

TRANSACTIONAL ANALYSIS OVERVIEW

Emotional States

At any one time we are in one of three possible emotional states: adult, parent or child. If we become aware of our feelings, then we have a choice of which state to be in. Without this awareness, we automatically occupy the state that we have learned from the traditional behaviour patterns in our families.

Child State

The **natural child** state contains all the basic, raw emotions that we feel: anger, fear, sadness, fun, affection, love. These in turn produce basic behaviours; eg tantrums, rebellion, tears, hugs, laughter.

The **adapted child** state contains all the behaviours or defence mechanisms we had to learn as children in order to survive, behaviours that resulted from our natural child's needs not being met. These behaviours include: trying to please, apologising, being dependent, passive anger (sulking, delaying, withdrawing, being bored).

Parent State

The parent state contains all the rules, values and morals we learned from our parents. The **critical parent** state has all the negative, judgemental, severe behaviours: giving moral lectures, being dominant, telling what to do, not allowing freedom.

The **supportive parent** state has all the positive parental behaviours: comforting, supporting, holding, making supportive suggestions.

Adult State

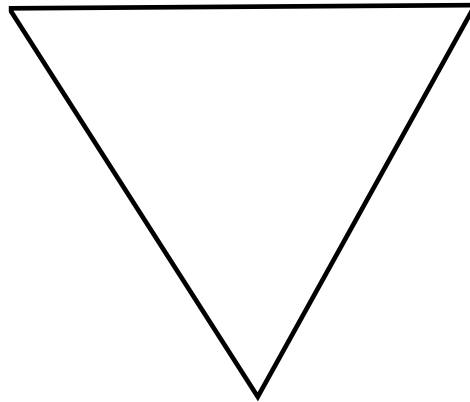
This is the state that is not ruled by emotion; it is rational and logical, working with the facts. This is the best state in which to plan, consider, decide and act. It is also the only state in which we can learn something new about ourselves. (That is why no-one ever changes their mind during an argument.) We have to be in an adult state to listen effectively to another person's point of view; to consider new facts; to evaluate our behaviour.

We unconsciously choose our feelings: no-one **makes** us feel anything. Once we consciously consider our feelings, we can make a conscious choice: to act on them or not. To move into adult state from the parent or child position, we have to recognise our emotional state in the first place and then, using rational thought, make a conscious decision to change.

The **DRAMA TRIANGLE** is another way to analyse games

PERSECUTOR

- Bullying
- Withholding
- Criticising
- Abusive
- Sulking
- Violent



RESCUER

- Doing more than I want to do
- Discount own needs
- Doing more for others than they are willing to do for selves

VICTIM

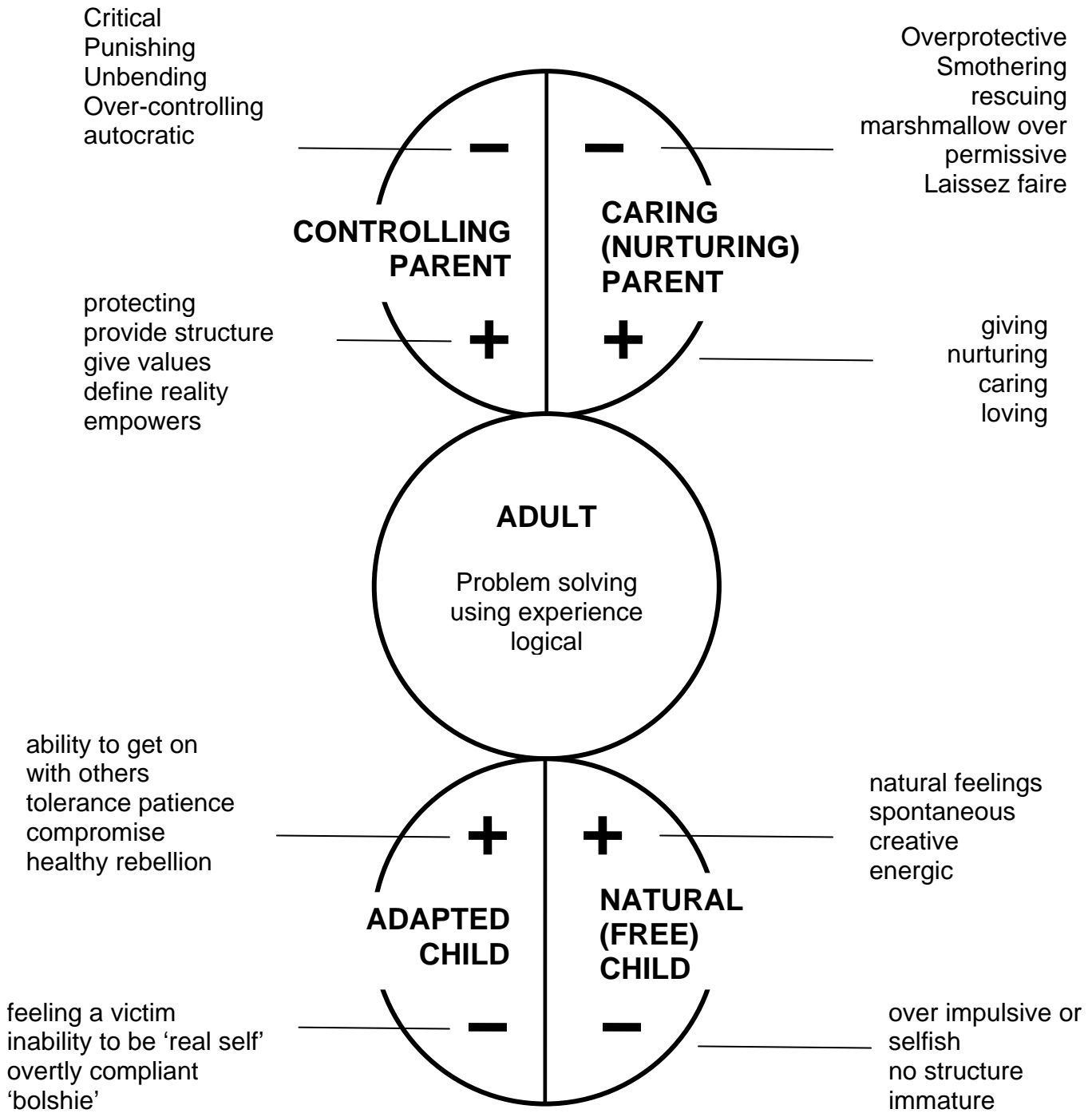
- Helpless, hopeless, I can't think for myself
- Allowing others to have power over me

The "OK Corral"

Life positions are attitudes we adopt towards the world as a result of early experiences. Although we can occupy each of the windows on the world (illustrated below), we tend to revert to our favoured position, especially if we are under pressure

<p>I'M NOT OK</p> <p>YOUR'E OK</p>	<p>I'M OK</p> <p>YOU'RE OK</p>
<p>I'M NOT OK</p> <p>YOU'RE NOT OK</p>	<p>I'M OK</p> <p>YOU'RE NOT OK</p>

The Function Egostate Model



Personal styles:

Which do you prefer to be?

- Friendly, creative Natural / free Child
- Tolerant, compliant Adapted Child
- Nurturing, caring Nurturing Parent
- Firm, in control Controlling Parent
- Logical, problem-solving Adult