

THEORY

EGO STATES

**PARENT ADULT
CHILD**

Of personality, of communication, child development and how people are structured psychologically.

The first basic concept is of ego states, that a person can be in Parent, Adult or Child - of behaviour, thoughts, feelings and speech.

**EXAMPLE: KNOCK ON
THE DOOR LATE AT
NIGHT**

Parent state might be: It's too late to be out at night and disturbing me. Gets cross, and not answer the door to teach them a lesson.

Adult state might be: Perhaps someone has broken down and wants some help and answers the door.

Child state might be: Oh no, it might be a burglar being fearful and not answer the door.

PARENT

A state in which people behave, feel and think unconsciously, mimicking how their parents (or other parental figures) acted.

I.e. a person might shout at someone from frustration because that's what they learned from a parent or they stop to cross the road wait and look each way as they were taught when young

ADULT

Ego most like a computer - processing information absent of emotions, directed towards objective appraisal of reality.

The goal of Transactional Analysis is to strengthen the Adult.

TRANSACTIONAL ANALYSIS - 2

CHILD

A state in which people behave, they feel and think similarly to how they did in childhood.

I.e. a person who receives a poor evaluation may look at the floor, cry and pout as they did when scolded as a child.

Child ego state is a source of all emotions, creation, recreation, spontaneity and intimacy.

**THE ANALYSIS OF
TRANSACTION**

ADULT TO ADULT

Transactions are the flow of communications. A simple, reciprocal, or complementary transaction is when both people are communicating in the same ego state

i.e. A: Have you been able to write the report
 B: Yes I am about to email it to you

CHILD TO CHILD

A: Would you like to skip the meeting and go and watch a film with me instead?

B: yes, I don't want to work any more, what shall we go and see?

**PARENT TO CHILD
CHILD TO PARENT**

A: You should have your room tidy by now!

B Stop hassling me, Ill do it eventually!

**CROSSED
TRANSACTION**

**ADULT TO ADULT
CHILD TO PARENT**

Is when people address in different ego states which produce problems:

i.e. Have you been able to write that report?

Will you stop hassling me, Ill do it eventually!

STROKES

Is the term for the recognition, attention or responsiveness that one person gives another. Strokes can be positive (nicknamed warm fuzzies) or negative (cold pricklies). A key idea is that people hunger for recognition and that lacking positive strokes, will seek whatever kind they can, even if it is recognition of a negative kind. We test out as children what strategies and behaviours seem to get us strokes, of whatever kind.

SCRIPT

A theory of psychopathology. People have a story they perceive about their own life, e.g. for what matters, how do I get along in life, what kind of person am I. This story is often stuck; no matter the consequences and "proves" one is right even at the cost of pain, compulsion and self defeating behaviour.

Transactional Analysis can be used in diagnosis and treatment of disorders and used as therapy.

FURTHER READING

I'm OK, You're OK - Thomas Harris

Games People Play - Eric Berne

Scripts People Live - Claude Steiner

Born to win - Muriel James & D Jongeward

Warm Fuzzy Tale - Claude Steiner (for children)

Transactional Analysis for Kids - Alvyn and Margaret Freed