

# TRANSACTIONAL ANALYSIS

The image features a blue gradient background that transitions from a lighter shade at the top to a darker shade at the bottom. On the right side, there are several white, parallel diagonal lines that sweep upwards from the bottom towards the top right corner. The text 'TRANSACTIONAL ANALYSIS' is centered horizontally in the middle of the image, rendered in a white, uppercase, sans-serif font.

## AIMS OF SESSION

A bit of theory about TA – ego states

Some examples from the group

Some more theory – transactions and strokes

Examples

A bit more theory – games people play with examples and suggestions about how to interrupt play ( unless it is mutually enjoyable)



TA is a theory of personality and a systematic psychotherapy for personal growth and personal change.

Developed by Eric Berne in 1960s

### **Philosophy of TA**

- People are OK ( have worth value dignity as human beings)
- Everyone has the capacity to think
- People decide their own destiny and these decisions can be changed.

### **Uses:**

Understanding others and ourselves.

Trying to make sense of some interactions.

Therapy

# Transactional Analysis

- **Transactions** are psychological in nature and relate to how people behave and *how other people behave with them in response to their behaviour.*



# KEY IDEAS

## Ego-state PAC model




- ▶ Behaving thinking and feeling in ways that are a copy of my parents or other parent like figures
- ▶ Behaving thinking and feeling in response to what is going on around me here and now using all the resources available to me as a grow up person
- ▶ Returning to ways of behaving thinking and feeling that I used when I was a child

<p><b>Controlling Parent</b></p> <p><b>Constructive</b>  <b>Organising</b>  <b>Firm - Positive</b>  <b>Autocratic</b> <b>Fault finding</b>  <b>Dismissive - negative</b></p>	<p><b>PARENT</b></p> <p><b>Behaving thinking and feeling in ways that are a copy of my parents or other parent like figures</b></p>	<p><b>Nurturing Parent</b></p> <p><b>Supportive, compassionate, caring – positive</b>  <b>Smothering over-protective – negative</b></p>
	<p><b>ADULT</b></p> <p>Thinking, here and now, rational.</p>	
<p>Adapted child</p> <p>Accommodation, co-operative- positive  Fearful rebellious – negative</p>	<p><b>CHILD</b></p> <p>Returning to ways of behaving thinking and feeling that I used when I was a child</p>	<p>Free child</p> <p>Creative, curious, playful – positive  Egocentric, wild, inconsiderate – negative</p>

## TRANSACTIONS – parent / adult / child

We converse with each other in Transactions.


TA is the use of the ego-state model to analyse sequences of transactions.

- What do you think?
  - You must stop smoking / drinking. You have only yourself to blame.
  - You look unwell. Let me help.
  - Don't worry. You have tried your best. Poor you.
  - What are the choices?
  - How can we move forward from here?
  - How can I help you today?
  - That sounds great
  - Sorry I am late.
  - I want that one please.
  - I can't do that so there.
  - I pay my taxes why can't I have an antibiotic.
  - So what.
- 

**For a healthy balanced personality we need all 3 ego states.**

**The one we play most often is our predominant ego state.**

**Two individuals who come together might interact well or badly depending on which ego state each one is in. The most successful transactions happen when both are in Adult.**

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.



# DOES IT MATTER?

- ▶ Being a controlling parent (paternalistic doctor?) can get the other person into a child state where they may conform but may risk they will be an adaptive child and rebel.
- ▶ Behaving like a child can trigger a parent response – negative or positive.
- ▶ Being a nurturing parent can create trust but also dependency.
- ▶ **TA can help us to look at consultations, teaching etc. by focussing on the ego state that we are in. If we (the doctor/ teacher) can change our ego state we can influence which ego the patient decides to play.**
- ▶ **TA emphasise our ability to become aware of decisions that govern our behaviour and the capacity to make new decisions that will beneficially alter the course of our life.**
- ▶ **TA can be particularly useful for looking at difficult consultations / discussions.**
- ▶ **Adults make choices and can choose to change.**



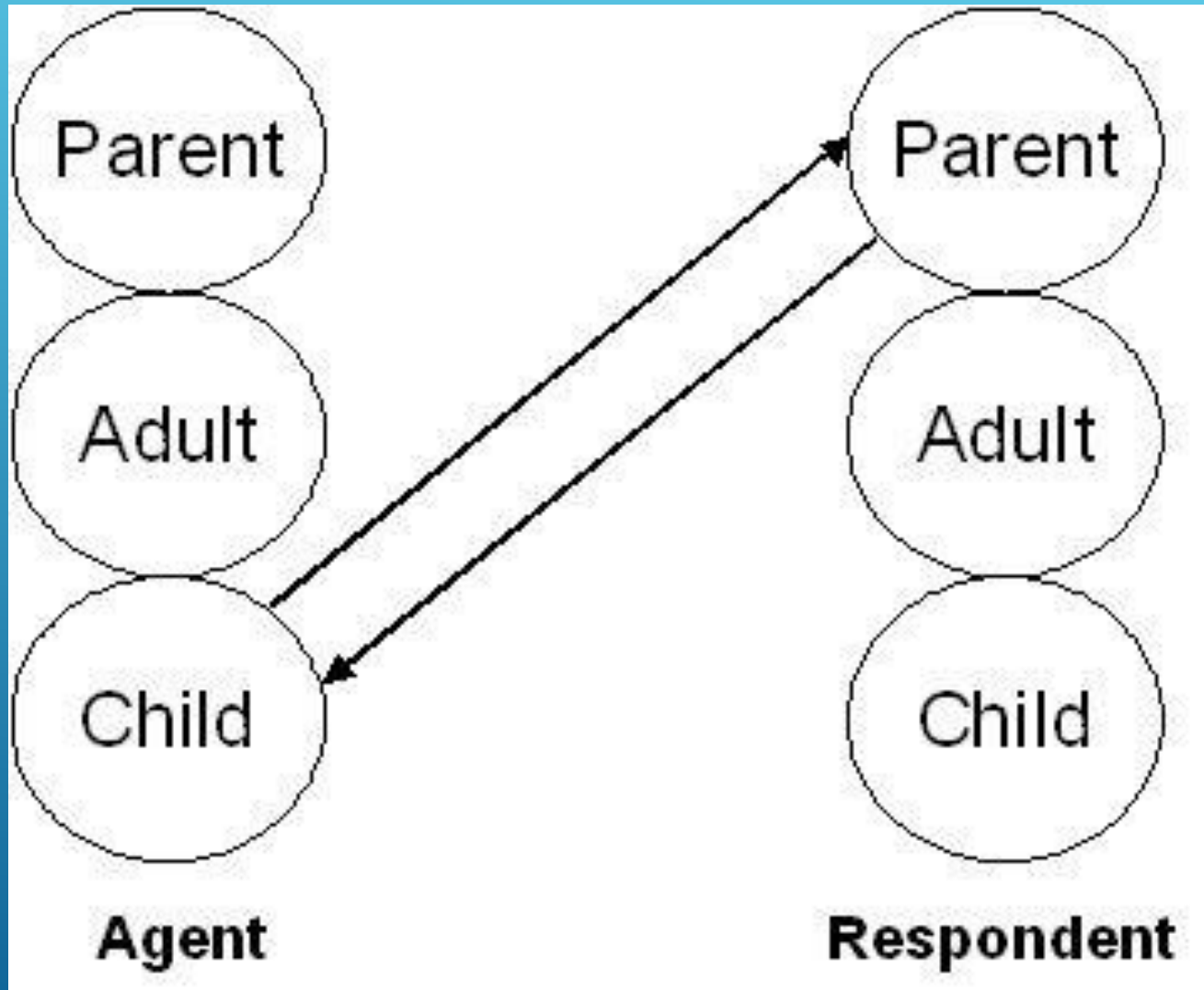
## Communications (transactions)

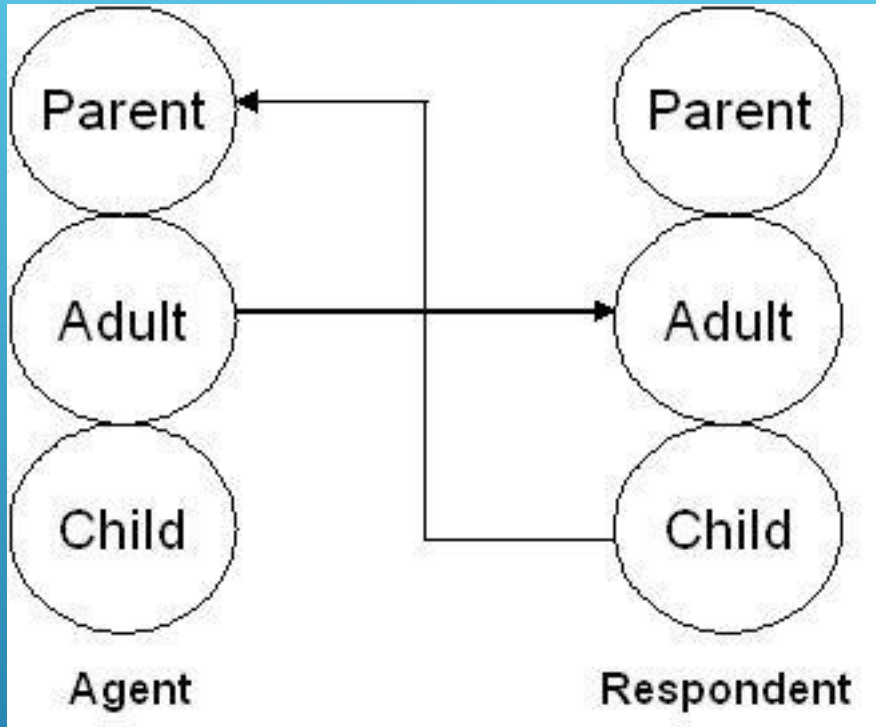
When two people communicate each exchange a transaction. Many of our problems come from transactions which are unsuccessful.

At the core of Berne's theory is the rule that effective transactions must be complementary.

Most effective transactions are likely to be adult to adult.

TA suggests that one of the overriding factors in difficult situations is not the other person's behaviour but our own state of mind.





- ▶ **Crossed transactions lead to ineffective communication or can cause upset.**
- ▶ **E.G. Do you know where my keys are ? (adult to adult)**
- ▶ **You are always blaming me for ...(C to A) or why don't you ever put things away (P to C) They are on the table (A to A) When a transaction is crossed a break in communication results and one or both individuals will need to shift ego-states in order for communication to be re-established.**

Can you remember a situation where each time you meet a particular person you find yourself repeating the same uncomfortable or destructive patterns every time you meet them?

For example:

You are never able to say no.

Constantly feeling pushed into doing things for someone.

They make you feel defensive.

You feel they are always critical of you.

You feel relegated to being the listener and there is never an interest in what is happening to you.


Each time you may think :

Never again

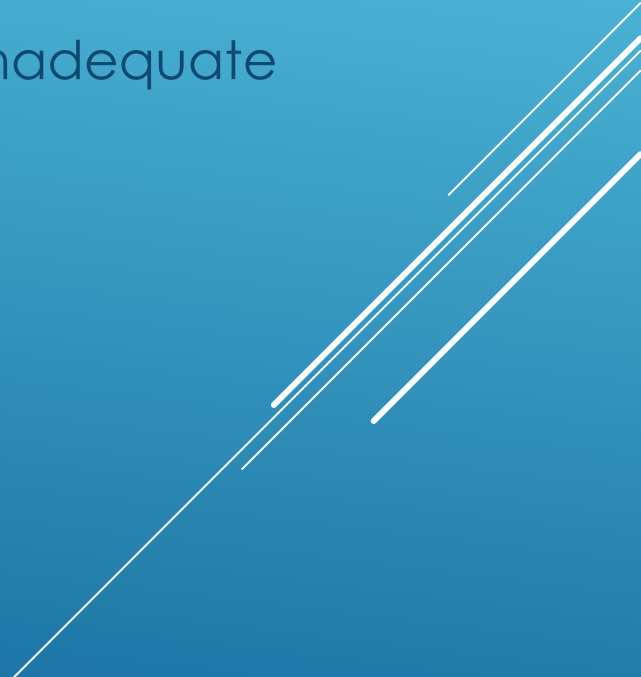
Next time will be different

TA suggests one of the overriding factors in these situations is not the other person's behaviour but our own state of mind.

# GAMES PEOPLE PLAY

- ▶ Recurring set of transactions superficially plausible with a concealed motivation.
  - ▶ Split transactions. Surface appearance is not what is really going on ( $A \rightarrow A$  on surface but might be  $C \rightarrow P$  at psychological level)
  - ▶ Exchange of strokes between two or more people.
  - ▶ Why play games?
  - ▶ **Need for strokes – positive or negative.**
  - ▶ **Meets a mutual need**
  - ▶ **Common payoff is support for the status quo and to justify not making changes.**
  - ▶ **Affirming life position. ( OK or not OK)**
- 

# WHY DON'T YOU .....YES BUT

- ▶ I don't know what to do with this patient with ....  
I want to stop smoking doctor.....
  - ▶ Yes but.....
  - ▶ You're a great help
  - ▶ Pay off – A feels superior
  - ▶ Why don't you
  - ▶ B feels sense of failure, inadequate  
– switched to Child
- 



# GAME THEORY

Con ( eg asks for help, the hook)

+

Gimmick = Response

↓

Switch → Cross-up (realisation)

↓

PAYOFF (I win you loose)

- ▶ In TA Gimmick is the need in ourselves that makes us respond or take the hook.
- ▶ This could be a need for approval, need to be parent, need to appear in a particular way.....

# HOW TO BREAK THE PATTERN OF GAME PLAYING.

Could figure out the other persons need and deprive them of this but this is difficult. The person themselves may not be aware they are playing or why.

Figure out what in ourselves hooks us into the game. What are our gimmicks?

This could be a need to feel helpful (or nice, caring, strong, perfect, personable, the winner etc)

To be seen to be .....

To make others feel grateful for ...

Remember the game cannot proceed if you choose not to play.

## Dealing with Games

### **Before**

Familiarise yourself with the structure of the games you play – how do they start, who starts, how does it end....

What needs in yourself hook you into playing?

**Starting**- look out for discounts – statements that distract or deny some kind of reality e.g. that paper is rubbish.

### **During**

Slippery feeling

Share awareness

Respond from ADULT

Respond in a different state from the one the game seems to invite.

Unplug

# GAMES – SOME EXAMPLES

- ▶ **Nothing you ever do for me works doctor**
- ▶ “Mine is better than yours”
- ▶ **Kick me / Poor me** - Played by people who have decided they are helpless.
- ▶ **Why don't you ---- yes but e.g. get a job – childcare, skills, not well enough.**
- ▶ **If it weren't for you I could.....**
- ▶ **I'm only trying to help .....There's nothing you can do to help me or See how hard I've tried**
- ▶ **Look what you made me do**
- ▶ **You can't make me**

## References:

Games People Play – Eric Berne

ISBN 978-0-141-04027-1

I'm ok – You're OK – Thomas A Harris

ISBN 978-0-09-955755-5

T A Today – Ian Stewart and Vann Jones

ISBN 978-1-870244-02-2

YouTube – Lots of resources but I found these very straightforward.

<https://www.youtube.com/watch?v=nKNyFSLJy6o>

Transactional Analysis 1: ego states & basic transactions

<https://www.youtube.com/watch?v=YOqJ4sc9TAc>

Transactional Analysis 2: games

<https://www.youtube.com/watch?v=58F2qYyAzME>

Transactional Analysis 3: gimmicks