Transactional Analysis

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Transactional Analysis:
It is a theory of

• PERSONALITY
• COMMUNICATION
• CHILD DEVELOPMENT
The Tenets of Transactional Analysis

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

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

Parent – “Taught” Concept of life

Adult – “Thought” Concept of life

Child – “Felt” Concept of life
FUNCTIONAL MODEL OF EGO STATES
The “PARENT”

• **Critical Parent:** Judgmental, Moralistic, Authoritarian, Disciplines, Sets limits, Teaches, Criticizes, Domineering, Demeaning.

• **Nurturing Parent:** Understanding, Loving, Caring, Giving, Supportive, affectionate.
The “ADULT”

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

• Physical - attentive, interested, straight-forward, tilted head, non-threatening and non-threatened.

• Verbal - why, what, how, who, where and when, how much, in what way, comparative expressions, reasoned statements, true, false, probably, possibly, I think, I realise, I see, I believe, in my opinion.

• And remember, when you are trying to identify ego states: words are only part of the story.

• To analyse a transaction you need to see and feel what is being said as well (7% /38% /55%)
The “CHILD”

• Feeling part of ego state
• What we were when we were very young takes over our behavior when we are in a highly emotional state
The “Child” has three subsets

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

*Each subset has a positive side which will enhance our behavior and a negative side which can be detrimental to our relationships*
Parent, adult and child

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

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

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

Parent  Adult  Child

P  A  C

P  A  C

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

Transactions

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

• Response does not come from ego state to which stimulus is directed.
• Response is not directed back to the ego state which initiated it.
Crossed Transaction
Negative Crossed state of EGOs

Person 1

Person 2

P
A
C

P
A
C
POSITIVE CROSSED STATES
ULTERIOR TRANSACTIONS

• Involves overt social level message and covert psychological message.
• Response to psychological message – complementary.
• Response to social message – crossed.
The behavioural outcome of an ulterior transaction (one where two messages are sent at the same time; one overt social and one covert psychological) is determined at the psychological level and not at the social level.
Angular Transactions
Duplex Transaction

Social Level

Psychological Level
RULES OF COMMUNICATION

• As long as transactions remain complementary, communications may proceed indefinitely.

• When a transaction is crossed, a break in communication occurs and one or both individuals need to shift ego states for communication to be re-established.

• The outcome of a transaction is determined on the psychological level rather on the social level.

• These rules do not imply that certain transactions are good while others are bad. They help us select the appropriate to the here - and - now situation.
Stroke can be

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

Positive unconditional
Positive conditional
Negative unconditional
Negative conditional
we can develop a healthy stroke economy by changing our attitude:

• give strokes when you have them to give.
• ask for strokes when you want them.
• accept strokes when you need them.
• reject strokes when you need to (manipulative strokes).
• Give yourself positive strokes.
• We should learn to open our hearts and ask for strokes.
• It makes life easier.
Life positions are existential positions or attitudes that children develop towards the world and themselves.

The four possible life positions are

- I am OK, you are OK
- I am not OK, you are OK
- I am OK, you are not OK
- I am not OK, you are not OK
**LIFE SCRIPT**

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

A script is a life plan made when we are growing up.
IT IS POSSIBLE TO DISCARD YOUR SCRIPT AND WRITE A NEW ONE AUTONOMOUSLY!!!!
Recommended Transactional Analysis books

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