feelings. When such expression of emotions is inhibited by an injunction, it will lead to serious consequences for an individual and for those who depend on him /her for strokes.



In organizations also it has a great impact as it affects interpersonal relations.

One should learn to express his feelings appropriately i.e. in accordance with the circumstances. When the boss fires the subordinate, expressions of anger by the subordinate to the boss may cost him his job itself and hence one should learn to express oneself appropriately. There are different ways for a person to release his pent up feelings. Deep breathing is the easiest and simplest method.

9. Don't be You

'Don't be you' means don't be the sex you are. If parents had wished for a male child and they get a female child instead, they may feel disappointed. To cover-up their disappointment they bring up the child like a boy. In the name they give the child, the way they dress her, etc. they treat her like a boy. They find satisfaction in that. What about the child?

When she grows up can anyone expect her to be a woman in every sense? It is quite possible that she will develop certain masculine characters. The injunction 'Don't be a girl' may play havoc in her life. Similarly if the male child is treated like a girl it is possible that he may develop certain feminine qualities like an effeminate voice, walking style etc, In society we come across people like this.

Similarly some parents keep on advising their children to be like a particular person. The children's efforts to follow the instructions of their parents may not yield results and they may become desperate. There are no two persons who are alike in every way. This does not mean that children should not be advised to imbibe good qualities shown by certain great people. But trying

to imitate copy somebody may lead the child to living a 'Dummy' life. Elders make comments like,

"He is just like his father "

Such comparison can lead to the situation where the child is trying to identify himself with the character of his father.

In one of his books Fr.George Kandathil, narrates the following incident:

Every one in the family used to say that the grand child in the family was exactly like the grandpa!

"He is just like his grandpa "

Every one noticed the similarity between the two in their physical features and behaviors. The child grew up like his grandpa, including being excellent in business. Years went by. At the age of forty-five the grandson was admitted to an asylum just like the grandpa, who too was admitted in an asylum at the age of forty-five.

This injunction influences the physical features and behaviour of a child drastically.

10. Don't Succeed

There are people who work very hard are almost on the verge of success, but then something happens at the end and they miss the result.

There are children who work very hard for their exams and fall ill just before the exam so that they are unable to write the exams. Some forget the answers at a crucial point and thereafter feel tense and make a mess of the exams. Some children experience 'black outs' or mental blocks and cannot recollect what they had studied so well for the exams.

Some people perform very well in their jobs or professions, but because of some lapses, of which they may be unaware; they miss their most wanted promotions. There are some others who do one business after another, in vain and only to confirm that they are not lucky enough to succeed. They become desperate, depressed or even commit suicide.

After retirement some people realise with horror that their life had been a failure. They realize with regret that they could have done so many things and they lament over their lost opportunities.

Do you think any of the circumstances is applicable to you? If yes, please do take some time for an introspection to see whether you have the injunction as above. You may be very hard working or highly talented but your efforts and talents will not be of full use to you if you have the injunction 'Don't Succeed.'

Those who live with this curse may have a high level of stress due to anxiety. This may cause physical problems like high BP or even cardio vascular disorders inviting premature demise. The desire to win on one side and the pain of failures on the other side makes life miserable. Some people suffer from depression.

Most of us like material success in this world and many are prepared to suffer to any extent for that. Some achieve success in their ventures and some do not. Those who fail attribute reasons to external environment or providence. Some believe that the time was bad for them which is why they failed. Some people confirm their belief in fate and accuse God for their misfortune. What we do not realize is that the reason for our lack of success could be our decision, taken at a tender age. We have a major role in this 'drama' because we write our script and we can change our fate if we wish to!

11. Don't be Important

Parents are very much interested in the growth and development of their children. For some parents the purpose of their life itself is that. Still parents facilitate the message 'Don't be important'.

If this message is ingrained in the mind one will not have any interest or initiative in any venture, to take the lead. The negative qualities that spring from 'I am not ok' conviction make them cowardly, inferior and low in self-confidence, and because of this they fail in the race for success.

There are people who attend one training programme after another to improve self-confidence and to get rid of inferiority feeling but end up feeling frustrated. The injunction engraved in the Child Ego state makes it impossible for them to move away from being failures. This injunction has some features of the 'Don't succeed' injunction.

This is a very common injunction. Some children manifest this injunction very clearly. As elders they cleverly avoid circumstances where they have to be dominant. In communities where predominance of Critical Parent (CP) ego state is seen as part of the socialising process, the Natural Child and its urges are controlled strictly. Comparing and belittling children in front of others leads to this injunction. Instead of appreciating and recognizing the little things children do or exhibit, we criticize them believing that it will make them more and more competent. But children may imbibe the injunction 'Don't be important'. Those children who grow up in freedom may not have this injunction.

Some failures and the consequent emotional distress evoked by the failures can also be a ground for not taking further initiative.

Generally these people, with the injunction 'Don't be important' are passive. They get strokes for their withdrawn nature. They too are active groups but are reluctant to take up responsibilities and leadership. Facing an audience, will be a very difficult task.

Unreasonable fear that they experience before an interview Board or Exam hall results in some errors and that takes away their chance for success which they are otherwise most eligible for. This is the style of the Child Ego state.

Information about the injunction 'Don't be important' is very useful in trainings for Personality Development. In people with the basic life position, 'I am not OK, you are OK' this injunction is strong. They prefer negative strokes and even if some body offers positive strokes they filter them, and accept only the negative. Their Ego gramme will show high-level of Adapted Child. When they were in need of a lot unconditional positive strokes, if they had got them, there may not have been any scope for the injunction. Even now this can be rectified through unconditional positive strokes to a great extent.

A realization of the undercurrents behind some of our behaviours will help us to swim ashore with awareness, to land in success and change the destiny that we wrote. We can change our destiny.

12. Don't be Well

Apparently it is difficult to comprehend that parents who are eagerly following up the growth of their children convey such a devastating message!

Betsy was suffering from headache. Doctors could not find any neurological disorder for the headache though they carried out extensive examinations. She was advised to consult a counsellor to explore the possibility of any mental reasons for the intermittent headache. Counselling revealed some interesting facts.

When her headache became too severe Mr. John would take leave and take care of her. Other wise John, who is a businessman, works day and night intent on earning money. He does not have time for anything else. Once she is ill John spends time caring for her, applies balm on her forehead and gently massages her forehead. Doctor and nurses examine her and console her. What a great care! There is continuous flow of strokes and it surely helps Betsy.

When she was a small girl she was sickly. Only then would her parents get time to take care of her.

Scarcity of life sustaining unconditional positive strokes induces the human mind to develop suitable strategies for survival.

This does not mean that Betsy was acting and that her headaches were unreal. The body acts in accordance with the desire of the mind. Injunction is capable of body scripting. The clever Little Professor finds out a way to confirm supply of strokes even by incapacitating the body. Gradually it becomes a programme. Some women say, "If I am exposed to the sun I develop headache". They attribute some causes to headache and when such causes arise, it leads to headache and thus forgetting how the entire episode of headache developed in the past.

Some attributions like "He is a sickly child" by elders also lead to in this injunction.

The mind accepts this 'truth' and implements it ingeniously by making the body susceptible to sickness. Such commands may even lead to mental disorders. Madness is considered to be a genetically induced disease which gets transmitted from one generation to the next.

When one person develops mental disorder, people comment about his son:

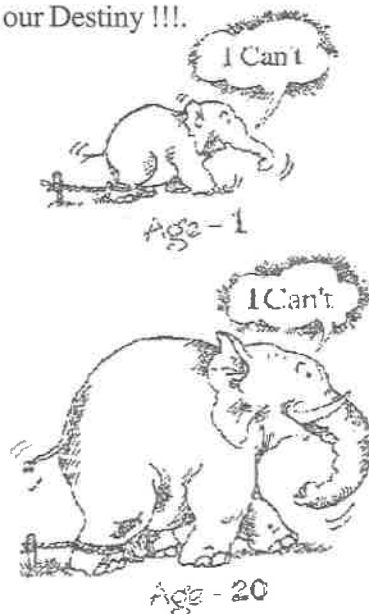
"Nobody knows when he too will get it"

The child who is listening to the comment may start wondering when he is going to lose his mental balance. Like somatic complaints mind also develops sickness. Deficiency of strokes can create misattunement of nervous system too. Situation can lead to madness when "Don't Think" message also got imbibed.

It could be one reason for the transmission of madness to the next generation. Insanity can also be due to attainment of certain age or occurrence of certain incidents. Many men experience severe stress while trying to overcome the age at which their fathers succumbed to heart attack.

The injunction 'Don't be well' creates physical as well as mental problems. A little child follows his strategy for getting strokes, thus making life miserable for himself and challenging even his existence. Should we continue with this strategy?

We can change our Destiny !!!.



SCRIPT DECISIONS

Variations...

The aforesaid injunctions are not exhaustive. In the process of counselling and psychotherapy we may come across some others too. There are certain variations of the above said injunctions.

1. "Don't be Sane"

This is almost similar to 'Don't be well', which is more generic than 'Don't be sane' which stresses on mental well being.

2. "Don't Make it"

This could be considered as a variation of "Don't succeed."

3. "Don't Enjoy"

Enjoyment can be considered as a child activity. There are parents who consider fun and entertainment as a waste of time. They transfer their injunction to the next generation.

There are mothers, who give conditional permissions to enjoy like,

"Son you finish the homework given by your class teacher, tuition teacher and mummy and then you can go and play".

In the present educational scenario the child will find it as a prohibition. He can never cope up with the workload. He too starts postponing enjoyments and end up with the 'Don't enjoy' injunction. This can also be considered as a variant of 'Don't be a child'.

Injunctions are the most important component of the Loser and banal scripts. Identifying the injunction that stands in the way of our achieving success is the most crucial part of rewriting our destinies. It is the major curse that transforms a prince and a princess into frogs. Awareness of our injunctions helps in the transformation process.

PROGRAMME

In the script matrix diagram Program is recorded as the directions coming from the Adult Ego State of the father and mother. Children learn a lot of behaviors from their elders. Boys, generally, model their fathers and girls model their mothers. This modeling is part of their programming for future life. The sad part of modeling is that children do not have the expertise to weed out negative behaviors and accept only positive behaviors. For him it is essential that he should learn how to interact with the environment. 'Lap University' (mother's lap) is the first place from where we had our first 'education' or leaning that will last till the end of our lives.

Once, in a training session a parent (father) expressed his difficulty to show his love and affection in the family. When he shared his childhood experiences he said painfully,

"I do not have any experience of being loved by my father. Now my son is also not expressing his love"

The pattern by which a husband and wife relate to each other is based on their respective parental styles, with certain modifications that are introduced from their subsequent learning. This shows that it is imperative that children should get good modeling from the family. Though we do not follow the model ditto, it has a very strong influence in moulding our behaviour and interpersonal skills.

We have learned that children copy behaviours. We have also seen a pattern formation in the matter of giving and receiving strokes. We have seen the influence of modeling in games and rackets. We have also seen that injunction can be transformed to the next generation.

Though in the script matrix picture it is shown that programming is from the Adult Ego state of the parents, it includes the contaminated area of the Adult too and hence there can be problems

in the programming. If one is not making an objective analysis of his behaviours the contamination can persist.

The parents, who have not made an objective analysis of their behaviour pattern, become role models for their children and they teach their children many things without considering how it will affect the children. The most damaging modeling is done in the matter of expression of emotions. When the parents themselves are not literate in the matter of expression of emotions they communicate what they had been taught.

Extensive research is going on in neuroscience and the avalanche of information that has been pouring in during the last ten to fifteen years throws much light in the matter of emotional awareness. "Emotional Intelligence" by Daniel Golman popularised the concept of Emotional Intelligence. Shri. Joseph Le Doux in his book titled "My synoptic self" signifies the role of 'nurturing' in synapse formation, eventually deciding the personality of an individual.

Program plays a very significant role in the formation of personality and parents are the main sculptors behind it.

3. Counter Injunctions

The parents, from their Parent ego state communicate counter Injunctions, comparatively later than the injunctions that arise from their Child Ego states. While Injunctions have damaging consequences, Counter Injunctions are intended to help the child to succeed in life. Literally they are counter to the Injunctions.

Parents sometimes give attributions to their children like:

"You are smart"

"He is clever like his father"

"His talent is in music"

“Work hard, you will succeed”

“Do things perfectly”

“Boys shall not cry”

“Be nice to others always”

There are many such messages given to the children. The values, as considered by the parents, their ideas of success in life, their intentions about the future of the child, the lessons they had learnt from their experiences, are the basis of these messages. They believe that if the children follow these, they will become successful.

The sincerity of their intentions is unquestionable. Behind many successful personalities there is the influence of parental messages that had been imprinted since childhood. It is also true that the very same messages caused failure in some others. Persons with unhealthy scripts make use of Counter Injunctions for achieving their script decisions.

Since Parent Ego state is the source of Counter Injunctions the contents of Parent Ego state like value systems, beliefs about self, others, and the world etc. are passed on to the next generation. Family traditions, culture, religion, significant forefathers also contribute in the transfer of certain messages. Counter injunctions become the life style and some of these counter injunctions overcome the impact of negative injunctions and the person become successful in life. Hence Counter Injunctions play a big role in carving success. It inspires and directs behaviors towards achievement of the goal.

But such potential messages turn out to be bad for many people. The influence of injunctions is so strong that it converts the Counter Injunctions into uncontrollable urges culminating in failures for the individual. On account of the grip of Injunctions the child adopts compound messages of Injunctions and Counter injunctions.

Compound Messages

The Child Ego state of the parent gives Injunctions which a child receives for various reasons discussed earlier and from the Parent Ego state of the parents the child is also provided certain success formulas, counter injunctions. The Little Professor in the Child Ego state in its effort to escape from the rigors of Injunctions makes use of the parental ‘advices’ and forms compound decisions of both Injunctions and Counter Injunctions.

The child who received the Injunction “Don’t Exist” may accept the Counter Injunction “Try Hard” and forms a combination of “I can exist as long as I try hard”. We come across such ‘workaholics’ who discount their physical problems, and continue to ‘work hard’ and eventually succumb to ill health and prematurely bid farewell to the world. When the internal urge to work hard is followed without Adult Awareness, they ignore the symptoms of over exertion and when it becomes unbearable, the body reacts.

What is the result?

As a result of this behavior the person is implementing the injunction “Don’t Exist”.

The life style of those who received the injunction “Don’t Be Close” along with the Counter Injunction “Try Hard” presents a different picture. They show excessive interest in work and get strokes. They do not get free time to have any social/ family life. This deep involvement in work helps them not to be close to people. Their task orientation is a cover or a mask to implement the Injunction “Don’t Be Close”. Those who have such strong injunctions become lonely in life. Try hard message is manipulated to practice “Don’t Be Close”

Mr. White is employed and has a good income. He is interested in reading and writing and is a member of an organization

comprising people with identical interests. Due to contacts with such people all his weekends were spent on some project or other. Sometimes he takes leave for such activities. This necessitated Mr. White staying away from his family quite frequently. He is respected in the society. But he was brought before a counselor for a different reason. His married life is in doldrums and he was worried about the behavior of his children. For him it was a turning point. The awareness of the injunction "Don't Be Close" and the various methods by which he had been executing the injunction helped him realize the folly of many of his present behaviors. He too was following the example of his father who remained for many days away from the family on the pretext of work so as to reduce his family life to the minimum. Mr. White always felt lonely in a crowd and in the family also. He did not make use of even the occasions that he could have spent at home. He could not give touch strokes to his children. Day by day he was moving away from the family. But, why?

Excessive interest in work and hobbies were unawarfully creating circumstances for him to implement his script decision.

Awareness is the prelude to change.

The life style of people with Counter Injunctions is a successful one and under its spell many gains and achievements are possible. At this stage a person is said to be in Counter Script, but the disturbing factor is that the powerful Injunction is gradually pulling the individual back into the whirlpool, and the poor man is ignorant of this fact.

Mr. Mon is an officer in a company. Everybody likes him. He is a nice man. Since he does his job sincerely his superiors also like him. He does not spare an opportunity to help others and he takes up others jobs also whenever requested. If someone asks

for a favour, he keeps aside his assignments and sees that the request is met. He talks pleasantly to others.

There is another side to Mr. Mon's personality. He cannot say 'No' to others. If he dares to say 'no' he feels unbearably guilty. He has a lot of problems at home as he is spending more time elsewhere.

"Don't displease others"

"Be good to others"

"Talk always pleasingly"

"Try Hard"

These are his favorite phrases and he is literally following them. If everyone behaves like this there is no need for another heaven. But this life style has become a burden for him. At the end of the day he is unhappy as nothing gets done the way he planned them. Feeling desperate he goes home.

On one side he has the injunction 'Don't be important' and on the other side he has counter injunctions Try Hard and Please others. Counter injunctions earn strokes for him. The disturbances that he experiences are due to the compound decision of injunction and counter injunction that he has adopted. He can change his fate and become successful.

Counter Injunctions are learned by the child as a strategy to please their parents and by adopting this they can avoid the pain of injunctions too. Accordingly they combine both to make compound decisions.

"So long as I work hard I can live."

"By pleasing others I can be important"

Behaviours, which are developed based on these decisions, get acceptance from the parents and they yield strokes also and hence

such behaviours get fixed. But here, in the aforesaid case these behaviours instead of helping the individual actually pave the way for execution of the script decisions. They need to develop awareness to evaluate their behaviours. The unfortunate situation is that these decisions are in the contaminated area of the Adult Ego state and hence script driven people will find it difficult to become aware of it. They go on justifying their behaviours. They do not feel the need to change, but have instead an urge to pursue the same behaviours so as to reach the script climax.

Dr. Taibi Kahler made intensive studies on parental messages and came up with the concept of Drivers and gave a new thrust to script driven behaviours. His contribution, the 'Mini Script' theory, won the prestigious Eric Berne Memorial award. According to this theory counter injunctions drive people into script for short periods and he calls this behaviour 'Miniscript' as it lasts only for a short time. Dr. Kahler studied the idea of Process script of Dr. Berne and identified the role of counter injunctions in it. Counter injunctions are categorized into five types and these five compulsive behaviours are called 'Drivers'.

DRIVERS

TA expert Taibi Kahler introduced Drivers as a compulsive behavior found in script bound individuals. These are counter injunctions if made use of with awareness will make one successful. In others it has a compulsive nature pushing individual into loser's script.

Be Perfect

Try Hard

Be Strong

Please me

Hurry up

Drivers are counter injunctions or patterns of behaviours learned during script formation in the childhood. These behaviours are based on certain parental directives meant for achieving success in life as perceived by the parents. Though these are positive messages intended to help the child, due to the influence of injunctions they become compulsive behaviours and they lead the person into script. Because of this tendency to 'drive' a person into script, the term Drivers is very apt for this behaviour. The drivers are derived from the counter injunctions communicated by the parents, or as perceived by the child.

Be Perfect

'Be Perfect' is a parental slogan directing the child to Be Perfect in all his activities. As long as the person is not in script this message is an internal directive for an individual to excel in his performance. These people do things better than others. For those who have negative script this message will create problems. The message 'Be Perfect' will not be accepted well by a child who 'knows' that he is incompetent. In order to avoid parental anger, the child may decide to postpone assignments. When the dead line is reached he does whatever is possible at that moment and as a result he fails and confirms that he is incompetent. If we observe people and their functioning style, their driver messages can be found out.

When people with 'Be Perfect' speak they add adjectives and extra clauses to make their point 'very clear' and in the process the audience fail to understand what is being told. Words like usually, almost, possibility, surely, completely, etc. are frequently used in sentences in an effort to give more meaning and clarity. Their voices do not have much modulation. Gestures like counting with fingers or folding of fingers are common. They may adopt the pose of a thinker.

They stand erect with both feet on the floor. They look tense because of the effort they take to make themselves 'very clear'. Eye movements are frequent and usually upward. They think that there is only one proper way of doing things. They need to collect all data to take decisions and in the process they lose time. Accepting their lapses or weaknesses is difficult and painful for them.

2. Try Hard

This is another message to ensure success in life, which nobody may dispute. When a person with this driver is in counter script he puts in hard work. They use the word 'try' quite often during conversation. While talking their voice is strained due to the effort they take to communicate. Some of them keep their hand close to the ears as if straining to pick up sound. While they stand they lean forward, mostly because of their effort to listen more carefully.

3. Be Strong

This message is against expressing one's emotions. It is either a ban against all the emotions or a particular type of emotion only. Generally very good task masters who can get work done without looking faces. People with this driver speak without much modulation and they generally talk in a low pitch. Gestures, while talking, are rare. They show a tendency to keep their hands and legs crossed.

Facial expressions are usually blank.

Others will find it difficult to communicate or become close to these people as they do not show much emotions in interpersonal relations.

4. Hurry Up

Hurry up as the word suggests is to speed up. Some people speak fast, eat fast, walk fast. There is an urge to finish doing things fast. It appears that such people can handle many things at a time, because of their speed in performance, but actually it is not so. We are reminded here of the story of Tortoise and the Hare where the hare lost the race competition against the tortoise. These hurry up people procrastinate over their assignments till the last moment. Then they hurry up and make a mess of it.

They speak with such a speed that the last syllable may not be audible at all. Without awareness they swallow words.

Their gestures indicate urgency and impatience. Their facial expression also indicate their impatience and their eyes move quite fast.

6. Please Me

This message communicated by the parents to the child to please the parents, makes the child want to please others. Once this message is soaked in, the person has to please his internal Parent Ego state by pleasing others and not himself. Society likes people who have this message. These people are unassertive and hence suffer a lot. Even when they weep inside they try to keep others happy.

They talk with pleasing words. They keep their palms open and do a lot of nodding gestures to suggest approval of what they hear. They lean towards the person with whom they are talking.

Once we start observing people we will get many more clues to detect the Counter Injunction or Driver behaviour. It is not a very easy job as the driver behaviours are exhibited for seconds only. One best way is video taping.

In TA study groups where people get together to study TA it is easy to spot drivers.

It is a good idea to be 'Be Perfect' in whatever we do. But, because of the Injunctions the child forms compound decisions like, "I am OK so long as I am Perfect."

"I am OK, so long as I try hard"

"I am OK, so long as I cover up my feelings"

"I am OK, so long as I hurry up"

"I am OK, so long as I please others"

These messages are accepted by a child during his interactions with his parents, as the child considers it better to follow such behaviours to please his parents.

When 'Driver' pushes you into Not OK behaviours it causes racket feelings and thereby reinforces script decisions. The knowledge of Drivers and Mini script offers a good opportunity for the 'Frogs' to retransform into Princes or Princesses. It helps in the process of rewriting one's Destiny for the better



SCRIPT PART- III

SCRIPT IN ACTION

MINI SCRIPT

While in the formation of Script, Counter Script messages are imbibed in the background of injunctions. It provides a comfort. Injunction and Counter Injunction together forms into a compound message. "I can be okay so long as I am Perfect" Though it has a winner's halo and may lead to some achievements, it has a compulsive nature of pushing person into the Script, Mini script, which is a miniature version of the mega show. Mini Script may last only for a few seconds.

The child has an in built desire to remain at least in a state of conditional okayness and hence it moves towards it. If one can remain okay by trying hard he opts for it. So long as he continues in this conditional okayness he is in the counter script. But many a time he may not have enough energy to remain so and hence he moves into the script.

Moving into Script through Driver messages is quick and thereafter the person will show scripty behaviours. Mini script is therefore a second by second enactment of the life script. In the process of Mini script the first stage is the driver behaviour. The reason is the influence of counter script injunctions on the person. Drivers may last only for a few seconds and its purpose is to achieve conditional okayness. While under the spell of a driver, the person experiences an internal compulsion to perform as per the parental message but he fails and hence loses the support of the Parent Ego State and falls into the grip of injunctions. Driver messages are, therefore, the 'Door' that leads to script.

Various stages of the Mini script are presented with the help of a diagram as shown. Stage one represents the conditional okayness and it is shown at the top corner of the triangle. Let us take the case of a person with 'Be Perfect' driver delivering a public speech. He will try hard to present his ideas perfectly and audibly using plenty of points, anecdotes etc. To make it more clearer he uses parenthesis making the sentence longer and longer. In the process some members of the audience get distracted and the speaker notices that they are not listening to him. It disturbs him and this disturbance will reflect in his speech. He fumbles for words and finally has to stop. He thinks about his inadequacies and says to himself,

"I am not good at public speaking."

"I am incompetent." and so on. The person seems to be implementing his injunction, 'Don't make it'.

So long as a person continues to be in the Driver, he remains in conditional okayness. But once he moves into the second stage he reaches the life position 'I am not Okay, You are Okay'. Racket feelings like guilt, anxiety etc emerges and it may lead to depression in certain cases. At this stage the script decisions also may surface. Some individuals move to the third stage and accuse others for their problem. They gain comfort by shifting the blame on to someone. They are in the Life position I am Okay, You are not Okay. This is the stage of blaming others and hence is called 'Blamer'. Racket feelings that come up can be anger, hatred etc. In the example mentioned above the speaker, who had noticed that his audience was not listening, moves into the second stage of Mini script. Instead of continuing in that stage with the racket feeling pertaining to that stage he moves into the third step and accuses the audience. "...These people are not able to follow my speech as

they have not attained adequate intellectual growth." This is the 'I am okay, You are not okay' position. He may consider them as irresponsible or antisocial and find comfort in accusing them. Gradually he moves into the racket feeling associated with that stage like anger and hatred.

The fourth stage is that of 'despair' or hopelessness. The Life Position is 'I am not OK, You are not OK', Racket feelings like helplessness, despair etc is common in this stage and such racket feelings push a person deeper into despair. Let us take the case of the 'speaker'. His effort to blame others will not be of any use and he realises 'the truth' that his speech was not interesting. He feels helpless and desperate. It is not necessary that one should pass through each stage sequentially. From the driver position he can move fast into the third or fourth position. The gravity of the injunctions and life positions are decisive. Even though counter script decisions are a good means to achieve success in life, unhealthy script decisions drag the good counter script messages towards the ultimate negative script pay off. Mini script explains this fact very clearly.

Persons while in Counter Injunction phase may not have any problems in life. It is not a guarantee that we will not have the influence of negative scripts. The time we spend in Counter Script has the halo of a winner. We may have abundant supply of positive strokes too. But still injunctions can play havoc in an unexpected way and at an unexpected time.

For those who would like to change their destiny, for those who would like to transform from a 'Frog' to a 'Prince(ss)' Mini script is a good tool for analysis. It is a repetitive behaviour and hence creating awareness of the script is easy and that will help us to keep away from Scripty behaviour.

Allowers

Permissions are needed to counter the influence of injunctions. Similarly the unhealthy influence of Drivers can be dealt with 'Allowers'. 'Allowers' are messages that are inconsistent with the present driver messages and hence help the individual to discard or withstand the spell of Drivers.

"It's okay to be what you are"

"Do it" (instead of trying)

"Take your own time" (no need to hurry up)

"Please yourself" (rather than pleasing others)

Once these messages get recorded in the Parent Ego State, the individual gets the necessary support for actions and accusations or guilt feelings will not be generated. The door to Mini script gets closed.

Who can substitute the earlier parental messages? It can not be done by anybody.

An experienced counsellor in TA can help, as the counsellors are accepted as a bigger 'parent' than the one who had installed the original message. If script decisions are not of the third degree type "Autosuggestion" is a good method. In this case one takes a little more time, but still it works. Autosuggestion can be imprinted in the mind by using the following technique.

Write prominently the Allowers message on a sheet of paper and read it carefully many times. Then meditate over it. Display one such message in your room at a conspicuous place so that you notice it more frequently. Repeat reading and meditating on the message. The message will percolate into the subconscious mind and it will influence further inconsistent behaviour. This is one way

of reprogramming to free the individual from the chains of his past experiences.

When we are in the script we lack awareness and continue with the script behaviours though it is not good for us. With awareness we should work hard, do things with perfection, withhold our emotions, and execute actions with speed and exhibit behaviours that please others with awareness. Careful observation of our feelings is also one way to deal with Mini script. Each person is responsible for his experiencing and expressing emotions. Awareness of feelings generated due to Mini script can also help to undo the Mini script patterns.

PROCESS SCRIPT

Process Script is the script in action ie. it shows how the individuals with unhealthy scripts live out their scripts. To explain these life styles Dr. Berne used some characters from Greek mythology and named the scripts based on the life style patterns of such characters.

1. Until Scripts
2. After Scripts
3. Never scripts
4. Always Scripts
5. Almost Scripts
6. Open ended scripts

Process script theory indicates that scripts have a universal feature. Let us briefly analyse these six patterns.

1. UNTIL SCRIPTS

People with until scripts set certain targets to be completed before enjoying their life and go on postponing present opportunities

in life. They hope to have positive changes in their life after a certain period of time or after a certain event in future. For most people enjoyment of life remains to be a mirage and in the process they waste their lives. Some people say,

“Once children are grown up, my problems will be over”

“After forty I can start my life”

Hercules, a famous character of Greek mythology constantly engaged in doing ‘Herculean tasks’. Hercules made a submission before the head of Gods, Apollo to lift him to the status of a higher God. God Apollo placed before Hercules certain conditions to be complied with for consideration of his petition and it included completing some mean jobs. It is believed that Hercules is still continuing with his tasks in the hope of a promotion. It is very interesting to note that many people do repeat the life style of the characters in the epics written perhaps thousands of years ago.

Mr. Wilson believed that one could become a good speaker only if he made extensive preparations. Till date he has not been able perform to his satisfaction because he has not been able to prepare very well. After every speech he made he used to find some fault or the other with it and he felt guilty about it. Perfectionism is his weakness. Until script people set a time (age) or event in future for success in life and they may work hard for that, without knowing that they miss the present opportunity to live and enjoy life.

2. After Script

People belonging to ‘After’ type Process script are almost opposite to the first type. They believe that if they enjoy today tomorrow they will have to weep. Some people say,

“Once married life is finished once and for all”

“If there is a hill, there is a valley too”

After they reaching a specific (age) time or after a particular event happens in life they will find it difficult to come out of it. They are always anxious about the future and they expect some calamity to follow. When they start their vehicle their first thought is about the probability of an accident. When they travel by other modes they anticipate an accident and feel anxious about it. When children are late from school or the spouse is late from office their mind is worried about the possibility of a calamity. Over anxiety is very clear in their communicating style. Some of them start their dialogue at a high pitch but towards the end of the speech the sound tapers down.

The usage, “sword of Damocles” is popular. Damocles, a Greek king who was happily ruling his country sitting on his magnificent throne. One day he was shown a sword hanging over his head tied with a narrow string. Damocles lost his enthusiasm and there after he could not live peacefully as he was anxious about the sword falling and piercing his head. The sword was there even earlier but it was not a source of worry for him. The moment he became aware of the sword his life style changed. Damocles represents people of ‘After’ script pattern.

There are such people in society. After some misfortune occurs these people cannot recover but remain sad for the rest of their lives. The death of a dear one, desertion by someone, whom they love or to whom they are attached emotionally, etc., can spoil their lives forever. Failure in some attempts keeps some people inactive for the rest of their lives. Rejection in love affair keeps some others eternally lonely. Such people may take care of others and make them happy but they remain tense about their future.

3. NEVER SCRIPT

Never Script people are always running after something they do not have. A step in the right direction may alter their life. They used to moan within saying,

“I don’t get whatever I wanted the most”

“Man proposes, God disposes”

This process script is explained through the life style of ‘Tantalus’, another Greek character. Tantalus was chained in a pool of water due to a curse and he was hungry and thirsty. There was an array of food and drinks around him. Tantalus had to remain hungry and thirsty before the tantalizing sight of food and drinks without knowing how he can get what he wants.

The life style of “Tantalus” is followed by some people in their lives and they can not enjoy life thought they have enough facilities. Some people follow this pattern in their relationships with others and lead a secluded life. Some others implement this pattern in their emotional life. Those who have the driver, “Be strong” creates a mask over their face of emotional blankness which others interpret as “Don’t come close” message and keep themselves away from such individual. Always they weep for something that they wanted the most, but they fail to recognise what is available to them and its value. They remain like Tantalus without taking the ‘one right’ step to solve their problem.

4. ALWAYS SCRIPT

Goddess Arachna was an expert in needle work, but she was jealous of Minerva, the Goddess of beauty. She wanted to prove, at least on one count, that she was better than Minerva and so she challenged Minerva for a needle work competition. Minerva, who was a Goddess of a higher order than Arachna, was able to curse

Arachna to remain doing the needle work forever. In the animal kingdom there is a phylum titled ‘Arachnida’ which comprises the spider group, which always keep spinning their webs. It is implied that due to the curse, Arachna is continuing her needlework as a spider.

“My fate is to suffer always”

“Why do I always get the negative outcome?”

There are many such Arachnas in our society too, who go on working hard endlessly like the spider. It seems lots of women possess this process script pattern. Is it fate or God given? Can we believe that God gives miseries and pain to his own creation? Is it not true that many of us have a role in the present situation? Arachna had invited her fate and similarly some other people around us also invite their fate unawares.

5. ALMOST SCRIPT

Sisyphus another character in Greek mythology is engaged in the laborious task of rolling up a big stone to the top of a mountain. When he is about to finish the job the stone rolls down. Poor Sisyphus repeats his task again, to push the stone to the top of the mountain. He never achieves his target, but still continues to do so reminding us that many of us show the same behaviour. Dr. Berne called this script style, ‘Over and Over Scripts’. Now this pattern is termed, ‘Almost’.

“This time I almost reached the top of the promotion list, but...”

“My son had prepared very well for the exams but he fell sick, otherwise...”

Such people take ‘all’ efforts but in the end something happens and they lose their due share. These people while reading a book

don't bother to finish the last chapter. They always leave something undone. In spite of the hardwork they lose 'credit' due to a 'small lapse'.

Does it not seem that these people are also performing like Sisyphus?

Taibi Kahler suggested that 'Almost scripts' can be divided into two categories namely 'Almost type 1 and Almost type 11'. The script patterns shown above are the Type-1 category. The Type-11 people become successful in taking the stone to the top of the hill, but then they notice another hill bigger than the first and become compulsive of taking the stone to the second hilltop. Again on reaching there they see an even bigger hill and continue their work. They can never remain happy, and hence go on and on. They cannot remain happy with what they achieve. There are people who go on adding degree after degree to their name. Some are not satisfied on getting promotions, because there are still some more posts above them. These people appear to be successful to others but these achievements do not make them happy. When there is a higher hill to climb, how can they remain happy and peaceful?

Ian Stewart suggests that those who have the Almost script pattern have two driver messages, 'Try Hard and Please Me' for Almost Type 1 and 'Be Perfect and Please Me' for Almost Type 11.

6. OPEN ENDED

This script pattern is quite similar to the 'Until and After' scripts. The 'Until' pattern is time or event centered, in the sense that it is linked to the happening of a certain event in future. The Until script people's unsuccessful life style is continued up to a certain event or time whereas in the case of 'After' script pattern unsuccessful style is from the occurring of the event or completion of the time. In the case of 'Open Ended' script pattern after a particular point of time

or event there is vacuum, as if a few chapters have been lost. Once the aim is fulfilled there is nothing further. They start vegetating. Some people take up small goals and when that is over they do not know what to do. The vacuum felt after retirement could be of this pattern.

Once children get married and move away a vacuum creeps in some women. There are some people who retire prematurely and vegetate thereafter for there is no other goal in life to fulfil.

Philemen and Baucis had retired from their heavenly duties due to old age and were leading a lonely low-profile life. One day God Apollo and his entourage who went hunting became very hungry and thirsty, as their food was exhausted, and were searching for something to eat and drink. They saw a small hut at a distance and went there. God Apollo introduced himself and his men to the old couple and explained their predicament. The old couple took pains to prepare food for all of them. Afterwards God Apollo felt very happy and in gratitude gave the old couple a boon. As a result the couple became two trees standing side by side, with their branches intertwined. They represent the goalless vegetating people in the society.

CAN WE REWRITE OUR SCRIPT?

This question reflects through out this book as the purpose of each chapter is to find out how we can implement the concepts of TA for eventually rewriting our destiny and trigger the process of transformation process of the 'Frog' into Prince or Princess. The information of process script also helps us greatly in identifying our script pattern. A change is inevitable to lead a better life, and awareness of process script will induce change. Process Script is easier to understand and will help us look into our own patterns than identifying injunctions and counter injunctions.

Those who have 'Until' script pattern should not put off living for a future date, as the expected future may not ever turn up. We need to live each moment and swim against 'Until' script current. 'After script' people also do not enjoy life as they anticipate calamity ahead. They should learn to live today and forget the traumas of yesterday. They should realise the foolishness of spoiling the present moment with the unpleasantness of yesterday and the impending calamity, which may not even occur. The 'Never' script people need to take appropriate decisions today. They need to express themselves rather than suppressing their feelings. They need to realise the value of what they have, their possessions, and the people who love them.

"A bird in hand is better than two in the bush!"

CHAPTER-VI

SCRIPTY BEHAVIORS

1. GAMES

The psychological 'Game's that we talk about in TA are behavioral patterns shown by people with unhealthy Scripts. It is one way of time structuring learned by a person, to ensure his continuous supply of strokes and hence there is an unconscious urge to play psychological games.

The Games can be explained fairly well with the analogy of fishing with a fishing rod. People fishing with fishing rods are a familiar sight in Kerala. The 'fisherman' with astute cleverness, hides a small hook in the bait, a small fish, and puts it into the water. He waits for a fish to get attracted to the prey. A big fish gets attracted by the bait moves closer to it without knowing the 'trap' within, swallows the prey. Happily it moves around. The fisherman with a smile allows the fish to move around by releasing the thread slowly. Then suddenly and forcefully he pulls the rode in.

There is the unexpected, severe pain for the big fish! The fish might be at a loss to understand what has happened.

'Thrilled' 'fisherman' pulls out the fish.

The poor fish thrashes about in pain and suffocates to death.

. We also come across a large number of 'Games' played by Nature with positive intentions. Bees are attracted by the smell of honey in the flowers from miles and miles away. When the bees fly away from the flower with the satisfaction of having eaten the honey, they never know that they had been undertaking a role in the 'mega

serial' of nature to pollinate the flower so as to ensure continuity of the species.

Another beautiful incident we come across in villages is the hatching of eggs by the hen. After laying eggs during one particular cycle, the hen's body gets heated; some sort of a 'fever'! Making certain peculiar sounds the hen remains idle near some wet places. Village women know what to do. They throw the hen into the water to cure the fever. When eggs need to be hatched they keep such hen over a pile of eggs. The hen happily sits over the eggs, because the eggs provide a very cool surface to sit on. After a few days the hen turns the eggs around with its legs and continues sitting on top of it. This is not because of her concern to provide warmth evenly to the eggs but her 'seat' becomes warm after sitting for a long time and by turning the eggs she ensures a cooler surface. After a few days the hen gets the shock of her life; when she hears "KEEY.....KEEY" sounds around her and finds small chickens nestling around her!

Strange, but Nature is always engaged in the survival and maintenance of life on earth.

The 'Games', which we will discuss in this chapter also, have an external behavioural pattern with an internal hidden motto. These are behaviours adopted by some people with a hidden agenda of which they are not aware. This hidden agenda is unhealthy. Human relationships are manipulated to achieve the purpose of Games. Negative feelings are generated through psychological Games, making human life miserable.

Definition

Game is an ongoing series of complementary ulterior transactions progressing to a well defined, predictable outcome."

(Dr. Berne, 1973 p.48). It is described as a recurring set of transactions, often repetitious, superficially plausible with a concealed motivation

The definition of Games explains the general nature of games.

1. Games are a series of transactions.
2. The transactions are complementary but ulterior.
3. The outcome of the games can be predicted

Since transactions are complementary, games can be a prolonged interaction between individuals. Further since transactions are ulterior it contains two messages. One is a social message and another is a psychological message. As per the rules of communication of Dr. Berne the end result of these interactions will be in accordance with the psychological message. Transactions being ulterior, the Adult Ego State is not aware of the exchange of psychological messages between the persons engaged in the Games. Games are, therefore, sans Adult awareness. Two or more persons are necessary to play any game. In the case of psychological 'Game playing also the same is true, two or more persons are required.

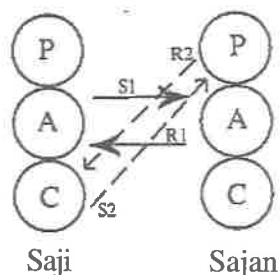
The Little Professor of the Child Ego State has the ability to find out a suitable partner for the game. Within seconds it finds out the co-player. Without even uttering a word or showing a gesture the intuitive Child Ego State selects its partner.

Why do a good number of marriages, especially love marriages, turn out to be failures even before the freshness fades?

Saji and Sajan were in love for a long time. But their families did not approve of their relationship. In spite of the objections they got married. Everybody expected that they would have an envious married life. It was so, in the beginning. Eventually their days ended

up in fights over silly reasons. In the first few years they took care to make up their differences before the sunset but as years passed their problems intensified and even weeks pass by without talking to each other. Both of them felt that it was foolish to have got married, and that it would have been wise to listen to their parents. Sajan resorted to alcoholism. One thing is certain- the gap between them is increasing with each passing day. Saji seriously considered committing suicide. Sajan thought of escaping from this torturous knot.

Providence brought them to a TA study group. Within a few days they got the courage to share their grief with the group. It provided an occasion for them to realise the dynamics behind their present relationship. They became aware of the ulterior transactions they indulged in and also of their nature of reading between the lines. They recognised Saji's expertise at using 'con' words without her own awareness and Sajan's cleverness in exhibiting a 'crooked smile' to hook Saji into a fight! The belittling smile on Sajan's face was more than what Saji could tolerate but Sajan never knew about it. The awareness of Games gave them an opportunity to look into their relating patterns.



- S1. "If you adjust a little we can live happily"
 R1. "The same thing is what I have to say to you"
 S2. "You have cheated me"
 R2. "You have spoiled my life"

The idea that they have overtly communicated (S1 and R1) has a look of innocence and it appears to be a reasonable one originated from their Adult Ego State. Yet the transactions end up making both of them unhappy because of the ulterior message S2 and R2.

Ulterior Transactions

As is evident from the definition of games the 'villain' who spoils human relations, the villain who negates success is the ulterior transactions that are conveyed unwarily. The players never come to know of it unless someone points it out to them.

Tone of voice and body language are effectively used to communicate ulterior messages and that happens without Adult Ego State awareness. Tone of voice gets affected by the emotions we have. Logically, we select the right words for our communication, but during the process of communication the vocal cords regulate the tone on account of certain changes in the related musculature. We may not be aware of subtle changes, but in heightened emotions we recognise it.

Similar is the case with body language. Even before we attribute meaning to our words we use body language to communicate our message. The emotional brain is deeper in the brain structure and has a connection with the body. Whenever there is an emotion, it induces some sort of motor activity by the nerves. It results in a change in Facial expressions, Gestures, and Postures.

The face is the mirror of the mind but, unfortunately, we are unable to look into this mirror in times of real need, but others can look at it and read the messages therein and evaluate us. The muscular movements in the face take place in accordance with our thoughts and feelings. Many times our words do not match our facial expressions. In the case of games, partners respond to the

body language and this exchange is ulterior. Without realising the havoc that can result, we exchange ulterior transactions and later we not only try to justify the words we used but also find fault with the other person.

Hence the most important aspect in a Game is the exchange of ulterior messages and this can be very well illustrated with the transactional diagram shown earlier in this chapter. Here, the transactions S1 and R1 represent exchange of social message and S2 and R2 represent exchange of ulterior messages. The discussions so far bring out the following points:

1. At least two persons are required to play a game.
2. Games are generally initiated with complementary transactions and hence can be continued for a long time.
3. Games are an important time structuring tool.
4. Adult Ego State is not aware of the Games.
5. Both the players collect ill feelings at the end of the game.
6. Games are repetitive behavior patterns.
7. Outcome of the Games can be predicted.
8. Persons with negative Script have a hunger to engage in Games

While a TA Basic course was going on one of the participants raised a question for clarification. The person, an executive Engineer by profession wanted to know how the unreasonable fear of his child could be got rid off. He said;

“My daughter who is around three years covers my face with her hands whenever I start talking to my wife. Some sort of a fear is evident on her face. How can I remove her unfounded fear?”

Naturally the question in anybody's mind would be why should the child be frightened when her parents talk.

“What is the subject of your talk with your wife?”

“We have many things to discuss”, he replied.

“How do your talks end up, usually? Take your time and think about such an occasion and then reply.”

“As usual, our talks end in a little fight, like in any other family. Is it true?”

Evidently that small girl had concluded that whenever her parents start a conversation it would invariably end up in an altercation. Animosity between the parents is one thing a child dreads the most. This smart kid knows the outcome, as Games have a predictable ending. The best strategy for the child was, therefore, to stop it in the beginning itself. If we spent some time on introspection we will notice that many of us may have behavioural patterns that give negative feelings, but we go on repeating them.

GAME FORMULA

The best seller book, “Games People Play” written by Dr. Eric Bern popularised the concept of Games in United States and the world over. A good number of Games are analysed in a psychoanalytical manner in this book. Depending on the theme of the Games he had coined apt and captivating captions for the Games that linger on in the minds of those who read the book. It is a compendium of Games, but subsequently the theme of Games attained more refinement in his later book, “What Do You Say After You Say Hello.” In this book which was published posthumously Dr. Berne gave a formula for Games:

$$C + G = R \rightarrow S \quad X \quad P$$

In this formula,

C stands for Con (cheat)

G stands for Gimmick (weakness)

R stands for Response

S stands for Switch

X stands for Cross up or confusion

P stands for Pay off or the end targeted result

1. Game formula suggests that there is a con or an ulterior motive in the mind of the person who initiates the Game, though he is not aware of it.
2. There is a weakness or a readiness in the mind of the co-player to get hooked.
3. Just like the opposite poles of two magnets, the players get attracted to each other. They engage in Complementary Ulterior transactions (Response)
4. During the transactions one of them causes a change in the circumstances, or a twist by showing an unexpected behaviour, and this change is referred to as Switch.
5. The unexpected behaviour results in confusion in the minds of the players. They are at a loss to understand what happened and why. This is called the 'cross-up'.
6. Following this confusion, both the players experience ill feelings. Since the purpose of playing the game itself is to collect ill feelings, this is called 'Pay-off'.

Behaviors that conform to the Game formula alone are now considered as Games. Hence, some of the Games referred to in the book 'Games People Play' are not considered as Games by some of the TA practitioners. Mostly they are Pastimes. As some of these transactions end up in negative feelings but do not have steps like Switch and Cross-up, Fanita English who has contributed a lot to the development of TA theory considers such transactions

as Racketeering, which is explained later. Though switches and cross ups are inevitable components of Game Theory they are sometimes very subtle and take place simultaneously.

For a clearer understanding of the steps in Games let us take the example of fishing mentioned at the beginning of this chapter. A small hook is cleverly hidden in the bait, that is the small fish. The hook is the con. The big fish has the weakness; the desire to swallow the small fish. When the con and weakness come closer, the response starts. The fish swallows the prey and swims around happily. This can be identified as the response stage. While the fish is moving happily the 'fisherman' releases the thread little by little. Suddenly he pulls out the fish from the water. This moment is the switch; the fish fails to understand what is happening to it.

It is the stage of confusion. Finally the fish gets its pay off, death. The fisherman in this analogy is doing the job deliberately with Adult Awareness. If so, he is not a party to the Game and he will not collect negative feelings. Let us now understand some of the Games that Dr. Berne speaks of, so as to get the dynamics of Games.

RAPO

Miss. X is a beautiful Lady. Whenever she goes to a party she makes sure that she is dressed well and looks attractive and that everyone admires her. At one party she meets a young man who takes a liking to her.

She smiles at him. He too responds.

They get introduced to each other. Before long they became 'good friends'. They crack jokes and enjoy each others company.

Soon the young man gets a 'smart' idea and he lays his hands on her.

Miss. X gets shocked and shouts at him asking to behave himself

She concludes that all males are alike and that they cannot be believed. One should not get close to or be friendly with men.

The young man who received a jolt wonders why he is so unfortunate as to have to go through similar experiences every time.

Instances similar to this take place in the society with varying degrees of gravity

Is this a Game?

Initially one of them seduced the other to enter into a transaction. This seduction is not natural. The woman wanted to prove that men are not to be trusted and the man wanted to prove that he is good for nothing. The con and weakness led to transactions and then there was an unexpected move from the man. This is the switch followed by the Crossup. The whole process ended up with both parties collecting negative feelings.

The most amusing part of this Game is that both the players will not stop their behaviour even though they keep collecting negative feelings from it. They will go on repeating it as long as they have their unhealthy Script.

2." Why Don't You... Yes, But"

Historically this Game is one of the first Games noticed by Dr. Berne in human interaction, and this is one of the most widely played Games in social circles.

Tom, one of the TA study group members, narrated his problem. He wants to get promoted in his job but he is unable to pass the written examinations. He has no time to study and hence his problem was that he did not know what to do about it?

On hearing of Tom's simple problem, Biju could not resist himself from helping Tom and he said;

"You can do anything if you want to do it. What is needed is a firm decision. The rest will follow."

Tom said. "Yes, I entirely agree with what you say, Biju.. I did take a strong decision to write the test but I do not get time for studies."

Biju; "God has given 24 hours in a day for everybody. Set apart some time to study every day."

Tom; "That is very correct. If you study regularly it is possible to get through the test. How can I do that? Even if there are 48 hours in a day my job does not get over. I am thinking of what else I can do"

Biju; "If that is the case why don't you take one month leave and study?"

Tom; "Excellent idea. I had thought about it. But other members of the staff are also asking for leave at the same time. So how do I get leave then?"

Biju; "You won't get leave and you don't have time to study at home. Then why don't you sit in your office and study?"

Tom; "Yes, some are doing it. But I am a man of principles. I won't do such things. That is not good. What else is possible?"

Biju; "There is an old saying that if necessary, even the roots of jack fruit tree will bear fruits. Why don't you sacrifice half your sleeping time and study?"

Tom; "Do you think that I have not thought about all these? I have my own principles. There is no point in risking one's health for petty gains. I know you cannot offer a solution to my problem. (Sighing). This is my fate."

Biju; (Biju's face turns gloomy) He laments, "I wasted my time unnecessarily. Why did I lift the monkey off his shoulder only to have it bite my ears?"

This seems to be one of the most common gamy transactional patterns. A man is apparently in need of help. Another man is there who cannot resist offering help to the 'needy' Suggestions put forward to help are accepted with the introductory remark, 'yes you are right' and then the futility of the suggestions is expressed with the word 'BUT'. Finally the person giving the suggestions withdraws feeling sad for unnecessarily getting involved and the other confirms that nobody can help him and that it was his fate to remain so.

These people with their readiness to help others do not even realise that they were not asked to help. Even without request for help they have an inclination to offer help. If this helping mentality culminates in negative feelings, it is a Game.

DRAMA TRIANGLE

Human mind's mysterious and deceptive behaviour called Games is the fifth method of time structuring. So far we have been analysing Games using the transactional method and Game formula method. Game behaviour takes place without Adult awareness and hence when Games are exposed one may find it difficult to accept that he was engaged in a Game. Even in TA study groups the participants find it hard to accept their game pattern.

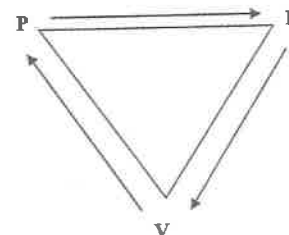
This behaviour pattern has destroyed many relationships!

A lot of marriages fail, as the partners do not understand the dynamics behind their interactions! In spite of the frustrations created in marital relationships, due to games, many people continue their relations just for the sake of their children or to safe guard their place in the society.

Success in human life becomes a mirage on account of this unhealthy behaviour!

Exposure of this behavior pattern is a necessity for the development and maintenance of peaceful relationships and the healthy survival of the society. Considering the complexities involved in understanding the Games using the Transactional approach and Game formula, Steve Karpman, another TA expert, introduced a much simpler method to uncover the underlying aspects of Games called the 'Drama Triangle'.

Karpman observed that people with negative Scripts act three types of Roles in their lives, which he called Persecutor, Rescuer, and Victim. It is their change of roles that results in Pay off or Negative feelings. He substantiated that the change in roles is for the purpose off collecting Pay off.



PERSECUTER

As the meaning denotes, Persecutors are concerned in detecting mistakes or faults committed by others for punishing them. They consider themselves better than others. They set strict limits for others to behave and transgressions are viewed seriously. Putting down or belittling others is their style as they consider others not ok. When they enforce rules and regulations strictly, it is not with the intent to change or transform others or save the company from

impending losses, but it is for their own satisfaction. The roles are manipulative in the sense that it has the hidden agenda for gaining the Pay off, or the negative feelings that is needed for Script fulfillment.

RESCUER

Like persecutors the rescuers also believe that they are better than others. They offer their help to others not because they are driven by the humane desire to 'help others', though it may appear to be so, but because of their belief that others are incapable of taking care of themselves with out their help. This role is a good opening for entering into games. Both the persecutors and Rescuers have a life position, "I am OK You Are Not OK."

VICTIM

Victims consider themselves incapable and they are waiting for help. They discount themselves, their abilities and options to deal with the problems. They consider themselves to be one step below others. Their Life Position could be "I am Not OK, You Are OK." Or "I am Not OK, You are Not OK." Victims have the attitude of not okayness.

Drama Triangle is drawn as a Triangle with the apex pointing down words .The two upper corners are marked as Persecutor and Rescuer while the cone pointing down words is marked Victim. Additional pointers are given to show that Role changes take place. Persecutor may take the role of victim or rescuer. The Victim may take the role of the Persecutor or the Rescuer. Similarly the Rescuer now also shift to the other two positions. These Role changes result in negative feelings or Pay offs.

Let us take "Yes But" Game to illustrate the Role changes in the Drama Triangle.

Tom is a victim, as he was not getting promotions while others were getting on ahead. He is waiting for a Rescuer to help him. Instead of using his available resources he laments over his bad luck. But he is not genuinely expecting help that would reverse his position. We have already seen the dynamics that Tom is waiting for opportunities to substantiate his poor fate. Without knowing of this deception the Rescuer comes in. The Rescuer believes that without his help Tom cannot take care of himself. Biju goes on giving a number of sensible 'suggestions'. Tom accepts the suggestions and then exposes the uselessness of those. When Biju exhausts his source of suggestions he becomes helpless. Tom from the Victim position moves to become Persecutor and the Rescuer now turns to Victim. Both of them collect negative feelings. From Persecutor's role Tom again shifts back to Victim and reinforces his script belief.

Other Games can also be explained with the help of Drama Triangle. In day today life we witness these changes in roles and the consequent emotional outbursts.

Other common Games

Generally all games can be catagorised into two generic Games called KICK ME and NIGYSOB based on the type of negative feeling collected by the player.

a) NIGYSOB

In a TA study group 'Group Dynamics' session was going on. One person introduced a topic for discussion, which went on for about 20 minutes. The topic was,

"Child Rearing in TA perspective."

The group had married couples and hence the discussion on the subject became very active. The discussions was going on,

but the person who introduced the topic was withdrawn and was not participating in the discussions. At the end of the eighteenth minute when the supervisor announced the time he sat straight. Moving his chair forward he exploded. According to him the group had deviated from the subject and was discussing the topic very superficially. He said that he was pained to note that those who learn TA could take matters so lightly.

All those who had seriously and happily engaged in the discussion were shocked. The energy level of the group went down. Pathetically they turned to the supervisor for feedback.

The supervisor wondered why the person who proposed the topic did not intervene when the discussion was deviating? Why did he wait for eighteen minutes? He asked the person who proposed the subject;

“When your children are indulging in some activity and you think that they are not going to finish it properly, do you immediately communicate the same to them?”

Prop; “No”

Sup: “If the activity ends as you expected, how will you react?”

Prop; “I will scold them and sometimes beat them.”

Sup: “Suppose your wife is doing something and you have the feeling that it will not end up right, will you tell her that immediately?”

Prop: (After thinking for a while) As I said earlier I will wait. After culmination of the work I will express my resentment. I also accuse her”

Sup: “You realised that the group discussion was not going on, as you expected much earlier. Why did you not react then?”

Pro: “Though I realised it in the beginning itself, I was waiting to see how far it will go”

Sup: “Why did you not react when the discussion was not going on as you had anticipated?”

Prop: (Hearing the repetition of the question he started thinking) Yes, now I understand. I was playing the Game NIGYSOB

NIGYSOB is a word formed using the first letters of the words in the sentence, “**Now I Got You Son of a Bitch**” The meaning is very clear. The person playing this game is waiting for an opportunity to bring the other person down. He is waiting for a mistake to be committed. This is a very popular and common Game. Take the case of a superior who shows indignation over the lapses of his subordinates. Quite often, when the boss gives directions for some assignment, he omits some information and the subordinate makes a mess of it, and then he gets the chance to lash out the subordinate! Do the superiors recognise their role in the episode? Though the subordinates feel that the information given is not adequate, they do not ask for clarifications, so that they can commit mistakes and give opportunities to the NIGYSOBs for finding faults.

KICK ME

Every game requires two people at least to play it. Since NIGYSOB players get a pseudo satisfaction in observing and punishing the lapses of others, they need a partner who searches for ‘Kicks’. Kick Me players are in search of negative strokes to advance towards their script pay off. They do not miss opportunities for that. In fact they have an internal compulsion to seek negative strokes and develop suitable behavior for it.

I remember a classmate of mine in the primary school. Raju was always harrassed by his classmates, for their sadistic pleasure. Poor Raju used to complain to the teacher about this but ironically, the teacher also found fault with Raju for disturbing the class. Though

he was physically bigger than many of his classmates, others could not resist their urge to tease Raju. He projected an image that made it difficult for others not to tease him. As Dr. Eric Berne puts it Raju was, apparently, wearing a sweatshirt on the back of which was written **"Please Kick Me"**

Similar methods are employed by some wives and husbands to provoke their spouses to react like a NIGYSOB player. Similarly some subordinates to repeat certain behaviours, which provoke the supervisor or manager to ensure their script bound negative strokes.

Yes; Kick Me is one of the most widely played games. Those who are in the Life Position "I am not OK, You are OK" are prone to engage in this type of game taking people as partners with the Life Position "I am OK, You are not OK". This seems to be a very common marital combination also. 'NIGYSOB' and 'KICK ME' can be considered as two generic games for which many variations are found. The basic life positions behind these two games are 'I am OK, You are not OK' and 'I am not OK, You are OK'. Some variations of these Games are.

POOR ME

"I am no good"

"I cannot do things well", etc. are beliefs that help a person to shirk responsibilities or to commit mistakes, so that he can ensure his supply of negative strokes.

WOODEN LEG

To escape from responsibility, or to avoid the challenges in life there are people who go on harping on excuses. Instead of overcoming the inability that stands in the way of success they continue to lament on their fate. They allege their infirmity, sensitiveness, ill health etc. as good excuses for not taking up responsibilities in life.

"What can I do with this wooden leg?" is their attitude. Instead of finding out solutions they take this as a plea for justifying their destiny.

HARRIED

Harried is one of the Games played by housewives and executives. They take up many roles in life and go on forcing themselves to perform well in all these. Finally they collapse.

Rema is a good housewife who takes care of her husband, children, and other family members, does the entire household work and so on. She is happy to receive guests and to look after them. One morning her husband as he was leaving to the office, told her: "My friend Mr. Rajan and his family will be coming home with me today. We will reach home by 3 O' clock" Rema smiled and nodded her head in agreement.

The moment her husband left the house she started making preparations to receive the guests. While cleaning the house she thought about the dresses to be washed. While washing them she thought of cleaning and other arrangements that had to be done. While doing that she planned the menu. She did a lot of hard work. By the time it was three everything was ready. The call bell rang. Though she had no time to freshen up and dress well she was happy, as everything was ready. With a weary smile on her face she opened the door.

Looking at her, the husband stood still! In spite of the fact that she had been told quite early that his friends were coming at three she stood shabbily dressed, tired, and sweating to receive them.

She could read her husband's mind. She justified to herself that she was a human being after all and nobody could have done so much work in a day!

These justifications were not enough to avoid a fight in the family. Poor Rema could not understand what her fault was. She cursed her fate and repeated in her mind: "This is my fate. In spite of all the hard work that I do what I get back is only pain and misery"

This is not Rema's fate. She was playing a game called Harried. Similar strategies are followed by some executive, businessmen etc. who play Harried. They don't fix priorities or manage their time.

CORNER

Corner is another Game found in marital as well as other walks of life. It torpedoes intimacy. When Raju came home from office Rani conveyed her desire to go for a movie with him.

Raju agreed. Rani went happily to the kitchen and with a song on her lips she prepared coffee for him. Raju was sipping the coffee sitting on their settee and Rani told him;

"Our settee is very old. It is an eyesore in the drawing room. Recently our neighbour Geetha brought a new one. It is a very nice piece"

Hearing this Raju got angry and retorted something illegibly. That hurt Rani. She said that she did not want to go for the movie. Raju reacted by going to the movie alone. Rani was aware of the financial difficulties of Raju and hence the dialogue hurt him for he felt cornered. Had Rani spoken a word of solace he would have felt relieved, or Raju could have ignored the comment. But then it would not have ended as a game. By entering into the Game both of them received negative feelings and they could avoid intimacy.

COURT ROOM

Courtroom is a different version that is more elaborate and includes more players. At least three persons are necessary, a judge and two clients. Depending upon the nature of the Game witnesses and advocates can be included and so on. The father or mother entering as a mediator between the sons or daughters, who initiate a fight, may be entering into the game called Courtroom.

It is quite common among mothers-in-law and daughters-in-law to declare a cold war for some reason or the other and they wait for the Judge to arrive from work. The poor son or husband who reaches home tired after a day's work has to pronounce a 'verdict' on hearing the complaints of both the mother and wife. Caught between the devil and the deep sea he suffers the consequences on declaring the judgment. There is every chance that he may take an 'early passport' to heaven due to the immense stress he undergoes.

Many families have been destroyed by this Game. Without understanding the dynamics behind the transactions the poor souls lead miserable lives. They do not recognize that they are a party to the game that jeopardizes human relations. Those who have the temptation to enter into the mediator's role should think whether they are a party to the Game or not.

BLEMISH

Blemish players are concerned about the faults of others. However perfectly a job is done these people will find some mistake in it. Small mistakes are interpreted as big ones. They do not have the inclination to see good in others. Those who actually have the position 'I am not OK, You are OK' assume a secondary or pseudo position, "I am OK, You are not OK" and project their weakness on others.

SEE WHAT YOU MADE ME DO

The players of this game accuse others for the mess they get into.

David was a very restless person. He does not talk much but prefers to paint. David's daughter was doing her homework and she had a lot of doubts. She went to David for clarification. David felt irritated and asked her not to disturb him. Hearing this David's wife came into the room and accused him saying;

"Why don't you help your daughter sometimes?"

When David turned to look at her his hand overturned the paint and some of the paint was sprayed on his canvass, messing his drawings. He shouted;

"See because of you..."

These people make mistakes and find fault with others for those mistakes

LET YOU AND HIM FIGHT

These players are instrumental in making individuals or families fight with one another and later on appear as mediators. The following story highlights this aspect.

One 'wise' Fox met a couple of young lambs and he wished he could eat them. He made a number of plans and finally decided to make them fight with one another and kill one another. While the lambs were fighting the fox in his excitement ran towards the lambs to suck the dribbling blood, but he was crushed to death.

A Game is a behavioural pattern by which the players collect ill feelings without the awareness of Adult Ego state. Those who have prominent Critical or Controlling Parent Ego state are likely to play variants of NIGYSOB. Similarly persons with life position

"I am OK, You are not OK" (a pseudo position actually) need to feel triumphant and they do so by playing NIGYSOB. Just as Adapted Child prefers to play 'Kick Me', so also do persons with position 'I am Not OK, You are OK'

Dr. Berne introduced this game as a 'sexual' game wherein one woman induces two men to fight for her on the condition that she will marry the winner. The game example mentioned above is a variant. One person induces two to fight and then he enters as a saviour.

The time one takes to play a game is also important. It may last only a few minutes in some cases whereas in some others it may last a whole lifetime. Some Games may last a few months or years. In the beginning a game may be prolonged with lots of complementary transactions but later on the players acquire expertise to perform the Game within a few moves.

GAMES ARE PLAYED IN THREE DEGREES

Games are classified into three degrees depending on the strength or intensity of the pay off.

First Degree Games

The Pay off or ill feelings collected are of lesser magnitude. A lot of strokes are exchanged. Even the Pay off is treated as a subject for Pastime to discuss among friends. Let us take the previous example of RAPO. The one we discussed was of first degree. Without much mayhem the game ended. Games of this degree have the added advantage of providing a topic for discussion among friends about the 'atrocious' behaviour of men. The mother-in-law and daughter-in-law of first degree Courtroom has the advantage of taking the issue for discussion to the neighborhood and 'collecting sympathy'. Similarly other games also provide opportunities for exchange of strokes among friends.

Second Degree Games

In second-degree Games, the Payoff is comparatively more serious, though no permanent irremediable damage is done, and it is not generally discussed in clubs or neighborhoods, but only in close circles.

Let us take the same RAPO example. The players may continue their interaction further getting invited to new places and can end up in forceful physical relations though not to the level of rape. Both of them may have tissue damage as a consequence of second degree Game. Friends and relatives may prolong the issue further and may result in more serious Pay off.

Third Degree Games

Third degree Games end up in Pay offs that are sufficient to implement the Script climax. Though Games have the general nature of repetition, third degree games do not permit another chance in many cases. With a single Game Script pay off takes place! Third degree 'Debtor' Game may end up in suicide, murder, gallows or mental imbalance. Third degree RAPO may end up in murder, rape or gallows.

The players in third degree Games are moving towards a negative feeling or pay off that is very strong and hence it may not be easy to generate self-awareness to keep away from games. The 'call from within' is so irresistible that they cannot keep away from it. Alcoholics will find it impossible to resist their temptation. This addiction can be towards tobacco, drugs, food and so on.

Since this unhealthy drive is due to the negative script the gravity of the games that one plays is also decided by the Script decisions. This behaviour, ie. Game, shatters the foundations of ones life but still people continue blaming 'Fate' for their misfortune.

It is not fate. It is man made and man can change it. The dramatic nature of Games is so convincing that many people believe that life is a drama designed by the Almighty and we are acting the 'roles' assigned to us having no right to defy it or modify it. But once we realize the 'naughty tricks' played by our mind we will realize that we are not as helpless as we think we are. We can rewrite our destiny and the 'frogs' can get transformed back into 'Princes or Princesses'

'ADVANTAGES' OF GAMES

The goal of a game is unhealthy, the result is a negative feeling, and yet there is an inclination to repeat the game because it provides certain 'advantages' to the players. They are in need of it. Though the term 'advantage' has a positive meaning, the advantages to the players resulting from Games are bad. The players have six types of advantages.

1. Internal Psychological Gain

Each person has a mental equilibrium based on his early childhood experiences and the consequent decisions taken by him. He has a need to maintain this equilibrium and hence he avoids circumstances inconsistent to it. Game is considered as a good method for the same. A person who has taken an early childhood decision, "Nobody wants me" based on his early experience will play games by which he gets away from people so that he can reinforce his childhood decision. This is an internal psychological gain from playing Games.

2. External Psychological Gain

Games also help to avoid certain circumstances, which in early childhood had caused fear or phobias, severe stress to the individual etc. The girl in the RAPO game had experiences of fear or hatred for the male sex. RAPO helps to avoid intimacy.

3. Internal Social Gain

Games require one or more partners to play and they develop a pseudo intimacy through the Games. This is the Internal Social gain. A KICK ME player and a NIGYSOB player have their hidden agenda and they come together. Similarly RAPO player and Courtroom player share their experiences with their 'intimate friends' and hence Games provide an opportunity for socializing.

4. External Social Gain

Games provide enough material for discussion at clubs, social gatherings etc. First degree Games offer lots of topics for discussion. These pastimes give a lot of strokes. In our search for strokes and time structuring, games provide manifold opportunities. Instead of exchanging strokes with intimate friends or close relatives as in the case of internal social advantages, in this case games facilitate discussions in a bigger social circles with people of the same nature. This is also an advantage.

5. Biological Advantage

There is an internal pull in living beings to find their basic needs for survival like hunger for strokes. In accordance with the nature of the Script we move towards positive or negative strokes continuously and we also develop certain behavioural patterns for that purpose. Game is such a behaviour, which ensures different types of strokes, like a stream of positive strokes in the beginning only to end with negative strokes. This pay off is the need of the mind and games are continued for that purpose.

6. Existential Advantage

There are four life positions for every individual of which one is the Basic Life Position. Man develops certain behaviours to maintain this position. The game pay off reinforces the Basic Life Position.

Let us take the example of RAPO game to see how the six advantages work for the players.

When the woman reinforces her script belief that 'man should not be trusted', the man confirms that 'he is good for nothing' - Internal psychological.

Intimacy might have been a painful experience for them and the game helps them to keep away from it -External psychological.

With very close friends the woman shares the nasty behaviour of men, and the man shares his 'strange experience' - Internal social.

First degree RAPO provides a subject for pastime when they get together in social clubs or such meeting -External social

In the beginning players exchange positive strokes and continues up to the time the switch is applied by one of the players. The degree of the game being played decides the magnitude of stroke exchange.—Biological

When a man misuses 'the decent approaches' made by the woman, she confirms her life position I am OK, You are not OK. Similarly each time a negative pay off is received, the man confirms his position, I am Not OK You are OK.—Existential

Why don't they stop playing games?

1. Why don't the players stop playing games, even though the pay off is always a negative feeling? That is the most commonly asked question. Negative feelings are the currency to Script climax and hence different types of behaviours are developed to get negative feelings. Game is one such strong behaviour that will lead the individual towards the Script climax. There is an internal urge to continue the game irrespective of the outcome and hence even if one realises that he is playing a

game and decides to change. He may start another type of game without awareness even if he could successfully stop playing one type of game. There is the internal urge for negative strokes which makes him do this.

2. We have seen that we have a need for structuring time and according to our script decisions we structure the time in six ways such as, withdrawal, rituals, pastime activity, games and intimacy. Strokes generated by games are stronger in nature than other time structuring methods other than Intimacy.
3. Transactional outcome is decided by the psychological messages and Adult Ego state is not aware of the gamey nature of transactions.
4. Games offer six types of 'advantages' and hence there is an inclination to engage in games.

What are the Options?

What are the options left for us to deal with Games? Van Joines, another TA expert suggested four methods to deal with the Games once you come to know about it.

1. Play the Game

When one realizes the move or invitation to play a Game he can join the game with awareness. For him it will not be a game and hence he will not collect the negative feelings as pay off. In certain circumstances it may not be possible for such a person to keep away from the game as it may have serious consequences for the other player. Since game is a source of strokes for the player sudden withdrawal of strokes will have problems for the person. Therefore, with awareness one can join the game and later at an appropriate time the other partner can be made aware of it.

2. Expose the Game

It is a great achievement if one can expose a game as games wreck relations, cause severe stress and loss. But the Games are played without Adult awareness and hence exposing the Game may cause serious problems. Generally no one will be happy about it and hence one may invite only hostility.

Games have a repetitive nature, a gradual progression in a particular direction with a predicable ending and hence it is possible to convince these aspects to the players if they are willing to hear and understand. But it is important to know how to do this. The circumstances and time have to be appropriate to expose Games. The players need help, as they are not aware of their roles. First and second-degree games can be brought to the conscious attention of the players. An expert counselor can help such persons.

3. Ignore the Games

One way to react to Games is to ignore them. Behaviour gets reinforced due to the stroke one gets and if there are no strokes, repeating the same behaviour will not be useful. Children exhibiting mischievous behaviour are a good example. If they do not get strokes for their mischief, they will not get any thrill by repeating that behaviour. They may either try something in a different way or discard it in the absence of strokes.

This method seems to be very useful. It facilitates further opportunity to relate with the person and gradually make him aware of this fruitless behaviour. The one who ignores also does not collect the pay off.

4. Suggest another

Another option is to suggest a different Game if the present pattern is dangerous to continue. This is not an easy task. But

considering the serious consequences of the present Game and also the fact that the person needs strokes, the lesser evil is preferable.

These options suggested by Van Joines are what we can do when we realize someone is engaged in a game. The basic concepts of Transactional Analysis help an individual to become aware that he is playing a game and when he realizes that he is a party to a game these options will help him decide what can be done. Invitation to a game will be very common from negative scripted people and awareness of games will help us to maintain emotional stability.

How far self-help is possible in the matter of Games as it is played without Adult awareness? Information about the various aspects of Games will help those who are involved in first degree Games. Knowledge of TA will help people to take adequate steps to protect themselves from the internal urge of Scripts. Relaxation is an excellent practice to maintain physical as well as mental peace. Meditation will help one to go into the crux of the problem and get relieved in the light of TA. It helps one to uncover the covert behaviours and reduce their intensity. But, Script change is essential for completely eliminating the gamy behaviours.

Games are very powerful pattern of behaviour to implement the loser's script. Discovering the games one plays in the family, society and in the organisation is in deed a big step towards rewriting the destiny of frogs and helping them to transform back into prince or princess.

2. RACKETS

Racket is yet another behavioural pattern that reinforces Script decisions, advances the unfortunate loser Script and enacts the Script climax. Feelings are the currency of script and Racketeering is a very efficient method to acquire the said currency. Racket can be explained as a feeling expressed unawares by an unhealthy Script driven individual to manipulate people around him so as to collect and multiply the negative feelings to achieve script ends.

Let us imagine the following situation.

We are travelling together in a bus through a deserted place for some urgent mission and each one of us is immersed in thoughts, of the important assignments that are to be done at the destination. Then, there was a screeching noise and the bus comes to a halt. An unexpected breakdown! Some of us got down hurriedly to enquire if there was another bus or any other alternate arrangement can be made. Alas, there are none! Repairing the bus was also not possible. We are forced to stand and wait, hoping for some stray vehicle or bus to come along. The time is running out...

When you are in such a situation, what feelings would you have? As the time drags on, with no sign of any transportation, many of us may get anxious. Some of us may get very angry at the irresponsibility of the government for plying outdated vehicles. Some may get frightened at the thought of not being able to reach the workplace. Some feel sad, as they would not be able to complete their important work. Some get depressed as they feel that it seemed to be happening to them quite often. A few are seated idle, not bothered about the delay. Some take this incident without any loss of mental equanimity.

The situation and its gravity are the same for everyone. But, then, why are there different types of feelings in different people? Why don't similar feelings get generated in identical situations in each one of us?

Dr. Berne clarifies the reasons for arousing different feelings in the same situation in his book, 'TA in Psychotherapy'. Suppose ten children are born in ten different families at the same time. When they grow up each one may show a particular feeling as a dominant feeling. If we could reverse the time wheel and allow the children to take birth in a different family other than the one they are born now, they are likely to show a different dominant feeling from what they show now. Individual family circumstance provides the ground for developing a particular type of feeling pattern. Father, mother and other elders in the family use certain types of feelings successfully to get their needs met, and the child too tries to make use of such feelings to fulfil his needs too. In some houses expression of certain feelings are prohibited. Some other types are encouraged. Gender differences of children can also be a ground for adopting certain types of feeling patterns.

When boys cry elders mock at him. In some families, when girls display their anger they are dealt with sternly. When boys show anger there are mothers, who happily comment,

"Oh... just like his father". The smiles on their faces encourage the children to continue with their behaviour.

One of my colleagues used to slap on her cheeks whenever she laughed aloud. One day on hearing a joke she laughed quite loudly and immediately started to slap both her cheeks repeatedly.

Curious, I asked her the reason for this behaviour:

"Why do you slap on your cheeks after you laugh aloud?"

With a smile she replied: "If I do not, I will have to cry later. Girls should not laugh like that"

"Who told you that?"

"My mother"

In her family girls are prohibited from laughing loudly.

Usually children show their natural behaviors to get things done and, if they find that the desired result is not produced they observe what is currently practiced in the family and repeat it. The usefulness of such substituted behaviours, then makes them a habit.

Steady progress is being made in the study of Rackets since Dr. Berne. He found racket feeling an uncomfortable experience. In his book titled "What do you say after you say Hello" he has explained about rackets still further. William Holloway in his book, "Transactional Analysis an Integrated view", has stated that Rackets are a means to exploit others.

The studies conducted by Richard Erskine and Merlyn Zalcman resulted in a major discovery of 'Racket System' and it won the Eric Berne memorial award. They found that Racket has close links to the Script itself. Those with unhealthy Scripts have one or two Racket feelings. These feelings are developed during childhood as a strategy for meeting ones needs and such feelings are continued unconsciously in later life also, though it does not help in meeting the needs now.

Racket Feelings

We experience stress throughout our lives and we have a behaviour pattern when we are under stress. If we look into such circumstances we can notice a remarkable similarity in the type of feeling that is experienced. Feelings help us to solve problems, but

the Racket feelings are not helpful to solve problems, yet we unawaresly continue to express the same feeling.

Problems and problem solving are a part of our lives and we have been doing this ever since our birth. We start showing feeling when we experience an urge or a hunger for satisfying the basic needs and also for relating with the caretakers. Young children communicate their need through feelings, as that is the natural way to ensure their survival and growth. Little children cry for milk when they are hungry. If the mother does not respond to this, the child shifts and shows anger by crying even more loudly and thrashing his hands and legs. This cry will force the mother to rush in to take care of the child.

If this pattern is repeated the child may not even try the first method of expressing sadness, as he has learned from his experience, that only by showing anger will he get his needs met. He continues to show anger for getting his needs satisfied even in later years.

The Little Professor in our Child ego state is shrewd enough to learn ways and means for ensuring his continued survival. Hence, even if the first method was found useful in the beginning, he may shift to a new method, which he observes in his surroundings as more powerful. For example, when a young son notices that his father could influence his mother easily by showing anger, he too develops this pattern.

Racket feelings may be imposed on the children in some families by parents who are 'experts' at expressing racket feelings. Jacqui Schiff says that a racket feeling is the result of the internal tension that a child undergoes. When the Natural child desires are in conflict with the Adult logic or Parental directives, racket feelings seem to be the ploy that the Child adopts to avoid conflicts.

Fanita English, who made remarkable contributions to the development of TA theory, coined the term 'Substituted feeling' for rackets. When natural feelings do not evoke the desired results, or the family 'background' does not permit expressions of such feelings, the child resorts to substitute another feeling, to get his needs met. The circumstances that lead to substitution are forgotten, but the substitute feelings survive.

When a person is in a strong racket feeling the Adult Ego State has no influence and hence even though we recognise that we are in the racket feeling Adult Ego State remains an onlooker incapable of making effective intervention. Some people who come to study TA often remark,

"I know that I have in racket feeling. But I can not change. Then what is the use of learning TA?"

The pain and despair in these words is because of the fact that the Racket Feeling is in the Child Ego state and the Adult Ego State may have enough energy to realise the situation, but is incapable of executing a new behaviour. It does not have sufficient energy to by pass the situation. The agony that Racket feelings provide will be clearer when we know more about the Racket System.

Real Feelings/ Authentic Feelings

When we express a feeling that is suitable to the given circumstances, such feelings are called Real Feelings or Authentic Feelings. Racket Feelings are unauthentic and not Real Feelings in the sense that they are inappropriate to the given situation.

Mr. Stephan reached home very late one day, after a day's hectic work, feeling tired and exhausted. His wife had been waiting for him anxiously since a long time. The moment he entered the house she asked,

“What happened? Why are you so late?”

He felt that his wife instead of offering a cup of coffee, was cross-examining him and he got angry and retorted back,

“It is none of your business”

Mr. Stephen was exhausted and was badly in need of a nurturing response from his wife. Her impatient questioning made him sad but he responded by shouting in anger. Many men have this pattern of showing anger when they feel sad or hurt. But, do they solve their problem by showing this feeling? No. Their original feeling is sadness and what they show is the unauthentic feeling, which is called a Racket feeling.

Four feelings can be considered as the basic feelings when we observe newborn children.

GLAD

SAD

MAD

FEAR

Ian Stewart in his book, ‘TA Today’ refers to some other feelings that denote physical experiences as Real feelings such as hunger, tiredness, laziness etc.

Depression

Guilt

Despair

Helplessness

Confusion

Anger

Fear

Sadness,

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A man while crossing the National Highway noticed a vehicle approaching very fast. He was shocked for a moment and then, without even his full awareness, jumped to one side to safety. He experienced fear and fear helped him to save his life. In such circumstances fear is a good feeling. If he did not experience fear, he might have even died. It was a real feeling and appropriate to the situation.

Soon, another person reached the Highway. He too wanted to cross the road. Looking at the heavy traffic he had no courage even to take a step. He felt helpless. He was also gripped with fear but fear incapacitated him from solving the problem of crossing the road. Certain extent of anxiety or fear is good as it helps one to get ready to take up new assignments. But excessive anxiety can lead to psychosomatic disorders. In the above case this feeling is not appropriate. Boys who copy the helplessness behavioural pattern of their fathers will find it difficult to cope with problems in life. They may fail miserably when they have to face major challenges in life.

For some people guilt feeling forms a whirlpool from where they find it very difficult to come out by themselves. Even when such negative feelings make them physically sick they may not recognize the real problem of Racket feelings.

Ann, while she was a little girl had come to the conviction that ‘no one loved her’. It was her Script decision. When she was in dire need of unconditional love, it was denied to her, and when a brother was born she lost her mother’s care too. Her little mind could not understand the situation. There was a sudden depletion of strokes! She started showing temper tantrums and it ensured a steady supply of negative stroke. Ann became a ‘problem girl’. However her tantrums were noticed by others and hence her

survival was ensured through the supply of negative strokes. Ann substituted unhealthy behaviour patterns for survival strokes and even now she continues with the same pattern.

Now Ann is a grown up woman. She is married and has two children. Even now Ann has the habit of 'exploding' on and off, which irritates her husband and results in the continued supply of negative strokes. Life has become too tiring for her. Her dedication and love for the family is not noticed. After the daily conflicts Ann laments with pain and despair that, "I know, nobody loves me, why should I live....."

Little Ann who would cover up her sadness and express anger to receive strokes even now continues the same strategy in spite of having grown up.

She needs to be aware that her behaviour pattern has to be changed if she wants to solve her problem, and gain the love of her husband, which she craves. Her present behavioural pattern is certainly not conducive to meet that goal. She is not aware that through this behavioural pattern she is keeping people away from her and that this behaviour actually helps her to fulfill her script decision 'nobody loves me'. Racket is a powerful behavioural pattern that will reinforce script decisions and will lead people to the script climax.

Favoured feeling

Though Racket feelings are not helpful now in solving problems such feelings are expressed repeatedly in various stressful situations and the individual is not aware of it.

Dr. Berne called this the 'Favoured feeling'. The term 'favoured' is used not because it is a pleasant feeling, but because it is the most frequently expressed feeling.

In the incident mentioned earlier, the person who felt anxiety will have the same feeling when he faces difficult situations in his life. If that situation evoked anger in another person, it is quite possible that the same anger feeling may be the oft-repeated one in his life. If the racket feeling was helplessness, he will find himself helpless when faced with the challenges in his life.

For many people Racket feeling is a very severe emotional experience and still they experience an internal urge for more such experiences. Even the individual himself unwarily sets up situations for gathering the said emotion. The behaviour that is developed to collect a Racket feeling is called Racketeering.

Influence of Script

Feeling is the currency to reach the loser Script climax and hence there is an internal compulsion to collect racket feelings. Racketeering is a forceful and simple behaviour to collect negative feelings. Racket has a very important role in the implementation of Script decisions.

Little John was playing in the courtyard when a beggar came up to the gate seeking alms. John stared at the strange figure for some time. The beggar had long hair, a beard and was wearing torn clothes. The 'figure' caused fear in his mind. He cried aloud and ran towards his mother, for safety and security. Looking from her son to the beggar, his mother shouted. "You are a boy? Are you afraid of a beggar?"

The mother wanted her son to grow up as a brave man. Little John who exhibited fear to ensure his safety might not have understood the meaning of what his mother said. He expressed the genuine feeling he had experienced, and he was ridiculed!

Thereafter, John began to throw stones at beggars. He became aggressive to cover up his fear as he realised that approaching his

mother for safety was of no use. He is an aggressive and angry person now. One has to be careful even to talk to him. But John knows that he is a coward and what he exhibits is only a cover up for that fear inside.

Sreeja is a very anxious lady. If her children don't return home in time, she becomes very upset. The more they are delayed, the more is the anxiety she experiences. She starts thinking about accidents, hospitals mortuaries etc, becomes panicky and breathless. She cannot relax however she tries. 'Nobody understands my difficulty' she murmurs.

Sreeja's mother was also like her. Whenever Sreeja was late, she had seen her mother standing at the gate with hand clenched against her chest. Sreeja used to try her best to convince her mother that there is no reason why she should feel uncomfortable when Sreeja comes late from College. But her mother could not relax. Mother is asthmatic now.

Racket is a very powerful enemy of mental health. Migraine headache, peptic ulcer, blood pressure, cancer etc. may result from this.

Definition

Ian Stewart has given a very simple definition for Racket feeling. Racket feeling is defined as a familiar emotion, learned and encouraged in childhood, experienced in many different stress situations and maladaptive as an adult means of problem solving" (TA Today, p.209)

As per the definition of racket, we know that Racket behaviours are formed in childhood, and have a repetitive nature. The recurrence increases the intensity of feelings. Though it does not help in problem solving in stressful situations, the same behaviour

is continued in adult life. Another important aspect is that while in Racket there is no awareness. It is also one reason why one cannot escape from rackets. Psychological games need at least two partners, but Rackets do not even need a partner even to generate the negative feelings.

RACKET SYSTEM

In the post Bernian development of Transactional Analysis 'Racket System' occupies, according to me, a prime position. The awareness of Racket System and the havoc it causes on the human body will definitely help in the process of rewriting the Script. Racket is not simply a negative feeling, behind it there are Script decisions and the feelings suppressed at the time of Script formation. There is also a role for fantasy and similar experiences of the past. All these factors act in co-ordination and hence racket is seen as a system, an interrelated activity.

When the Racket system is aroused Script decisions and Script feelings are also activated. It either reinforces or implements Script decisions.

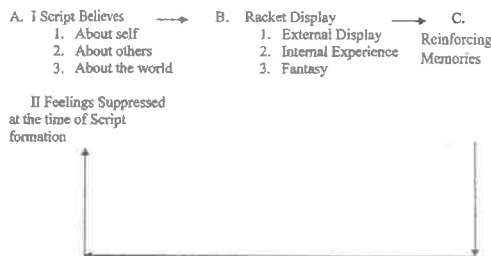
Many people get attracted to the theory of TA, while attending the Basic courses, when they become aware of the Racket System and the havoc it creates in their personal and family life. For Counsellors information on Racket system will be very helpful in dealing with such issues in the clients.

Let us recollect the case of Ann who exhibits Racket behaviour. In spite of having everything in life, she is suffering. She is sad. Her only companion is the frequent migraine headaches. After the routine 'fights' with her husband she says to herself,

"I know no one loves me."

A. I Script Belives 1. About self2. About others3. About the worldII Feelings Suppressed at the time of Script formation

B. Racket Display1. External Display2. Internal Experience3. Fantasy C. Reinforcing Memories



Racket Feeling Snow Balls

RACKET SYSTEM

When did Ann come to know “nobody loves her”? Was it after marriage? We have seen her background. Her childhood was very sad. She did not receive enough unconditional positive strokes and she had to exhibit temper tantrums for her survival strokes. After those episodes of sentiments she used to think that no one loves her. If a person has such a thought, the genuine feeling that gets generated is sadness. But as per Ann’s background the emotion recognized, was anger. She expressed anger and it evoked negative Strokes. This feeling, anger, in her case, is a Racket feeling. The basis for developing anger as a racket is the Script decision that she is unloved and, while she took such a Script decision, she had to suppress her real feeling, sadness.

Racket system has three important stages. The first stage comprises the Racket feeling, Script decisions and the feeling suppressed at the time of formation of script decision. The second

stage is the display of racket feeling by the individual. It includes the usual external display of feelings when the person develops racket, internal experiences the person undergoes while racket feeling is aroused, and fantasies that arouse pertaining to the racket feeling. The third stage is the activation of reinforcing memories of similar past instances that had generated the same feeling. When the third stage gets activated, brain releases further doses of chemicals responsible for generating racket feeling as an automatic process. It instigates the cycle to start again by activating the first stage and then the first activating the second stage and second stage leading to third and in third stage further dose of feeling arousing chemical release by the brain. So on and on creating a snow balling effect of the small dose of racket feeling originated. Finally Script decisions become active and the script advancement or script climax takes place. We will look into this system in a little more detail.

STAGE ONE

Script decisions and feelings

The first stage of the racket system is the arousal of racket feeling and behind this is the difficulty the child encountered in meeting his basic needs and his relationship issues with the parents. Consequent to this the child has adopted certain decisions about

- Himself,
- Others, and
- the world

When script decisions are formed the genuine feeling the child expressed, in vain, is suppressed as it was not encouraged in his background and as an alternate strategy he developed the racket feeling. Arousal of racket feeling through racketeering or playing a game is the first step to start the system. Once script decisions are

formed, it causes an internal pressure and an urge leading the person to racket behaviours. The urge to move into racket behaviours or the frequency of falling into racket behaviours depends on the seriousness of script decisions.

It is a common statement that some people say,

“I am no good”.

Such people will not have the confidence to take up any assignment for fear of failure and they develop helplessness, despair or sadness as racket feeling that was useful in their childhood to induce parents or caretakers to help them. Some parents insist that their children should do things perfectly well and they may even resort to negative strokes to make the child behave accordingly. Some parents compare their Children with other children and belittle them to instill the motivation for striving hard. The manner in which the children view the efforts of the parents is more important here.

Every Racket has a history behind it. If our relations with others repeatedly give us negative feelings, we need to probe into the thoughts in our mind. It will help to analyze the Script decisions and enable us to rewrite old Script to make it a winner's script. When script decisions are formed the original feeling is suppressed as it is found to be of no use. For example, when John felt that his survival was threatened, he expressed fear for security. But that was not recognized. He had to suppress that feeling and resort to aggression, which is a combination of fear and anger, and that was acceptable to his mother. These racket feelings become part of our behaviour repertoire

2. Racket Display

Once a racket feeling is aroused, the manner in which it is displayed is the second stage of the Racket system. This stage includes display of racket feeling and the associated fantasies.

a) External Display

Each feeling has a physical experience and a cognitive awareness of it. Whenever a feeling is aroused it causes a sensation in the body and we express it. Such external manifestation of a racket feeling is called the 'External display'. It differs in individuals as most of these expressions are learned or copied from others. For example different individuals express anger racket in different ways, like:

Talking in a high pitch

Becoming silent

Showing aggression

Walking with heavy steps

Clenching their teeth

Throwing whatever is within reach

The face is the most important part of the body that is utilised for exhibiting emotions. The tone of voice changes. Gestures and posture also portray feelings, Due to fear people curl up while the body muscles stiffen in anger.

b) Internal Experience

External manifestation of feelings can be seen, heard and understood by others whereas, there are certain experiences which the individual alone perceives. When people are sad, some say that they feel heaviness over the chest as if a heavy stone is kept over the chest. Some others experience difficulties in their throat. Language expressions like 'a lump in the 'throat', 'a pinch in the heart', 'butterflies in the stomach' etc. are examples of such internal experiences of feelings. f one recognises his internal experience he has an option to stop going further into the other stages of the Racket system.

c). **Fantasy**

When racket feeling is aroused, individuals will have their fantasies activated and they visualise it. When Ann was a child she used to fantasise that her parents are leaving her alone and are going away because of her faults. Ann calls them back crying and when they do not come back she throws around whatever is handy. Even now she fantasises similar situations while in Racket. Sreeja with her anxiety racket visualises her children getting into accidents, lying in the hospital with oxygen cylinders. Fantasy has the capacity to generate racket feelings and it even enhances the racket feelings.

It is the peculiarity of our brain that we fail to distinguish between real causes that lead to racket and visualised scenes or fantasies. Hence even when we fantasise sadness it induces the brain to release appropriate chemicals by which sadness can be experienced and displayed. Those who have depression, fantasise situations, which generate negative feelings, to such an extent that, they cannot come out of depression. Why do they do this?

This is part of the strategy to reach Script climax.

3. **Reinforcing memories**

Behaviours leading to Rackets have the tendency to recur as it is part of the Script system. Once we are in the racket the second stage of displaying racket feelings follow, and then it leads to the third stage. The person starts thinking about previous situations in which he had the same experience and this augments his racket feelings, she goes on fantasizing about all the previous experiences and thereby the racket feelings snow ball to unbearable dimensions.

Ann was happily preparing to go for a movie with her husband, John, and then she noticed John's shabby attire, and she commented on it. John didn't like the tone of her comment. He felt angry and

shouted at her. It hurt Ann's sentiments. What she had intended, after all, was that her husband should change into better clothes. She retorted saying that she was not going for the cinema though she had no plans to cancel the programme. John reacted by going to the movie alone. Ann could not bear this. She felt more and more angry as this was the way John always reacted. This was repeated many times. For no reason John would pick up a quarrel and discount her. The memories of such previous instances surfaced in her mind;

Last week the same thing happened.....

The week before thatand so on.

Meanwhile, her ten year old daughter enters the room with some complaint, Ann starts beating the child. Then, she burst into crying saying,

"I know, no one loves me".

Recollecting previous situations that had resulted in negative feelings is the most crucial stage in the racket system. Each time it helps to generate further doses of negative feelings and enables the individual to delve deep into the realms of previous occasions, and again and again experience the same feeling. An initial small dose of negative feeling swells into unbearable proportions by this process and these feelings are capable of pushing the person into script, or even lead to script climax. Reinforcing the Script decisions leads to further negative feelings. Even without the involvement of another individual racket feelings can be generated and the Racket system helps a person to fulfill his Script decision.

Functions of Racket System

People with unhealthy Scripts have an internal urge or desire for negative feelings. Psychological Games or Racketeering helps

to acquire such negative feelings. Once a Racket feeling is aroused, and displayed, it leads to revival of past memories, which augments the initial small dose of negative feelings. It continues like a vicious cycle until the negative feeling becomes strong enough to motivate the person towards the execution of Script climax by way of suicide, murder, divorce, madness etc. in the case of third degree Scripts.

The physiology of the brain also helps in execution of Racket system because brain does not differentiate between actual circumstances that result in negative feelings and circumstances created in fantasy, for the release of necessary chemicals for experiencing and expressing such feelings. The chemicals responsible for display of feelings may remain in the blood for some time. Further bouts of release of such chemicals can disturb the Homeostasis of the body. It may endanger the natural defense mechanism, i.e. the immune system. Thereby the body becomes susceptible to various diseases. For example, the damaging effect of adrenaline in the blood has been proved beyond doubt.

When a person is in Racket, it also influences the activities in his brain. The limbic system of the brain is considered to be the center of emotions whereas the reasoning power is in the frontal brain. Normally these two centers are inter connected and hence the logical thinking brain has control over the emotional brain and thus we express appropriate emotions. Racket system produces emotional build up causing the disconnection of the fore brain with the emotional centers and hence the individual behaves according to the influence of the emotion, which may not be appropriate or logical to the situation. The energy level in the Adult Ego States will remain very low and in such situations, sometimes, the Adult Ego state becomes dysfunctional.

Some of the behaviours exhibited during powerful Rackets may not even be recollected, after coming out of the racket. Hence

many people deny having said or done things while in Racket system. There is a saying in Malayalam language which when translated literally means "Don't preach Veda (Values) to a charging buffalo". When one is agitated and angry, he is emotionally charged and hence there is no place for values or logic, which lie in a different part of the brain.

Charged impulses are passed through the neuron cells of the brain. Such impulses help neuron to communicate with another through the synapses. When repeated transmissions of charged impulses take place through a particular route, it makes that passage resistance-free and hence a channel is formed for the impulses to pass through easily. Such passages get activated quickly. To put it differently, repetition of experiences enhances the possibility for further repetition of such experiences. This phenomenon of the brain also helps in the functioning of the Racket system. Even for silly reasons, the Racket system gets activated. Many a time when we get into the racket system we find it difficult to come out of it

What is the remedy?

1. Awareness

The Racket system is like an octopus, once you are under its grip it is difficult to get released. Still, there are options for us to come out, for which we should be aware of the Racket feeling and the Racket system.

Adult Ego State may not have sufficient energy while in Racket system to get itself released from the racket system as is seen in many cases. Hence, to become aware of Racket system while one remains in the Racket is not always easy. Sometimes the Adult ego state will be able to observe and recognise that the person is in Racket but finds it difficult to come out of it by himself as the energy level in the Adult Ego state is too low.

Once we gain awareness of the racket, the next time when we move into it, an alarm strikes in the mind,

“And, there you go again into...”

If we take this warning seriously, the Racket System gets disrupted.

2. Control the thoughts

Controlling our thought process can break the Racket system. Once the Racket system is active, eliminating the thoughts from the mind is difficult but we can alter or reduce it. Thoughts come before words and deeds and hence any change at the level of thoughts affects all the subsequent behaviours. Once a Racket feeling is experienced the person can become aware of it. If the racket feeling is identified we can resort to avoid thoughts or redirect the thoughts or we can even substitute it with pleasant fantasies.

Since the Racket system is a process which helps snow ball negative feelings, it's most important stage is 'Reinforcing Memories'. Intervention can be done at this stage very effectively. Engaging in some activity helps to redirect the present thoughts. Substituting with positive thoughts also helps. Reading books like Bible, Bhagavath Geetha etc. provide another channel for the thought process. But a person in severe Racket feelings finds it difficult to concentrate in reading.

Resorting to meditation is another good way to have control over the mind. It will help to arrest the feeling before moving to the third stage. Not only that, energy can be positively channelized. Meditation also helps to remove the chemical impurities from the blood. Even if one does not know how to meditate, relaxing the mind and body also gives relief from Racket.

3. Physical Activities

Grandparents advise youngsters who are emotionally distressed to get engaged in some work at home. Engaging in

some physical activities is found to be a very effective method to tackle Rackets. Even without awareness physical activities help to redirect the thoughts. It helps to convert the psychic energy to physical energy. It also helps to restrict the free flow of thoughts and hence further activation of the third stage does not take place. Regular jogging is a good method to keep the system in good condition and one will not be very vulnerable to Racket feelings.

4. Deep Breathing

The simplest method is proper deep breathing. When we are emotionally disturbed the breathing system gets upset.. Usually the breathing becomes shallow which decreases the intake of oxygen. This helps the functioning of the Racket system. So we should do the opposite. Take deep breaths. Push down the diaphragm until full capacity of intake is achieved. This results in a high level of oxygen in the blood. It will do the rest of the job. Whenever we are in Racket we should start taking deep breathing, as this is one sure way to go against the Racket at the outset.

5. Counselling

Counseling is an excellent tool for personal growth and development if done by a properly trained person. It helps to promote awareness. It also helps us to handle our emotions. It is emotional illiteracy that promotes the Racket system. We should be able to recognise our bodily experiences and name it correctly and express it appropriately. If the problems are acute, and if it has created physical problems, a doctor's help may be needed.

3. SYMBIOSIS

A newborn baby and his mother function as a single unit. The mother, even disregarding her needs, takes care of the child and

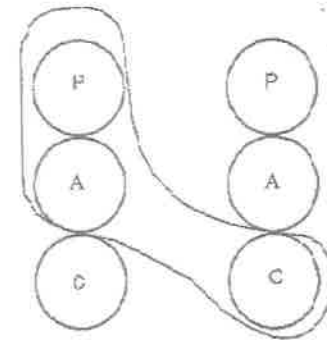
the child continues the union he had with the mother in the womb as a single entity. This union is a symbiotic relationship and it is the nature's need and rule. This relationship is essential for the child in order to survive and grow and this relationship is called 'natural symbiotism'. When a child cries, sometimes, the mother's breast releases milk even without her conscious awareness. The needs of the child have so much influence on the mother. This natural oneness necessitates separation as the child grows up and the mother initiates the process of separation, creating a separate identity or 'Self' for the child. Gradually the child realises his existence different from his mother and a psychological person is born. The child who depends on the mother for his survival in the usual course will terminate his dependency and achieve physical and mental independence. Rejection, discounting, over protection etc. during this period of oneness and separation will cause a need for continued symbiotic relationship. There are cases where some fail to achieve mental independence and continue the symbiotic relationship even in adult hood. They continue to remain as one personality depending on each other for survival without making use of their available options from each ego state.

When two people relate with each other they have three Ego states each from where they can transact, but in some cases both of them share one or more ego states and make use of only three common ego states in between themselves. This behaviour is called Symbiosis (Jacqui Schiff – Cathexis Reader)

Discounting their own Child Ego state some mothers smother their children with excessive love and affection, without knowing that they are blocking the capacity of the child to think and act independently. This one sided love disturbs the spontaneity of the child to go for his options and it affects his decision making ability.

Why do people continue this unhealthy behaviour?

Persons in symbiotic relationships experience a balance of mind, which they may not get if they stand independently. They do not realise the actual loss due to this apparent 'peace of mind' in symbiosis. They do not make use of their natural abilities to solve problems.



Sam and Jane are married. They are very close to each other. Sam takes all the decisions at home as to what should or should not be done etc. He controls all such family matters. Jane knows that she is incompetent to do all these things. In her helplessness Sam is a good support. Jane is there to love and serve. Jane too thinks that Sam also expects only so much from her.

Some people may envy this loving relationship. Jane uses only her Child Ego state and when an occasion arises where her Parent Ego state is needed to face the situation she takes the help of Sam. She does not to make use of her Adult Ego state either. Since Sam is offering his Parent and Adult Ego states, there was no need for Jane to make use of her ego states. Sam's absence may create problems for Jane. She may collapse, as she has not developed her independent thinking and hence problem solving may not be easy for her.

Jacqui Schiff points out the negative aspects of Symbiosis in her book 'Cathexis Reader'

1. There can be problems of survival for the persons in symbiosis since three Ego States only are functional. If a threat is experienced by one the other also will feel the threat.
2. Opportunity for problem solving will be lesser because only three Ego States are functional and there will be only one approach, otherwise two people will have different options
3. The stand one can take in various situations is restricted because one has to consider the other person also.

Symbiotic relations are of two types. One type is complementary to each other. The relation of Sam and Jane is an example. Sam needs the Child Ego State of Jane as he has discounted his Child ego state. Jane, whose Parent and Adult Ego States are dysfunctional, uses both ego states of Sam. She cannot imagine an independent life.

Another type of symbiotic relationship evolved is on the basis of competition. In this case both the symbiotic partners compete for the same ego state.

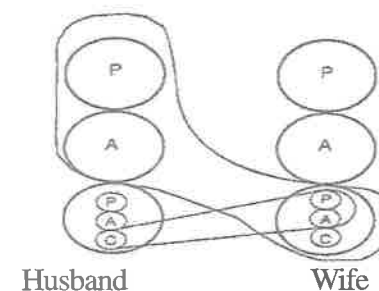
A wife who wants to show that she is smarter than her husband likes to take care of the Child Ego State of her husband. The husband looking at his wife from his Parent Ego State is also controlling the Child Ego State of his wife. They compete with each other to take care of the child ego state of the other person

Games and Symbiosis

Games are a pattern of behaviour that leads towards the climax of Script. Jacqui Schiff points out that those who engage in games have unresolved symbiotic issues in their childhood. Games are attempts to revive the symbiotic roles.

Both these behaviours endanger mental freedom or autonomy.

Symbiosis in Two levels



Structures of Symbiotic relation can be seen on two different levels. The first level is as explained in the case of Sam and Jane. There is a second level symbiosis too. In the first level the Parent and Adult ego states of Sam take the stand that Jane can not do anything by herself and that he should be there for everything. The Child ego State of Jane considers that her duty is to take care of her husband's interests. She implements the Driver Message 'Please me'. Both of them are in the complementary roles of Script. As per the Script of Jane she is engaged in fulfilling the needs of Sam. Sam needs physical strokes. He avoids his Child ego state in the first level. Jane takes care of it through her Script directives and fulfills Sam's stroke needs.

4. PASSIVE BEHAVIOURS

Passive behaviours are yet another behaviour pattern exhibited by those who possess lose's or banal scripts and these are inappropriate behaviours. To become a winner and to maintain good interpersonal relationships one needs to be aware of the passive behaviour pattern that he follows. In the process of our

transformation from a 'Frog' to a 'Prince or a princess' it is important to recognise our passive behaviour patterns and correct them. The term passive does not mean that those behaviours are not active or that they are dormant. We used to spend a lot of energy in many of these activities but this behaviour is inappropriate to the situation and does not help to solve a problem faced by that person. Hence, they are passive. These behaviours help to maintain the symbiotic relationship.

Schiff defined Passive Behaviours as the internal and external actions people employ to avoid autonomous response to stimuli, problems, or options to meet their needs within the structure of unhealthy symbiotic relationship.

Jacqui Schiff observed that scripted individuals exhibit four types of passive behaviours.

1. Doing Nothing
2. Over Adaptation
3. Agitation
4. Violence or Incapacitation.

1. DOING NOTHING

A teaching session was going on. Children were keenly attending the class that was being taken very humorously by the teacher. John, who was sitting in the last bench, could not hear the class properly. Had the teacher spoken a little louder, John's problem could have been solved. He knew that but he did not respond. Without following up the class he remained unhappy in the seat.

John had only a simple solvable problem but he is enacting a symbiotic relation. While he was a little boy if he sit with a sulking face his mother would have dashed to him to take care of him. Now John is discounting his abilities to solve his problem and remain

doing nothing but hopping to solve his problem. Do you have a nature like this? Are you expecting a rescuer to solve your problem and do nothing to solve the problem? We need to take responsibility to life situations and move away from symbiotic states. Taking one step towards the goal will break this imbroglio.

2. OVERADAPTATION

Anitha was not well when her husband arrived from office. She was too sick to go the kitchen and prepare tea for him, as usual, but she somehow managed to go to the kitchen for preparing the tea.

Utensils were piled up dirty and so, she did the cleaning first. Prepared the tea and turned around, but collapsed and fell down

Anitha knew her problem and she could have solved it. Still showing too much interest in the case of her husband she was expressing her affection. Over adaptation is another unhealthy behaviour exhibited by persons who have high Nurturing Parent and Adapted Child ego states. We need to be realistic and express our emotions it helps the other person to understand the situation. This behaviour style is that of a "Please Me" Driver, it will not help unless we are able to assess the situation. Those who try to obey what is told 'literally' are also showing over adaptation.

3. AGITATION

The teacher was continuing the class. John could not hear the class properly. He felt uneasy but still remained idle for some more time. Then he started disturbing those who sat near him by pulling the desk and chair, creating noises and annoying others who were listening. He is discounting his abilities to solve the problem, feels restless and exhibits purposeless behaviours. Chewing the nail, smoking etc are such behaviours.

Agitation behaviour is the manifestation of the restlessness. The more time one remains unresolved his problem, the more restlessness he becomes and exhibits purposeless behaviour called agitation. Many times when we keep issues within our mind without finding a solution by taking appropriate behaviour we move from 'doing nothing' to more difficult behaviour pattern as above. But this behaviour, agitation, when resorted to will not convey the purpose behind it and hence will only entice negative strokes, further complicating the turmoil within our mind. Be open, and seek active steps to solve the problem being faced and do not discount it. One is wasting a lot of energy unproductively in agitation stage. If the issue is not solved at this stage it leads to more difficult behaviour.

4. VIOLENCE/INCAPACITAION

These behaviours appear to be contradictory. Violence is shown towards others whereas incapacitation is violence towards self. Both of these behaviours are not good for problem solving.

There are cases where wives become sick unawaredly to ensure strokes or the presence of husband. This unaware behaviour is because of the unresolved symbiotic relationship. Hearing the transfer order of her husband Janet fell sick and she was taken to the hospital. Doctors opined that she was ok and that the present situation could be due to shock. How is it possible for the husband to join duty? It is the symbiotic relation that is revived to ensure the continued presence of her husband.

Those who resort to aggression to solve the problem attack others. Take the case of John. He was disturbed because he could not listen to the teacher. Hari sitting in front of him laughed aloud hearing the joke cracked by the teacher. John who could not understand anything felt angry and during the interval for no apparent

reason John started quarrelling with Hari. At this moment it is not possible to think logically and hence do a lot of mischief. Through violence the person is showing passive behaviour. Usually this behaviour follows agitation stage.

Incapacitation is effected through some psychosomatic disorders. Migraine headache incapacitates women, temporarily, inviting nurturing behaviour to enter into symbiotic relations.

One resorts to passive behaviours due to the unresolved symbiotic relations he has from early childhood. Each such passive behaviour is a re-enacting of similar symbiotic situation. This is unhealthy and it prevents us from making use of our Adult options.

It is good to analyse our behaviour patterns to see whether we follow any of the four passive behaviours. If so think about Adult options that one can take at each of such situations. This will lead to unleash your potentials to deal with problem situations and will achieve personal growth.

5. DISCOUNTING

The word discount is very familiar in trade and business, but the term used in this chapter has a different meaning. Giving discount is allowing a reduction in the cost and discounting is not attributing the real value to something. It can also take place when we lack necessary information or have wrong information. When we ignore someone or something consciously it is discounting in its etymological meaning. Jacqui Schiff defines Discount, "discount involves people minimising or ignoring some aspect of themselves, others, or the reality situation"

Ian Stewart and Van Joins in their book 'TA Today' give a simple definition. "Discount means unawaredly ignoring information relevant to the solution of a problem". Therefore the discounts

referred in TA are taking place without the awareness of the individual. It is an internal mechanism of which person is not aware of.

Let us take the example of John.

The class teacher is humorously introducing the subject but John cannot hear properly as he was sitting on the last bench. He desired to hear the class. How can he solve his problem?

He can ask his teacher to speak louder. He can move to the front bench. He can cry like a small child. At least three options are possible from the three Ego states but there are scripted people who do not make use of the options available to them.

John remained idle for some time and then he leaned forward and strained to hear what was going on. Though he could not hear it properly he waited for others as they were enjoying. He does not want to disturb them. Later on he feels distressed and started showing certain behaviours like shaking his legs, drawing pictures in the notebook, tapping on the desk etc. While he was remaining uncomfortable Hari, his colleague, laughs aloud on hearing a joke. John didn't like it. During the interval he picks up a quarrel with Hari (Violence).

John displayed all the passive behaviours but his problem was not solved because he discounted the problem. At first he discounted the problem and tried to please others, then he discounted the situation. He also discounted the various options available to him.

Discounting is the mechanism behind various behaviours, of scripted individuals, like games, passive behaviours, driver behaviours, racketeering etc. This is the mechanism followed by the 'frogs' to maintain themselves as 'frogs'. By this mechanism we lose umpteen number of opportunities to become a winner through autonomous behavior.

Discounts can be at different AREAS.

1. Self
2. Others, and
3. The situation

Jacqui Schiff gave emphasis on three TYPES when she defined discounts.

1. One can discount the stimulus
2. One can discount the problem
4. One can discount the options

The Teacher's sound was not audible for John to comprehend what was going on. He discounted the stimulus.

John could not understand what was being taught. He could not study. He discounted his problem.

To solve the problem John has at least three options from his three Ego states but he has

Discounted the options.

Different Levels

Discounting takes place at different LEVELS.

Existence

Significance

Change possibilities

Personal abilities.

One can discount the existence of the stimulus, problem, or option; one can discount the significance of the stimulus, significance of the problem or significance of the options; and also one can discount change possibilities of the stimulus, problem or options. One can also discount the personal abilities of the person to deal with the stimulus, problem or option.

Ram was getting out of the house to go to office. Wife called back and said;

“There is sprinkling rain, why don’t you wait a bit?”

“Oh... what rain” saying Ram moved on ignoring the sprinkling. He was discounting the existence of the stimuli, the rain.

If he says, “ Oh it is not much” and goes on, he is discounting the significance of the rain.

If he responds, “ Oh. Its not going to stop.” and goes on, he is discounting the change possibility.

If the response is, “ Yes there is sprinkling but what can I do?” and he goes on. Ram is discounting his personal abilities to deal with the stimuli. It does not come to his mind that he has alternative options.

By Discounting...

1. One can maintain his Life Position
2. One can be lead to Symbiosis, Games etc.
3. Script can be advanced or implemented

DICOUNT MATRIX

The possibilities of various TYPES and LEVELS of discounting are arranged in horizontal and vertical axis. The TYPES of discounts, Stimuli, Problem, and options, are arranged in horizontal axis and various modes of discounting, Existence, Significance, Change possibilities and Personal abilities, are plotted in vertical axis, as shown in the picture. The Discount Matrix developed by Ken Muller* is considered as an excellent tool for Counseling and Management training like Problem solving and decision-making.

Levels	Types of Discounts		
Existence	T ₁ Stimuli	T ₂ Problem	T ₃ Options
Significance	T ₂ Significance of Stimuli	T ₃ Significance of Problem	T ₄ Significance of Options
Change Possibility	T ₃ Changeability of Stimuli	T ₄ Solvability of Problems	T ₅ Viability of Options
Personal Abilities	T ₄ Persons ability to react differently	T ₅ Persons ability to solve problems	T ₆ Persons ability to act on Options

Awareness of discounting behaviour is essential in our efforts towards Personality development, better interpersonal relations and writing a Winner’s script. Because this is the mechanism by which various script-bound behaviours we put into practice

During the counseling sessions the counsellors confront discounting exhibited by the clients so as to make them aware about it. Discount matrix is a very useful tool in this arena. Those who have difficulties in the process of decision making, whether in personal life or professional life, Discount matrix is very useful tool to know where we are and why we fail. Knowing the column in which we start discounting and its impact on other column below and towards right in decision taking is self explanatory. Counselling issues can be easily brought to awareness level.

Awareness of discounting opens up a new realm in relationships and behaviours. It will help us to change our destiny for better. It will help to retransform the ‘Frogs’ into Prince or Princess.

6. FRAME OF REFERENCE – A FILTER ON REALITY

That day Science Teacher came into the class with 3 glasses containing water. Glasses were placed on the table and marked A, B, and C Sooraj and Greeshma were called for an exercise. Sooraj was asked to immerse his one finger into the glass marked A, and Greeshma was asked immerse her one finger into the glass marked B.. After drying their fingers, both of them were asked to immerse their same fingers into the tumbler marked C. Then Sooraj was asked to explain his experience to Greeshma.

Sooraj; “This tumbler C has hot water.”

Greeshma intervened and said, “NO. It has cold water”

Sooraj laughed aloud and said; “She is mad. This is hot water.”

Teacher summoned a third student Sinoj and directed him to immerse his one finger into the tumbler C and tell his experience.

He immersed his one finger into tumbler C and started laughing. The teacher asked him what happened. Sinoj, “Both of them are mad. This is neither cold nor hot. This is only ordinary water.”

You know what was going on. Teacher convinced them of the phenomenon behind, (Glass A contained cold water and B contained hot water and hence the prior experiences affected their senses in assessing the reality.).

The experience we get from one-stimulus influences the second experience we get due to another stimulus that we receive through our skin. Hence the finger that was immersed in the cold water later found the ordinary water hot. Eyes also have this effect. The impressions of the pictures that we have just seen influence the next one we see. Looking at newly married couples the villagers say,

“Good match. Look like brother and sister”

Our face or that of our parent’s face get imprinted in our mind influences in the selection of one’s bride. Like all the five senses, our brain too has this effect. On receiving certain stimuli we have a pattern of responding. Without even the awareness of our Adult Ego state those stimuli elicits response from an Ego state. It may be appropriate or inappropriate. Many times responses are inappropriate. When the stimuli go in, a scanning takes place inside to check and find out what does it mean based on the earlier similar experiences/learning. On these background information present stimuli is interpreted and concerned Ego state initiate response.

The receiver need not understand exactly what the sender of the stimulus intends. When the response comes from a field created by the past experiences or recordings of the ego states, that reference plat form is referred to as the ‘Frame of Reference’. The contents of the Parent and Child Ego states constitute the basis for frame of reference. The unfortunate thing about this is that the ‘Frame’ filters the reality to suit the contents of the ‘Frame of Reference’ and hence instead of accepting facts as it is, this frame acts like a colour glass one wears. Each person has his perception of the world based on his frame of reference.

The analogy of five blind men ‘understanding’ an elephant according to what each person had experienced, suits here. Each one believed what is felt and understood as the elephant. One person who felt the trunk understood elephant as a pillar, the one who felt the tail understood elephant as a broom and so on. The real elephant and what each person perceived have no comparison.

Reality can get distorted based on the frame of reference each one has. Fr. George Kandathil, wrote a beautiful example to explain the concept of ‘Frame of Reference’, in ‘Neeyum Njanum’* One

Keralite girl went to Germany on a job there. Some of her Keralite friends, girls, took her to a nearby beach for a swim. When she saw her friends moving into the sea wearing swimming suit, she felt ashamed.

“Oh..Shameless.. I am not coming,” she said.

Days went by. She too felt like taking a bath in the sea. Her Child ego state woke up to enjoy.

In this country the culture is different. There is nothing wrong in wearing swimming apparels. Her Parent ego state supported. Swimming is a good exercise. Friends are also with me, why not me join them? Her Adult ego state also reasoned.

She wore swimming suite and enjoyed swimming in the sea.

Her frame of reference changed and she could accept the reality on updating the previous data. The earlier attitude was due to the value system she had about appearing in the public in that particular dress. When the value system, which acted as part of the frame of reference, changed her behaviour also changed.

Some of the traumatic experiences that take place some time in the life also remain with us and it causes certain attitudes. Early childhood experiences have a strong influence in forming the frame of reference and it has lifelong impact on our attitudes unless we change it.

Little Johny while roaming through the park, holding the fingers of his father and shooting questions, saw a toy train that had six or seven bogies and he shouted in amusement,

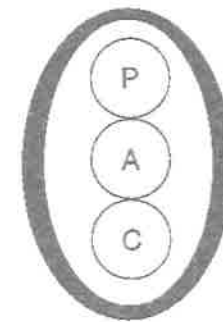
“See dad, so big a vehicle!”

Johny’s dad who had seen trains that are more than twenty times bigger than this toy train said mockingly,

“No..no. It is a small train”

Is the train seen by little Johny big or small?

This is really bigger than the cars, buses and the ‘little planes’ on the sky seen by Johny and he could not understand why his father says that this is a small train. Comparing to the long, long trains that the father has seen this train is surely very small. This adjective like ‘big, small, good, bad,’ and so on has only comparative meaning. Therefore others need not perceive one thing as one has perceived it and understood.



Frame of Reference

‘Frame of Reference’ is there in every individual based on his experiences, decisions and convictions and hence for those who have negative scripts their ‘frame’ is faulty.

Little Johny understood the toy train as a ‘big vehicle’ based on his experiences mostly in the Child ego state. “No.... No, this is a small train” is coming from the Parent ego state of the father of Johny based on his experiences and information. The Adult ego state of Johny compares this toy train with his past experiences of vehicles. We need to realise that the Frame of Reference is an important aspect of one’s personality and there is an inherent tendency, to adhere to this frame, as it is the most reliable ‘learning’

one had. If this frame is deforming the reality why one should follow it? Think about our limitations too!!!

This is also part of our Script. In accordance with the Script decisions the experiences we get are manipulated through the 'Frame' and we 'understand' it accordingly. We have seen that people with negative Script try to get strokes to suit their Script decisions and reinforce life positions. Similarly 'Frame of Reference' distorts reality to suit the Script decisions and we call this phenomenon as redefining.

Frame of Reference has an important role to decide the depth and warmth of human relations. Those who have combating Frame of Reference come close to each other easily. If Frame of Reference does not suit to each other they may find it difficult to go together. It plays a crucial role in maintaining or destroying marital relationships.

The fast changing life style and intrusion of other cultures will create great strain in married life. The culture of 'wife' accepting husband as a reverend person and starting her daily life after prayerfully touching his feet is becoming an 'old story' in Indian culture. We are moving gradually towards equal rights for men and women. Hence if the young men expect their wives to be as submissive as their mothers may land in trouble. The young women who become partners to such men may find life suffocating and will wish to end up that life fast. Society is witnessing increasing number of divorces. Naturally youngsters prefer to have premarital relations as a good solution. It may appear to be so. But, let us be aware of the warning given by Dr. Berne that Child ego state has the acumen to find their partners for psychological games. Many love affairs are initiated by Child ego state and hence within a few years they find themselves incompatible.

This does not mean that arranged marriages do not have the risk. Little Professor needs only seconds to find his partner. It is possible in arranged marriages also. For personality development and healthy interpersonal relationships awareness of 'Frame of Reference' is an essential. Frame of Reference redefines the reality or stimulus. The past experiences and script decisions are part of our survival strategy taken at a tender age. We go on unawaresly protecting this by redefining the reality.

1. Can we change Frame of Reference?

Yes. We might have witnessed many such changes so far. When the present attitude and approaches become difficult for the Child ego state the person may seek for a new pattern.

'The girl' who could not accept wearing swimming suit and found her friends as 'shameless people' when she saw her friends enjoying in the sea, she become sad. If she has to enjoy she need to change some of her convictions that constitute her Frame of Reference.

The Adult ego state intervenes, evaluates the reality and recognises the differences of culture. She is not doing something wrong when she wears swimming suit in Germany. The society recognises it as a 'proper' behaviour. The evaluations of the Adult ego state updates Parent ego state data and it leads to a new value system in her mind. Therefore she could, without the prick of the conscience, wear swimming suit and enjoy swimming in the sea. A new conviction is framed.

2. External influence:

There was a time when un-touchability and 'Sathy' (wife sacrificing herself in the pyre of her deceased husband) were considered to be 'Right Duty' by the Indian society. Social reformers

like Mahatma Ghandhi and Rajaram Mohan Rai caused a change in the value system of the society and eradicated these social evils in India. There were many great men who could make great changes in the Frame of Reference of the people. Civilisation itself is evidence.

Some love affairs cause drastic changes in some people's lives by changing the 'Frame of Reference'. Counselling helps to create awareness of the negative aspects in the 'Frame of Reference' and it helps people to change their approach towards life and others. It is one fine way of personality development and improving interpersonal relationship.

7. REDEFINING— TO SUIT OUR FRAME

Redefining is a process by which the reality is distorted to suit the script messages. This is one way of maintaining our convictions about self, others and the world at large and to implement script decisions. It is the internal mechanism people use to defend themselves against the stimuli which are inconsistent with the Frame of Reference. The mechanisms used to redefine are discounting, grandiosity, and thinking disorders (Jacqui Lee Schiff)

The wife asked the late-coming husband:

"Why are you so late?"

With a grumbling sound husband's counter question:

"Why, what happened?"

As far as that woman was concerned the late coming of her husband was a severe problem for her. She was suffering from severe anxiety. The more the husband arrives late the more negative

thoughts engulf her. Accident ambulance Oxygen cylinder Operation theatre and so on her fantasy wanders leaving her breathless. Naturally on seeing him she makes the query. Why did her husband not respond to her anxiety? He felt that wife was going to sit on his head and question him for the late arrival!

He discounted the true meaning of the question and "understood" the hidden agenda as a 'questioning' and in order to assert his right he fires another question with a stare. He can conclude that wife is a burden on his freedom.

The stimulus that challenges the present attitude is being redefined. He could not see the love, care and concern of his wife who waits anxiously for her late coming husband. If he realised the love of his wife, he has to agree that some one really loves him. And, if he agrees to that, it may not suit his script decisions

"No one loves me".

To continue his behaviour, by which he is sending people away from him, he needs redefining of the stimuli inconsistent to the script decision. For continuing his psychological games he needs to redefine the stimuli. Redefining of stimuli, an unaware process helps him to maintain the script or even achieve his script climax.

Redefining Transactions

Redefining takes place in the mind. The mechanism of discounting helps in this process. Discounting is unwarily ignoring information relevant to the solution of the problem. As a result this reality is 'understood' in a distorted way. This can be observed if we analyse some typical transactions. The person responding to stimuli discounts some aspect of it.

Two types of transactions, communication styles are observed as a result of redefining.

1. Tangential Transactions

Those who indulge in such communication style are addressing the purpose of stimuli in a different angle. The stimulus and response addresses different issues or address the same issue from different perspectives.

1. The wife enquires with the late coming husband the reason for being late.

“Why are you so late?”

The husband ignores the purpose of the question but seeks the reason for raising such a question.

2. The wife felt the pain of discounting her question and expresses herself.

“You don’t love me”.

The husband unawarely ignores her intention and replies.

“Love is in the mind”

We come across many such tangential transactions in daily life. It is difficult to say to which ego state the response is addressed. The person asking the question or making a statement for response do not get a specific response for which it is intended.

“Who broke the plates?”

“It happened yesterday”

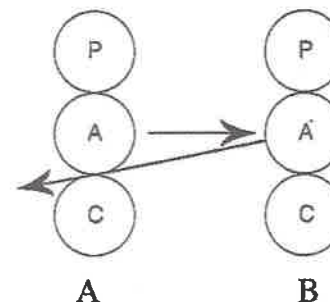
This sort of stimulus and response are very common when journalists interact with some political leaders. Deliberate deliberations are out of the purview of redefining.

In a counseling situation these type of transactions are common. In our daily life interactions these types of transactions create avoidable difficulties.

“You go and wash the car”

“I washed the dishes”

One way to deal with such pattern of transactions is to remain in the same ego state and repeat the stimuli. So that the other person will become aware of it.



3. Blocking of Transactions

Purpose of raising an issue is avoided by disagreeing about the definition of the issue

In this type of transactions the response is based on a different definition of the stimulus. Stimulus intends one thing and the response intends another. For example

1. “Why are you so late?”

“What do you mean by late?”

2. “You don’t love me”

“What is love?”

3. “Your T.A. class was good”

“Good and bad are relative concepts”

4. “Son, how much mark you got?”

“What is the use of it?”

There is no scope for long conversation. This style makes the other person shut his mouth. Because, giving response corresponding to the stimuli do not match the Frame of Reference of such persons or it is threatening to their frame..

During counseling situations information about redefining transactions is very helpful. To bring Frame of Reference and Redefining transactions to the awareness level of the counselee is essential for the success of the counseling in many situations. Lack of awareness alone is not the reason for problems. Frame of reference and Redefining transactions circumvent our growth and development.

Frame of Reference and redefining may become bad for the person as well as to the society. Frame of Reference enforces unhealthy visions and attitudes and makes success impossible in life. Even though there is no behavioural or relational problems now, awareness of Frame of Reference and Redefining will help the person to grow into a better personality and will make relationship more meaningful and enjoyable. It is observed that whenever people redefine:

- a) Their behavior is script
- b) They resort to passive behaviours
- c) They do not use options available

In the field of management also awareness of Frame of Reference and redefining will help better interpersonal relations, Effective Communication, quality in decision taking and in conflict management.

In our journey towards rewriting life script and retransforming into prince or princess, detecting and changing these behaviours are import milestones.

TRANSFORMATION OF THE FROG INTO PRINCE (SS)

“Winners Are Also Programmed”

People are OK

Everyone has the capacity to think

People decide their own destiny, and these decisions can be changed

These are the philosophical assumptions of TA. Dr. Berne who recognised the greatness of creation and value of human beings believed, that all of us are born OK. No one is greater than the other. We are all created as equals but based on our genes we may differ in structure and may have one or more quality, slightly better or worse, than the other person. Unless something goes wrong, the brain, that all of us have is capable of thinking. Hence, one can decide what he wants to achieve from this life and can achieve it. TA shows that unhealthy scripts can be changed and that we can design our own destiny.

Script decisions are taken at a time when the Adult Ego State is not fully developed. The neocortex, or thinking brain, develops and becomes functional around the age of seven. The decisions taken at that tender age may be wrong, but we have the ability to activate our Adult Ego State and in the light of the Adult Ego State evaluate facts and circumstances that led to the present decisions. If necessary, new decisions can be taken. This freedom is what makes man different from other animals, which act on the basis of

certain programmes. The freedom that man enjoys to take his own decisions, independent of his past recordings, can be called 'Autonomy'. The ultimate purpose of learning TA is to attain autonomy.

AUTOMONY

Dr. Berne has not defined Autonomy but has stated that Autonomy will release the three following faculties,

1. Awareness,
2. Spontaneity, and
3. Intimacy

If a person experiences these three qualities, he can be called an autonomous person. (Dr. Berne, 1973) This is the quality of the Prince and Princess and 'frogs' do not have it. But, this state can be achieved and 'frogs' can transform themselves back into Princes or Princesses by acquiring these qualities. This will help to rewrite his destiny, if he is desirous of it.

AWARENESS

Awareness means living in the present or being in the 'here and now'. Recognising reality and living in reality is awareness. It looks simple but it is a difficult job to remain in the 'here and now'. Many times stimuli take us back in time and space. Sound, sight, smell, touch, etc have the capacity to activate our previous experiences and we respond from such experiences. We have seen the role of 'Frame of Reference' and 'Redefining', in our lives, which take us away from reality. This process that takes us away from reality by a stimulus is called 'Rubber banding'. This has to be disconnected or the present stimuli may take us to the past experiences and eclipse the reality.

Once the Adult Ego State is freed or decontaminated, awareness grows. On hearing the sound of a bird, if a person tries to identify it as a myna or a cockoo he fails to receive the sound as it is and enjoy it (Berne). Adult Ego state functions like a computer. The stimuli received through the senses are evaluated in the light of previous experiences in the Parent and Child Ego states to take appropriate decisions to respond. Since effective functioning of Adult Ego State depends on the content of Parent and Child Ego states, the quality of awareness depends on the extent of decontamination that takes place. It also depends the correctness of the data bank. The role of genetical factors is not ignored. It has its limited influence too.

Constant efforts help to develop quality of awareness. Meditation is an excellent method to improve awareness. It is my observation that a few who meditate regularly fail to enjoy the fruits of meditation, because of the contamination of their Adult ego state. Decontamination will help them avail the benefits of meditation. By introspection and meditation we tap the capacities of our prefrontal brain, which is considered as the 'manager' of the brain that controls the lower brain. Meditation helps to stay in the 'here and now'. Indian philosophy and culture gives thrust to meditation and now all over the world there are various forms of meditation. When we meditate, the benefit that we get is not only awareness but also harmony of mind and body providing health, peace and happiness.

Counselling is another method to gain awareness and improve the quality of awareness. Many a time we find it difficult to relax or meditate due to emotional disturbances. A counsellor can help us to focus and remain relaxed when we are disturbed. They act like facilitators or catalysts and in some cases they may take the role of a guide or psychotherapist. There are many types of counselling

depending upon the theory being used in counselling. The simplest forms are Non-Directive counselling and Re-evaluation Co-counselling. The ability to listen and give empathic response makes a person a good facilitator in counselling exercises. As Swami Vivekananda said, the entire help that we need is within us. The counsellor needs to empower them. In difficult situations one may need therapeutic help also.

Awareness is a cure to mental problems. Through systematic psychotherapy the influence of the past can be reduced and finally one gets liberated from the scars of the past traumas. Warmth and happiness will return to relationships. Irrelevant and wrong information in the Parent ego state have to be evaluated to break the unnecessary internal controls over the Child ego state, which results in internal conflicts, criticisms etc. The more the corrections that take place the more is the clarity of mind and it leads to improved awareness quality.

Awareness is a term very much misunderstood and misquoted. In TA, as I understand, awareness is an 'aha' experience that leads to the process of correction from within. Some consider that whatever they know at the in consciousness level is awareness. While in racket some people say, "I am aware that I am in racket..."

Even in a deeply contaminated state some people shout, "I am talking with full awareness..."

They present themselves as examples of persons with awareness. This is not deliberate misleading. They do genuinely believe that they are aware. Since these statements are from the contaminated Ego State, it cannot be considered to be 'Awareness'.

Awareness can be understood in different levels. Physical awareness is awareness of the body and various experiences of

the body. Emotional awareness includes the experiences felt by the body and the cognitive recognition of those feelings that are taking place. Awareness can be at the psychic level too. Awareness of the thought process that is taking place in the mind can be considered as another level. We can sit aloof and observe the streams of thoughts that are generating in our mind, like observers. Spiritual awareness is another area. When we consider the entire animal kingdom, awareness shows an evolutionary growth trend, a gradual progression, from physical to spiritual level.

SPONTANEITY

The availability of three fully functional Ego states that can be put to use in appropriate situations opens up many behaviour options to us, but unhealthy script decisions block these options and many of us behave from certain predetermined channels only. Spontaneity is the capacity to make use of various options available and behave in a manner appropriate to the situation. It would be possible only if undue influences of Parent and Child Ego states are removed. The contents of the Parent Ego State should be decontaminated and updated. Past experiences of the Child Ego state have to be evaluated by the Adult ego state. This will provide a situation where responses can be appropriate to the stimuli. Spontaneity is that ability to make use of our options and respond appropriately from the appropriate Ego State.

INTIMACY

Intimacy means spontaneous, candid, game free relating of an aware person (Dr. Berne, 1973) which is possible only between Natural Child and Natural Child with Adult awareness. It leads to intimate relating between individuals. It is the most satisfying of strokes. Autonomy releases the capacity of individuals to exchange intimacy.

INTEGRATION OF EGO STATES

In an Autonomous person integration of Ego states takes place which means Adult Ego state gradually overlaps the other two Ego states and thus the Adult ego state has control over the behaviour of Parent and Child ego state. Growth of Adult Ego state ensures emotional freedom, in the sense that authentic feelings can be expressed, and also emotions can be expressed appropriately. The executive power of the Adult Ego State is retained. The desires of the Child and the 'dictates' of the Parent ego state achieves maturity and the person becomes a respectable individual.

Achieving autonomy or reaching the state of integration of ego states and assuming the life position 'I am OK, You are OK' are the targets of learning TA. How will we achieve this?

Counselling and psychotherapy are ways towards achieving Autonomy or the Basic life position 'I am OK, You are OK'. Neuroscience shows the immense potential of the Prefrontal brain of the central nervous system, that can influence the functions of the the lower regions of the brain. The reflective power of the brain resides here. It can evaluate the thoughts and feelings. Transactional Analysis theory, which promotes awareness, is a cognitive therapeutic approach and hence anyone who can think will benefit from it. Many TA practitioners use the contractual method in the application of TA in counselling and psychotherapy.

CONTRACT

Life is decisional and the present behaviours are based on a set of decisions taken in early childhood. If such decisions are unhealthy they have to be changed and new decisions should replace the previous ones. To have clarity and direction for taking new

decisions TA practitioners follow contractual method, which means entering into a contract for change. The counsellor/therapist and the client enter into a contractual obligation for the counselling exercise.

A Contract helps to give a direction to the counselling exercise. Both the counsellee and the counsellor know what is happening and what they are aiming at. The counsellee who is disturbed due to many issues may go on from one issue to another issue. Then solving the problem becomes impossible. But when they keep a contract they are clear about the road map through which they need to travel. This clarity also helps to reduce confusion and stress. Lack of direction is one of the main reasons for failures in life.

Some people find it difficult to accept change, even when the present mental set up is not leading the individual towards betterment in life, and the mind becomes unbalanced. This creates discomfort. Many people get ready to go back again to their previous set up. Dr. Berne who was in psychotherapy for a long time insists on starting therapy only after entering into a contract. A contract helps to maintain consistency in the new behaviours.

A contract has the following essentials:

1. Mutual Consent

Mutual consent is an essential ingredient of any contract. Both the parties should be consciously aware of their role and shall also convince the other person of it. A counsellee should be aware of what he can expect from counselling. He should not be coerced to participate in the counselling. The counsellor also should not be under any compulsion to take the role of counsellor.

2. Consideration

Legal contracts are on the basis of consideration. Lack of consideration or illegality of consideration can make the contract

itself invalid. Here both the parties should know what the mutual benefit is. Commitment and the intention of the parties who enter into the contract will be dependent on the consideration for both the parties. Consideration need not be monetary benefit alone.

3. Competency

Civil laws insist on certain conditions for entering into a contract and compliance of such conditions is necessary to make the contract legal. The contract we discuss here is the one to deal with mental issues. Only persons competent to do it should do it. A competent person does not mean a person holding a necessary degree or diploma or license in the subject alone. What is more important is the mental health of the counsellor and the counsellors should be aware of their state of mind. Those who are prone to exert undue influence on others, whether professionally or otherwise, should not enter into counselling relationships.

4. Shall be consistent with the laws of the land

The subject matter of the contract shall not be against social justice and rules of the society.

Dr. Claude Steiner introduced these aspects to contracts, giving a certain structure and strictures. The said rules are to be understood in the light of a treatment contract and not as a civil contract. Contracts will have specific and lasting influence on the counsellee.

Counselling and psychotherapy are not the only ways to transform a person. TA being a cognitive approach, can be used for self-help in many ways. One can become a winner in life with the application of TA concepts.

Trainers can apply TA in a wide variety of training situations for transforming people!

HOLISTIC APPROACH TO TRANSFORMATION

Script decisions were taken while we were young children and most of these recordings are in the deeper regions of the brain and hence they influence the mind and body. If we analyze the injunctions we notice that they have certain features depending on the domain of the brain where they mainly affect, and based on these injunctions can be categorized or grouped. This seems to be a basis of Claude Steiner's book titled, 'Scripts People Live' where he has grouped scripts into Mindless, Joyless and Loveless types.

Mindless Scripts point towards madness as the pay off, and the important mechanism used to reach the pay off is discounts, and hence an excellent opportunity is available to the person who desires to transform, to concentrate on his behaviour of discounting and start accounting every aspect of an issue. In mindless scripts, awareness plays an important role in transforming the Frog into a Prince or a Princess.

Joyless scripts are centered on contentment or happiness of the individual and he needs to be in touch with his body. Relational perspective is also very significant in this category. It is through relating that the child remains happy and contented.

In the third category, namely Loveless scripts, Steiner gave more emphasis to the availability of strokes. "Don't Exist" is an injunction that threatens the very survival of an individual and it may lead to withdrawal, depression where strokes are essential to counter this injunction. Steiner suggests breaking the stroke economy to fight the loveless script.

Steiner's idea of grouping the scripts based on the pay off, points to another interesting finding. The human brain is a three-tier structure (Paul Maclean) and the injunctions can be grouped based

on its primary impact on the brain centers. For example the injunction "Don't Exist" is against survival and hence the primary affect center could be the hind brain. The person with the said injunction resorts to various addictions and achieves self-destruction. Another injunction "Don't be You" affects the physic of the person by disturbing the hormone production, probably through the influence of the hypothalamic region of the brain. Another injunction called "Don't grow" can affect even the normal physical growth of the individual. Injunctions like "Don't be well" makes the person physically sick and "Don't be a child" can even hasten puberty.

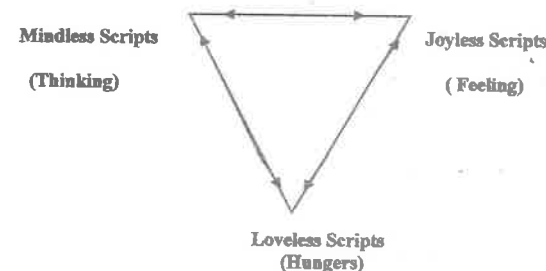
Similarly injunctions like "Don't be close", "Don't belong", "Don't trust" Don't feel, "Don't enjoy" etc mostly affect the emotional centers of the brain like the limbic system and the person remains joyless. The breathing function can get distorted; organs for physical contact like skin, muscles, sex organs etc can be affected. Skin eruptions like psoriasis can keep people away from physical contacts for people with 'Don't be close' injunctions. Impotency, frigidity, etc. can also 'help' such people to keep away from intimacy and physical contacts to implement the said injunction.

The injunctions like "Don't Think", "Don't Be important", "Don't Succeed", "Don't be Sane" etc. may be affecting the cortical brain, forebrain, mainly and hence cognitive powers are disturbed, decision taking ability degenerates. Some of them finally end up being insane.

The deeper the levels of injunctions, the more powerful they can be. Since different regions of the brain are interconnected, the effects of injunctions are not restricted to any particular center alone, but can be seen in the whole person.

Therefore injunctions have a strong influence on the physical, emotional and cognitive centres which mean injunctions affect all

the three basic capacities of the brain. Hence a holistic approach is necessary for transformation of the Frog into a prince or a princess



PERSONAL GROWTH DOMAINS

When water is sprayed on the seed it sprouts and the roots grow downwards into the earth and the stem grows towards the sunlight as everything is programmed in the seed. Similarly a mother's touch ignites the growth of the newborn baby as a separate individual. When certain basic needs are met growth and development takes place and if anything goes wrong in the satisfaction of the basic needs, it affects the growth and development of the individual. Injunctions that go against this natural process affect the body as the body reacts to every such experience, which is inconsistent to the natural rhythm. Every injunction that is stamped in the mind has an influence on the body as the mind and body have no independent existence. Script influences on the body play an important role that has to be considered in the process of rewriting one's destiny. Injunctions can also influence the vital systems of the body.

Obstetricians are very alert and they ensure that the delivered baby starts breathing at the earliest, as any delay is detrimental to the normal development of the brain. Lowering the oxygen level in

the blood by altering the normal rhythm of breathing is one way of expressing emotions. Emotions can be expressed by changes in the musculature. The skin also plays a role, for example the skin blushes in shame or embarrassment. Recognising the impact of injunctions on our physiological systems will help us in the process of recovering from the impact of unhealthy scripts.

The injunctions like “Don’t think”, “Don’t be important”, “Don’t succeed”, “Don’t be sane” etc. could be affecting mainly the cortical brain and the forebrain and hence the cognitive powers get disturbed, consequently decision taking powers are affected, and the person may end up becoming insane even. The deeper the levels of injunctions, like “Don’t Exist”, the more damaging they become. **Since different layers of the brain are interconnected, the effects of one injunction may not be restricted to one particular area of the brain. Injunctions, therefore, have a strong influence on one’s body, emotions and thoughts, which means all the three basic capabilities of the brain called conation (urges), affect (emotions), and cognition (thinking) can be disturbed due to the injunctions.**

Hence in rewriting the destiny to become a winner in life or in the transformation of the Frog into a Prince or a Princess three domains have to be considered and a holistic approach is necessary for script change.

1. Physical Domain

Injunctions, which form the most important component of the script, originate from the Child ego state of the parents and lodge in the Child Ego State of the child. These recordings are in the deeper levels of the brain and are ingrained even before proficiency in language is achieved and hence it is recorded in the emotional language. Such injunctions are against the natural rhythm of growth

and development and will affect the body. The impact of the script on the body has to be considered specifically for a successful change in destiny. For the transformation process to become smooth, a sound and calm physique is necessary.

a) Deep Breathing

Breathing is one of the most important functions of our body. Deep breathing helps in increasing the intake of good oxygen and hence purification of blood takes place and hence deep breathing is the simplest method to help the body remain calm or peaceful. Other methods like ‘Pranayama’ of yoga, laughter, and music also help the physique to deal with psychosomatic disorders because of the high level of oxygenation achieved by these methods. Practicing Yoga every day along with deep breathing can do wonders for the body and mind

Yoga is an excellent method for maintaining a sound body and mind. Yoga therapy is internationally acclaimed.

b) Body Massage

Body massage has traditionally been considered an effective tool for relaxation of the physique. It helps to cure a wide variety of aches. Ayurvedic treatment system considers some of the backaches as psychosomatic. Massage is a physical stroke and it produces opiates in the body, which has an immediate impact. Many people used to have the habit of applying oil and massaging the body before bath, which is a pleasant experience, but now due to increasing demands of life we do not get time for such leisurely bath. If we do not take care of our body, who else will take care of it?

c) Exercises/ jogging

There is plenty of literature on good health, which stresses the need for regular exercise and proven impact in accelerating the

immune system and the general fitness of the physique. Jogging has been acknowledged as a good exercise giving relief to those who have depression. 'Runner's high', is a feeling of euphoria experienced by those who jog or run, and this is a good example of the potential of regular exercises.

d) Relaxation

A sound mind resides in a sound body. Effects of injunctions on the body leads to body scripting. Many such influences can be considerably dealt with the relaxation exercises and relaxation exercise has to be part of the daily schedule of life.

e) Drugs

Script behaviours have an impact on the body and sometimes the body sends some signals. Such signals should not be ignored and should be taken seriously. Drugs prescribed by a competent medical practitioner help to keep the body fit or to get relief from sickness. Periodic physical check up is necessary "A stitch in time saves nine" But script bound individuals ignore body symptoms of collapse and implement script decisions. Even without any symptoms, if regular check up is done, physical deterioration can be detected.

g) Food

Food has also its impact on a person. Naturopathic experts suggest that certain types of food influence behaviour. They consider non-vegetarian food a reason for aggressive behaviour. Ultimately everything ends up in body chemistry. Hormones produced by various endocrine glands are some forms of chemicals. Adrenaline produced by the kidney influences the display of anger. Genes are a combination of chemicals The food consumed is broken into certain chemicals for absorption, and therefore, it has influence on

the chemical system of the body. Present food habits need to be checked to see whether it has a role in fulfilling the script decisions. Diabetic patients display an unusual liking for sweets and carbohydrate rich food items not because they are not bothered about the consequences of their actions, but because of the flushing out of sugar without it being concerted for body use causes the body to 'desire' sugar. So, the body chemistry has an influence in the food habits. Scripts can play a role in this. Many addictions can be the result of it. Obesity can definitely cut short an individual's life span.

2. AFFECTIVE DOMAIN

The effectiveness of our efforts to thwart the impact of injunctions on the affective level is closely linked to the steps we have taken in the physical domain. Emotion, the core of affective domain has two aspects- the physical experience and the cognitive labelling or the names we have given to such physical experiences. The Emotional centre occupies a very strategic center of the human brain linking the hind brain that primarily takes care of the important bodily functions, and the fore brain which is the seat of 'reason'. Therefore the influence of this part of the brain on man is very significant. Emotions can make a man immobile or highly active and emotions can make his ability to think dysfunctional or very active. Injunctions, the most important components of the script matrix are recorded in the emotional centre much before the thinking brain attains its full functional capabilities. Like the breathing system, the endocrine system of the body also plays a very important role in the affective domain activities.

Endocrine System

There are nine ductless glands in the human body which releases certain chemicals called hormones directly into the blood stream

and the blood carries the same to the respective regions of the body for necessary functions. The pituitary gland, sometimes called the 'Master gland', is situated beneath the 'hypothalamus'. The hypothalamus is closely associated with the other emotional centers of the brain and it seems to be the area where primitive recordings take place. It appears to me that the hypothalamus is the main center of Child ego state and has a significant role in the script recordings. The hypothalamus through certain secretions influences the Pituitary gland functions and through this regulates the functions of other endocrine glands. Influence of script decisions on the body, namely 'Body scripting', therefore needs further study.

Let us take an example. The hypothalamus through a secretion called Adreno Cortico tropic releasing hormone activates the anterior pituitary gland to release Adreno Cortico tropic hormone, which in turn activates the adrenal glands near the kidneys to release 'adrenaline' into the blood stream. Adrenaline activates the sympathetic nervous system, to produce energy in large quantities. Each time we flare up in anger adrenaline gets released into the blood. The presence of adrenaline in the blood causes increased blood pressure and consequent cardio-vascular problems.

Hormones can regulate the levels of androgens and estrogens and thereby induce male/ female behaviours. "Don't be you" can therefore cause male behaviours in female and vice versa.

Maintaining a homeostatic balance of the body and mind is therefore very essential. Breathing, relaxation and other methods discussed earlier to deal with the physical domain has an importance in this level also

Daniel Goleman in his stunning best seller, 'Emotional Intelligence', suggests that 'Recognising emotions and managing emotions' are two basic steps in emotional intelligence. Emotions

have two aspects, Physical experience and cognitive awareness. Physical experiences vary with different types of emotions and in accordance with that the labeling or naming of emotions take place. Becoming aware of emotions and correctly labelling such emotions is the first important step. Corrections can take place at this stage itself in some cases due to awareness. Sometimes we need help by way of counselling or psychotherapy.

A stimulus from the present can activate our past recordings and we relive and experience the same extent of emotional difficulties and it is called 'rubber banding'. Disconnecting these rubber bands is one way to get relieved from the traumatic experiences of the past. Becoming aware of this phenomenon itself will help many to keep away from this painful, frequent, reliving or activating of the past experiences.

Awareness of racket and racket system will reveal the 'Pandora's box' that many of us open unwarily and suffer from emotional pain. As we discussed earlier, awareness itself will not be enough to deal with the racket system in some cases. We may need assistance. But to a great extent, awareness of the racket system will provide us relief.

Game analysis exposes a wide variety of patterns of collecting negative feelings. It is very essential to stop playing psychological games. Games are played unwarily and therefore we need the help of another to explore the game pattern.

Stamp collection is yet another method by which we collect negative feelings for bigger pay off. We need to practice healthy patterns of expressing our emotions.

Recognising and managing emotions in others is another important aspect in dealing with the affective area. It is sine quo

non-of good interpersonal relationships. Many a time we indulge in manipulating others to collect our quota of negative emotions as we do in games. The script pattern in this domain is Loveless.

Beware of our behavioural pattern, which is responsible for making and breaking relationships! These behavioural patterns could be because of the influence of our injunctions.

COGNITIVE DOMAIN

All the stages that we have discussed so far are relevant and necessary for the success of the steps that we take to correct this domain. Transactional Analysis is a cognitive approach to personal growth and personal change, Awareness is the corner stone around which the process of growth and development revolves. The first stage in development of awareness is 'Self Knowledge' about oneself.

What constitutes the concept called 'Self'?

What are our strengths and weaknesses?

Why do I behave the way I do now?

The knowledge about the psychic make up of a person leads to an understanding about what change is required to become a Winner. But this knowledge itself may not be sufficient for a person to release himself from the clutches of the Loser's scripts, that has high degree injunctions. A conscious effort is needed.

How do we develop the self-knowledge about "Who am I?"

Knowing the basic concepts of TA helps to initiate the process of self-revelation.

- 1) Ego gram helps to realise the comparative position of ego states and hence one can be clear about the behavioural

patterns. Ego gram is an excellent tool in Ego state analysis of an individual. It is found that ego state analysis is very effective to know 'who am I? One becomes clear about his strengths and shortcomings. The havoc created by early childhood experiences in the present life is exposed when we delve into our own Child ego state. Those who attend the basic courses of TA or go through TA theory systematically get the benefit of 'Self-Awareness'.

- 2) Decontamination of Adult Ego State plays a very important step in the therapy. Awareness helps in decontamination of Adult Ego State to an extent. Introspection and self-evaluation will definitely help but it is always better to receive feed backs from others to look into the hidden areas of our mind.
- 3) TA proper, wherein transactional patterns are analysed, helps one to become aware of his interpersonal relating patterns and its impact in personal relations. It provides the opportunity to evaluate the present interpersonal relations and to know the dynamics behind many disturbed relations. It opens up a new chapter of improved and warm interpersonal relations.
- 4) The theory of Strokes is the most charming aspect of TA and the realisation of its significance will change human life and human relations for the better. I was really amazed when I realised that by giving positive strokes to others in fact I was getting benefited! Without spending a penny I can remain happy by passing on positive strokes to fellow men and women! Knowledge of stroke theory is the doctor's prescription to get relief from many psychosomatic ailments!
- 5) Basic Life Positions show our present attitude towards life. An introspection will reveal the wasteful thinking and doing, that we follow now and it will create a need for change.

- 6) An analysis of Games and Rackets will help to block our journey towards unhealthy script pay off.
- 7) Finally, the Analysis of our Script helps us to get a good 'video graphic presentation' of our life-drama. Umpteen opportunities are opened in front of us that give a meaning and purpose to all our present behaviours. A strong need for change is the result.
- 8) Giving permissions against the restrictive covenants of injunctions is the main therapeutic tool in TA. Permission is a license to give up or to get release from a negative behaviour. Accepting permissions from a bigger parent than that of the client bring about wonderful changes.
- 9) Giving specific 'Allower' messages against the compulsive effects of drivers is another therapeutic approach.
- 10) 'Auto Suggestion' will help to reprogramme our mind with desired messages in cases where injunctions are not very damaging and powerful. Psycho cybernetic theory suggests that a twenty-one day's trial will help this programming to take place. Autosuggestion is a method by which clear positive messages are read or visualised repeatedly to implant the same in the mind.

The reflective powers of the human brain helps us to understand the 'why' behind one's behaviour but for sustained growth and development persistent effort is necessary.

GOAL FOR LIFE

"Script is the channel through which psychic energy flows"
Fr. George Kandathil.

These channels have a direction. Energy flows through them towards the pay off, the script climax. In the loser's script, the goal will not be desirable. To rewrite the script a new channel, has to be created for the psychic energy to flow.

What could be this channel? Let us imagine that we are going through the woods where there are lots of plants and creepers, which make our journey difficult. When we take each step we do something to make our path more accessible. When we come a second, third, or a fourth time the resistance becomes lesser and lesser and gradually the path become clearer. Learning a new behaviour is also a difficult task, but once a path is established everything becomes easy. We need consistency. We need a direction too. The direction of this path will lead us to the goal.

Yes, the first and foremost thing to do to rewrite the script is to have a new Goal. A Positive Achievable Goal.

A NEW GOAL FOR LIFE !

Maxwell Maltz the psycho- cybernetic theoretician wrote in his famous book 'Psycho Cybernetics' that the human brain and the nervous system functions like an automatic system to reach the goal. A goal is necessary for the system to function and once a goal is recorded in the 'hard disc' of the brain, the brain will automatically do the necessary. We will start dreaming of it. Without awareness our behaviour will orient towards it. When the prefrontal brain takes cognizance of the goal it gives the necessary lead. Like a missile, that reaches the destination by self-regulating its path, the brain too will take us to the destination, when the human mind gets activated with a goal.

Maxwell Maltz continues; "The biggest discovery in psychology during the 20th century is the information on Self Image" Self-image

is the impression of a person about himself based on his experiences and beliefs. The aims and goals in his mind also are in accordance with this concept. The mind is guided or propelled into action 'automatically' by the goal.

We need a positive, covetable goal. The one that we follow now is based on our script. An immature child in his eagerness to ensure life saving regular supply of strokes for himself had formed this goal earlier. This will not help us to achieve success in life and hence we need to form a new goal.. It should be strongly engraved in the mind and should percolate into the subconscious mind. The formation of a winner's script is possible for anyone who is serious about it.

The goal should be positive. It should be clear. We should imagine the fulfillment of this dream. This should be repeated several times. Once it is embedded in the mind, our brain and nervous system will coordinate all functions towards this goal

A new channel for the psychic energy to flow gets formed. New behaviours provide new experiences and those experiences reinforce the new behaviour.

LEARN TO RELAX

The human body consists of various systems that work in harmony and it is a very indigenous machine that needs constant care. It needs continuous supply of energy. Once the energy supply stops the machine comes to a grinding halt. To release energy from the food that one consumes oxygen is needed. Without oxygen we can not survive for more than a few minutes. The breathing system ensures a constant supply of oxygen. There should be a minimum level of oxygen supply and when the supply level goes down the body starts reacting.

It is the respiratory system that acts behind the expression of emotions also. The respiratory system regulates the supply of oxygen required to express emotions. When a person has to show fear or anxiety in a particular circumstance, he reduces his intake of oxygen. For crying one needs more oxygen. To run a racket system one needs shallow breathing, as also for anxiety. While laughing one takes in more oxygen.

Taking in more oxygen relaxes the body and reducing the intake of oxygen produces stress in the body. Reducing the level of oxygen seem to be necessary for the activities of certain chemicals like adrenaline, which is pumped into the blood to express certain types of behaviours. This natural mechanism is for ensuring survival. But man has learned to manipulate emotions to influence others and sometimes he does this to his own detriment. When we take more oxygen it purifies the blood. It will not allow emotional disturbances to occur. It is for this reason that our ancient sadhus advise 'Yoga' where breathing is of prime importance. Proper breathing is good for the body and the mind because peacefulness ensues from it. It is said that normally we use only 30 percent of our lung's capacity. Relaxation exercises and yoga enable maximum use of the lungs.

The first stage of attaining physical relaxation is through proper breathing. It can be done sitting comfortably or lying down. Start counting the breaths and concentrate on the air that goes in and comes out. Gradually resort to deep breathing. Take deep breaths until the stomach also feels full. Hold for a couple of seconds. Then release slowly. Continue this deep breathing (Both thoracic and abdominal) for some time. It helps the diaphragm that separates the thoracic cavity and abdominal cavity come down making more space for the lungs to expand. Children usually breathe deeply

when they sleep. Initially one can practice 'deep breathing' by keeping one hand on the chest and the other hand on the abdomen while breathing. One can do this either by sitting or lying down. Inhale until the hands kept on the chest and abdomen also rises. If this is difficult, first exhale the air completely. Naturally air will gush in more than before. A few days of practice will help us to learn this deep breathing exercise. Increased flow of oxygen enables the person to feel more energetic and enthusiastic.

Different methods of breathing exercises mentioned in yoga are very beneficial, like inhaling and exhaling keeping one nostril closed alternately. Whatever be the method the purpose is the same, namely getting higher doses of oxygen. This exercise can be done anywhere and at no cost. The result should be experienced! Many of the physical discomforts and diseases will be relieved. Mental conflict or emotional disturbances will melt like the fog in the sun.

While doing the breathing exercises concentrate on the intake and exhalation of air. You will be surprised to note that within a few weeks your level of your concentration and memory increases!

Now we are ready for the next phase.

Once again do the proper breathing and you can move into relaxation. Relaxation or peacefulness of mind and body can be attained in different ways.

One can activate his five senses and reach a state of relaxation. Sit comfortably and close the eyes while doing this exercise. Do the breathing exercise a few times. Visualize a flower you like the most. Enjoy the richness of its colour. See the beauty of creation in the flower. This is your favourite colour... Remain enjoying the flower for a few minutes..... Recall the fragrance of the flower...relax....The sweet fragrance.... Take a deep breath

of the fragrance..... Enjoy it..... Take a few more deep breaths. Listen to the sounds around you. Listen deeply. Now you will hear even the minute sounds from far off places. Try to identify the maximum number of sounds that you are hearing... Take a few more deep breaths. Then, resume normal breathing.... Be aware of the place where you are sitting.... Feel the pressure of the seat against your bottom.Feel the touch of your clothes on different parts of your body..... Feel the pressure of the floor against your feet...relax.....Take a few more deep breaths and exhale the air slowly..... Repeat in your mind that each time you breathe you are moving into deeper levels of relaxation..... Recollect the taste of the food you had in the morning...you can re-experience it... You are moving further into deeper levels of relaxation...it makes you happy and feel contented...Count down from five to zero, each time telling yourself that you are entering into deeper levels of relaxation.....Enjoy the relaxation

(Remain in this state for about 20 minutes)

Progressive relaxation is another method. Starting from the head or foot tense each muscle for a few seconds and then allows it to relax. Gradually move through every muscle in the body. This exercise can be done even while travelling.

You can make use of your imagination for relaxation. Sit comfortably. Do deep breathing exercise for some time. Imagine you are alone in your room. The room is decorated to your satisfaction. It has all the furniture you like. Lie down on the luxurious bed. Spread your arms and legs. Imagine that your limbs are becoming too heavy and that you cannot lift even if you want to. Remain there. Nobody will distract you in this private world. This is your world...only yours. Relax...relax...

Instead of preferring a room, as we have said earlier, you can opt for a place of your choice, like a beach, hillside, or even floating in the air like a butterfly.. Remain there as long as you like. Stay relaxed.

Take about 20 minutes for doing this relaxation exercise. Give autosuggestion now, that we will remain happy and energetic all through the day when we get up.

Take a few more deep breaths. Open your eyes...rub both palms and gently massage your eyes and face before you conclude the meditation.

Once relaxation exercise is successfully practiced, it is easy to practice meditation. There are different methods of meditation advocated by different people. Whatever be the pattern, the aim cannot be different. The human mind has unlimited potency. Indian epics speak about many such sadhus who could garner enormous powers of the mind and achieve superhuman feats. Most of the Indians, have grown up hearing the stories of many such people. If they could do it, why not any one else? At least for achieving peace of mind and body, and enjoying lasting happiness, meditation is good. When some people do meditation to achieve peace of mind, some others learn TA for peace of mind. However the result is the same as it leads to the same end. It will make life more enjoyable, and relations far more meaningful and satisfying.

Meditation should be made part of life- activity. It is not something that has been earmarked for only spiritual people. It is desirous for each and every one as it activates the Adult Ego State. Maharshi Vedadiri of Pollachi in TamilNadu introduced the Simplified Kundalini Yoga, a pattern of meditation. According to him even Kundalini Yoga is accessible to common man

Once we find out a goal for life meditation is an excellent tool to imbibe the goal and fix it in the deeper levels of the mind. Transactional Analysis leads to integration of Ego states. Through meditation also the Adult Ego State takes charge over the Child and Parent Ego states. The more efforts one takes for it the greater will be the integration that takes place, which will lead, to autonomy. The only negative feature noticed while resorting to meditation alone is that persons with contaminated ego states continue their contamination inspite of resorting to meditation for hours together in a day.

FAITH

A usual question heard in Transactional Analysis classes is, 'Is it possible to change the script through prayer or faith?

God, whom the believers consider to be above everything, is, of course, a solution to unhealthy scripts too. Religion and faith in God is as old as man himself, perhaps. Still why is it that man could not change his negative behaviours, which is a curse to him and the society? Why has he been sacrificing his life living in unhealthy scripts? Why does he not take control of himself? TA does not contain anything that is contrary to the eternal principles of 'the Bible', 'the Geetha' or 'the Khuran'

TA advises one to take responsibility for one's emotions and life. It speaks against the tendency of some people to accuse destiny for whatever bad is happening in their lives. The neo cortex of the brain that is capable of analyzing and evaluating thoughts and feelings is the reason for man having the capacity called 'Awareness' which is not seen in other animals. It makes man distinct from other animals. When he makes use of this unique organ in his favour, then it becomes a gift of God.

We have been considering the concept of Dr. Berne that Script can be changed and how it could be changed.

A positive goal to redirect and focus the psychic energy.

To engrave this new goal in the mind needs the use of imagination.

In order to create a conducive atmosphere for this in the mind and body practice proper breathing, relaxation and meditation.

Use contractual method for change and personal growth.

You can be a Winner, rewrite your destiny to a Winner Script!!*

- **Author can be contacted for**
- Transactional Analysis Training
- For Personal Growth and Change needs
- Psychometric Evaluation of TA concepts
- Interpersonal Relationship assessments
- Coaching needs for Professionals
- 09446393211
- Sebastianka99@gmail.com

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