



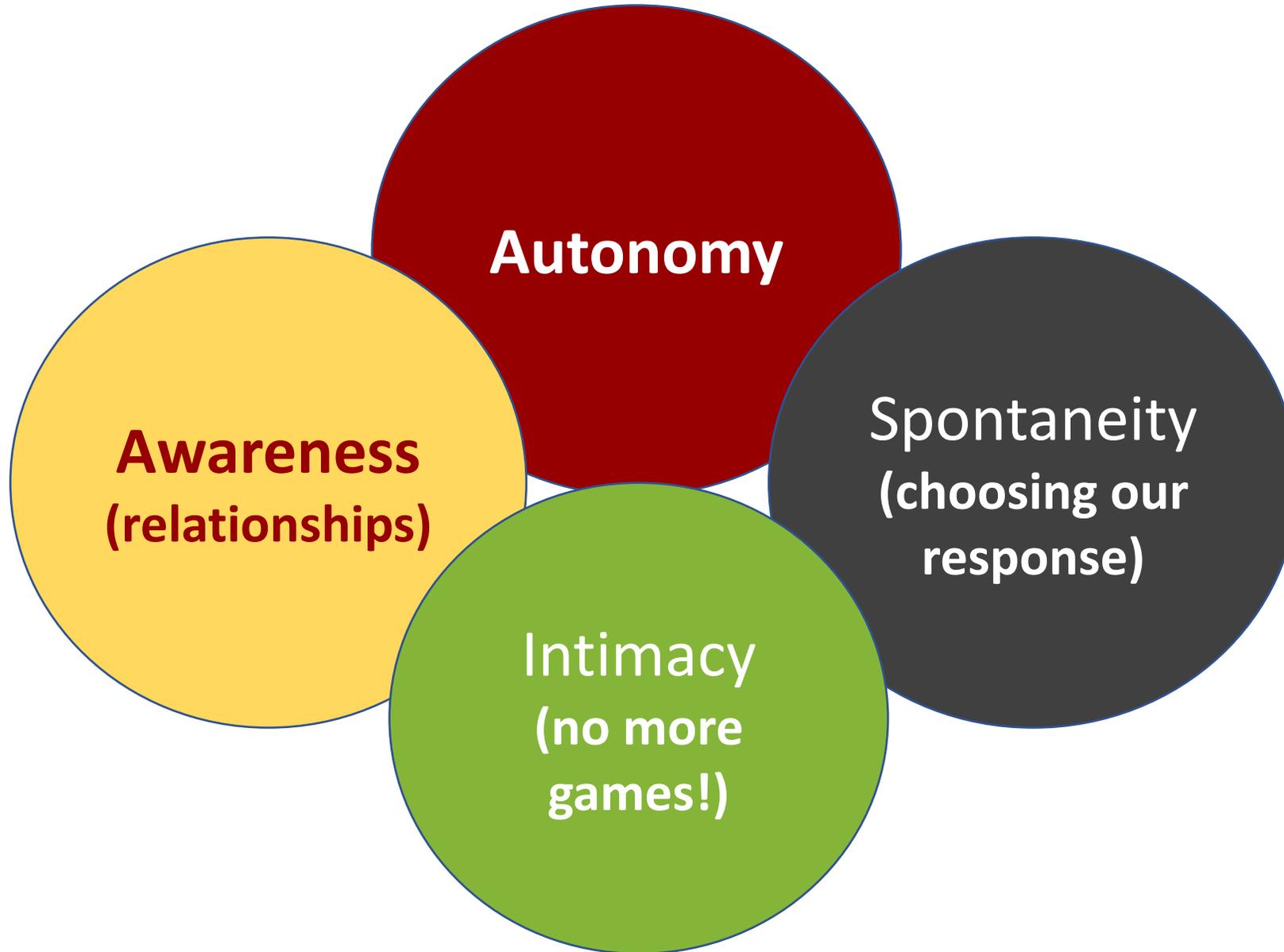
Deep Release Online
Professional Training for Counsellors

3 Ways to Work with Transactional Analysis

Tues May 24



WHAT'S TRANSACTIONAL ANALYSIS ABOUT?



Working with Scripts

SCRIPTS

How are they formed and maintained?

Copying Modelling

- Social Referencing
- People like Us
- The need to belong
- Prejudice & discrimination
- Beliefs about who we are

Rewards & Punishments

- The Pay Off
- Positive
- Negative

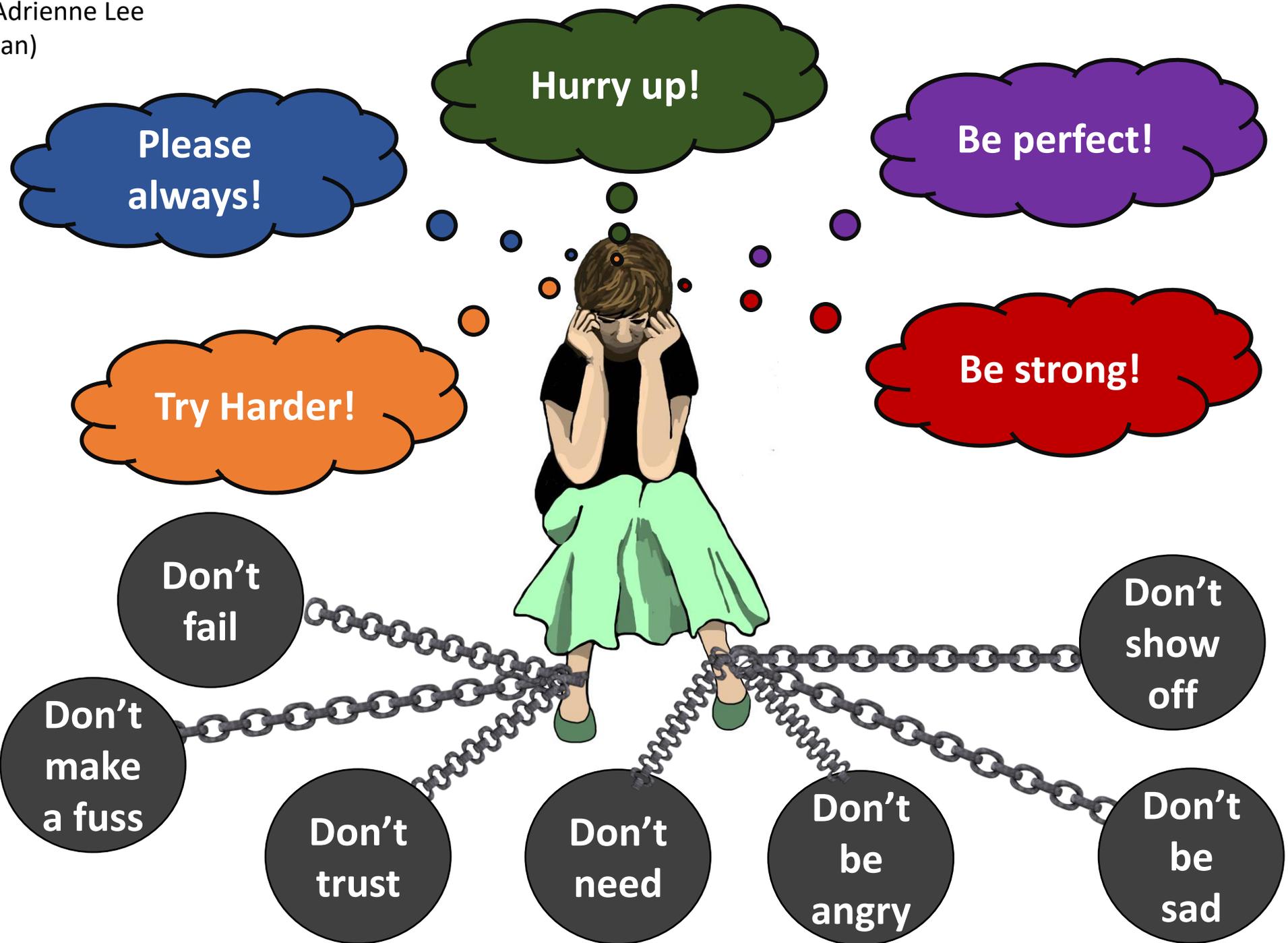
Injunctions ("stoppers")

- "The Most important part of the Script"
- Don't!

Counter- Injunctions

- Drivers
- Be Perfect
- Please Always
- Try Harder
- Hurry Up
- Be Strong

Whose Voice?



**BE
PERFECT**



**TRY
HARDER**



**BE
STRONG**



**HURRY
UP**



**PLEASE
ALWAYS**



CRITICAL PARENT VOICE

SCRIPTS

We create feelings of fear by holding on to our script beliefs

Anne de Graaf

Notice when your client reacts, physically and/or emotionally to something you say. Have you triggered some scripts?

Omigosh, he thinks I should leave home, my mother will kill me, I'll be deserting them, I can't cope on my own, I'll run out of money, I'm not up to it, I'm not like my sister.....

I think so... maybe...

So am I hearing you are feeling ready to leave home and find your own place?



Don't upset people

Do it even if you don't want to

Don't be difficult

PLEASE ALWAYS

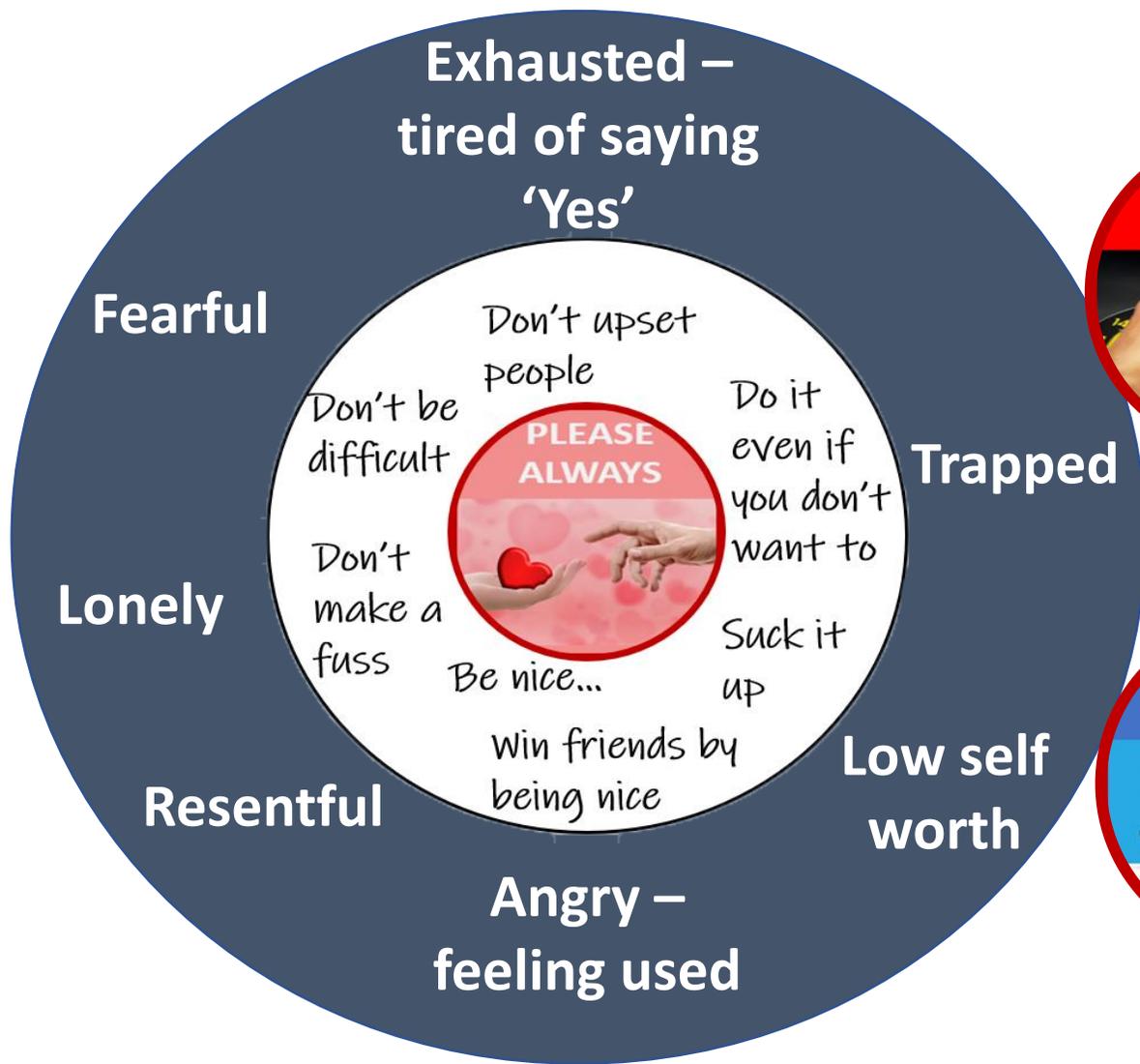
Be nice...

Win friends by being nice

Don't make a fuss

Suck it up





Scripts
 Conditions of Worth
 Internal Working Model
 Injunctions & Counterinjunctions
 Negative Cognitions

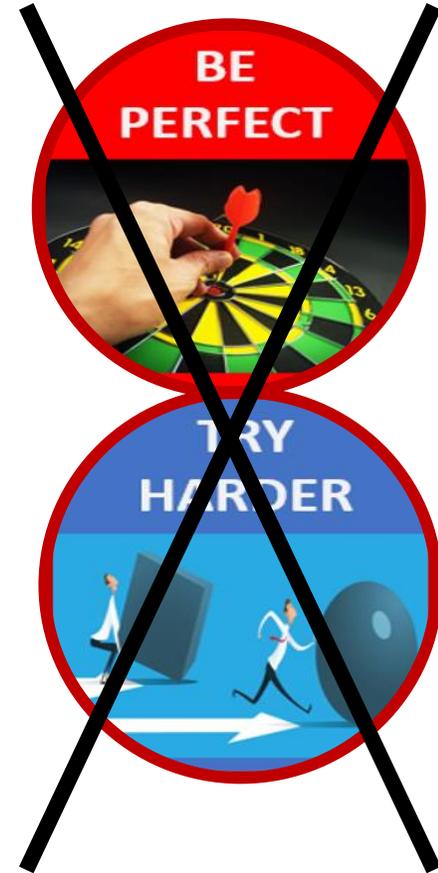
IDENTIFYING UNMET NEEDS

Being more assertive –
“my needs matter too!”

Allowing
myself to
be honest



It's ok to
let people
deal with
my No...



Saying what I
mean without
being mean

FINDING OUR NURTURING PARENT

THE TRUE SELF AND THE FALSE SELF

AGREE WITH THE SCRIPT



CHALLENGE THE SCRIPT



**What would you do if you weren't held back
by fear or limiting self-beliefs?**



Games
People Play

GAMES

Games are learned and developed during childhood stress situations, as a means of getting our needs met, or just surviving.

They are **maladaptive** as an adult means of problem-solving.

(If you keep on doing what you've always done....)

A **Racket** is a set of behaviours which originate from childhood thinking, which seek to **manipulate** the environment

to **match the script**. They don't solve the problem.

(I will make things happen that prove my scripts are true....)

The **Goal** of a game is not so much to solve the problem as to experience these racket feelings and **feel internally justified** in experiencing them.

(Told you so)

Adapted from www.winship.info/ta

GAMES

Games are essentially devious, toxic and sometimes deadly methods of obtaining "strokes."

Claude Steiner, 'Scripts People Live'



- Desire for intimacy
- Manipulation that results in pseudo-intimacy
- Get what we want by ulterior means

GAMES

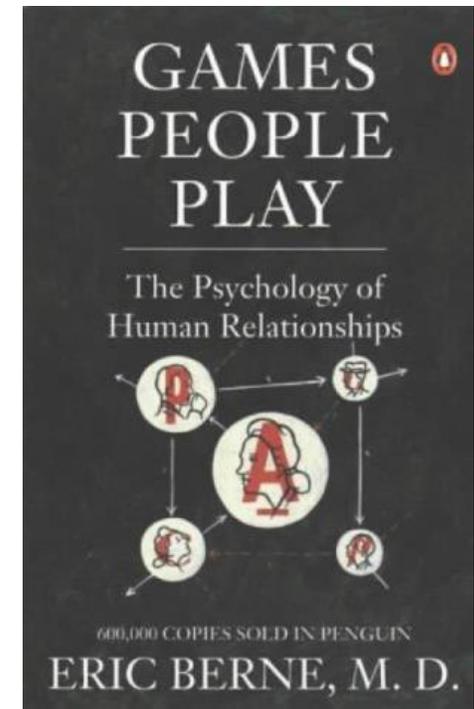
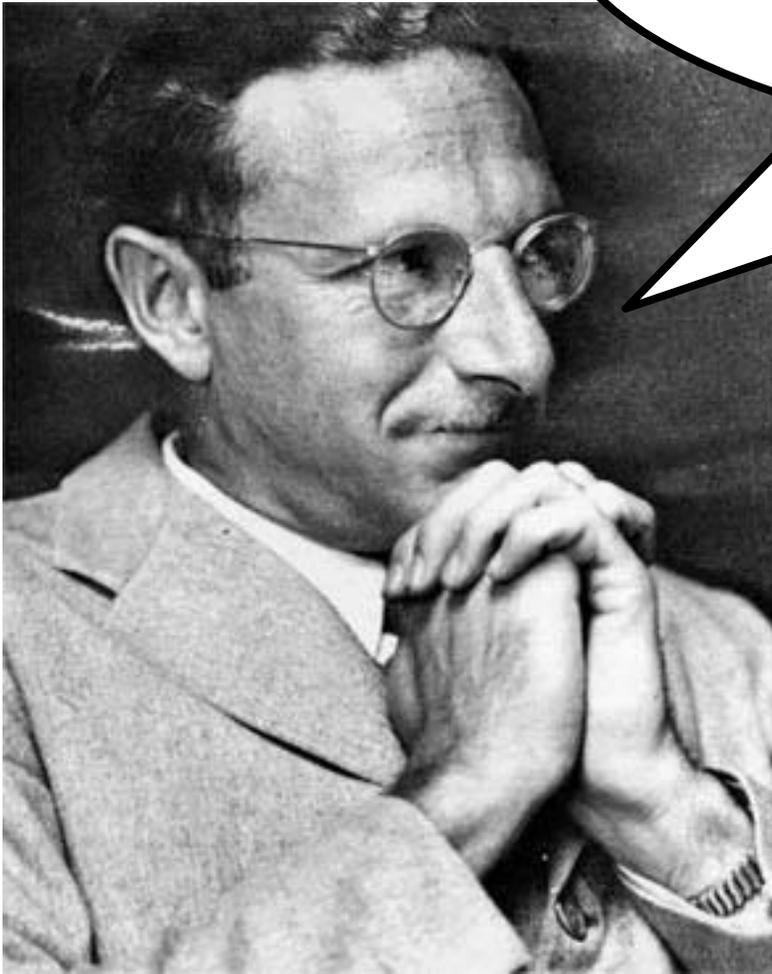
- Tend to be passed on from generation to generation
- Child ego state
- Strategies to get attention and avoid fearful situations
- Typical British culture frowns on too much plain speaking (although changing with younger generations)
- People tend to pick friends and associates with people who play the same kind of games

The players remain attached to each other in pseudo-intimacy.



GAMES

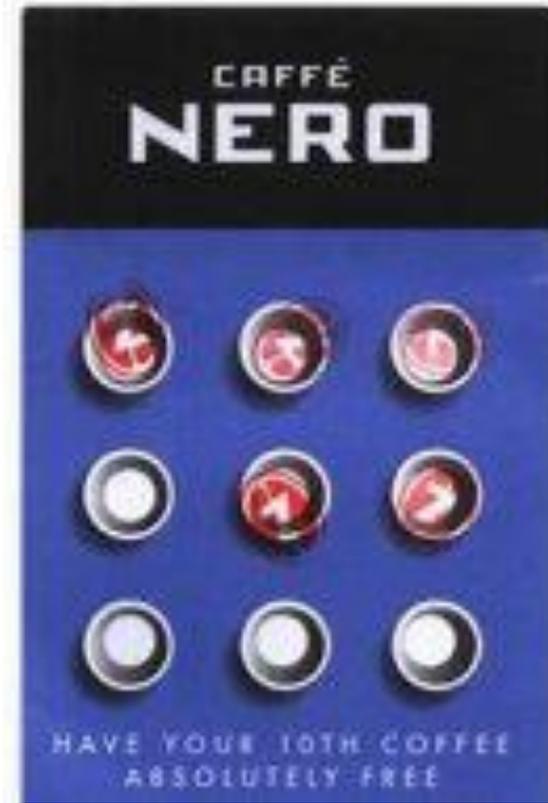
**“Games are a compromise
between intimacy
and keeping intimacy away.”**



TRADING STAMPS



**In the 60s & 70s
rewards for buying
groceries or petrol**



- | | |
|---|--------------------|
| Regentone 19" television | - 88 books |
| Longines 9ct Gold watch | - 39½ books |
| Kodak Brownie 8 Movie Camera | - 13¼ books |
| Kenwood Chef | - 33¼ books |
| Silver Cloud motor boat
(outboard motor not included!) | - 170 books |

TRADING STAMPS



Feelings of anger, depression, jealousy, envy, hurt, happiness, self-righteousness are saved up and redeemed eventually for a psychological prize.

BUT...

We can save up positive stamps for others, or for ourselves!

BLEMISH : However good a job you've done, I'll find something wrong with it...
I feel bad about myself, so finding something wrong with what you've done helps me feel better...

LOOK WHAT YOU MADE ME DO! (I'm feeling hurt & angry)

"If you had done the washing up instead of leaving it all to me, I wouldn't have dropped my best china plate and broken it!"

IF IT WEREN'T FOR YOU (IWFY)

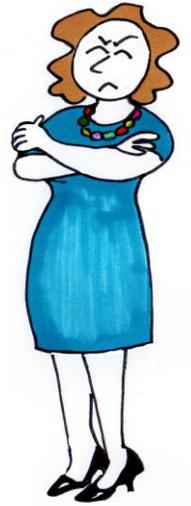
If my partner didn't insist I stay home and look after him, I'd go out and get myself a job...

Secretly I'm afraid I'd be useless, so it works for me!

I'M ONLY TRYING TO HELP!

I'm a good, kind person and it's you who have the problem – you're ungrateful!

I need you to feed my ego and affirm my script that if you work hard enough, people will love you.



AVOIDING ACTION : PLOM AND YES, BUT...

POOR LITTLE OLD ME (PLOM)

What can you expect of someone like me? I had a terrible mother, I was bullied at school, I'm in pain, I'm no good at anything...

Used to excuse behaviour and avoid change



YES, BUT...

Whatever you suggest as a solution to my problems, there is always a reason why I can't do it.

It ultimately proves that you, the person trying to give me advice, are inadequate, not me!

Not my problem!



SHOOT MY BULLETS

I will tell you it's your job/responsibility to sort out my problems

This absolves me from any guilt or backlash

BACK SEAT DRIVER



OTHER GAMES

HIT AND RUN

I will cause uproar and then walk out on you...
Slam the door... Put the phone down on you...



SWEETHEART

I will put you down (often in public)
but do it so nicely you can't come back at me.

*You're just hopeless with money,
aren't you my darling?*



*I chose a partner who would
expose my deficiencies and
save me the embarrassment
of having to expose them
myself. My parents used to
do this for me when I was
little...*

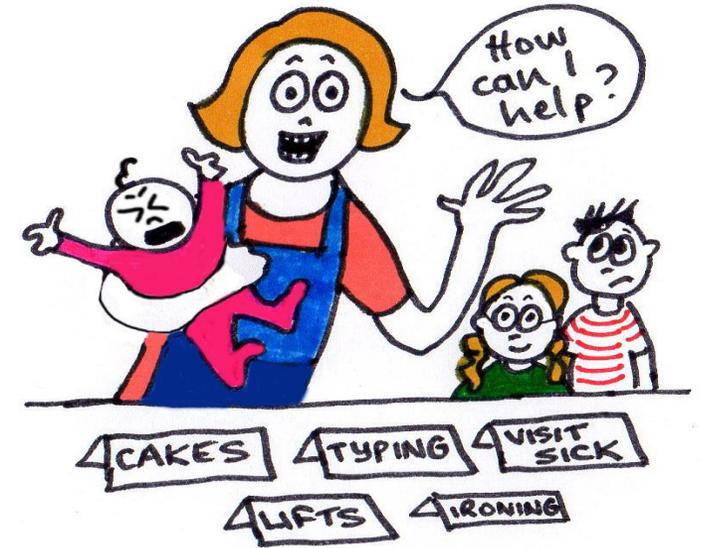


OTHER GAMES

HARRIED

- I try to be proficient in a dozen different occupations or roles, eg mother, director, running the home, community work...
- All are conflicting and exhausting roles, and I take on more and even ask for more
- I accept all demands from other people and eventually am likely to collapse and let people down
- It then confirms my core belief that I'm useless and nobody likes me

The player acts out of inadequacy, a need to be valued by others and fear of being seen as a fraud.



GAMES AND PAY OFFS

GAME	DESCRIPTION	PAY OFF
BLAMING GAMES		
TRADING STAMPS	I will store up all your faults and dump them on you in one go	It proves that it is you that has the problem in this relationship and you're making my life difficult
BLEMISH	Finding fault, being picky – never give a straight A	Distracts attention from my own inadequacies by highlighting yours
LOOK WHAT YOU MADE ME DO	I blame you for my own problems – it's not my fault	Absolution of responsibility, make others guilty
IF IT WEREN'T FOR YOU...	Blaming others for my non-achievements – let myself off the hook	Absolution of guilt and responsibility – I don't have to do it
I'M ONLY TRYING TO HELP!	COUNSELLORS BEWARE!! I'm frustrated and feel inadequate	I can shift the blame to the client – <i>"You're not trying hard enough!"</i>
AVOIDING GAMES		
YES, BUT...	Coming up with reasons for avoiding your help	I stay in control – your suggestions aren't working; it's your fault
POOR LITTLE OLD ME	I am unlucky, helpless, overwhelmed by life; what do you expect from someone like me?	I don't have to change or step into something scary – you have to make allowances for me
SHOOT MY BULLETS	I will get you to fight for me	I stay out of trouble and you will get the blame if it goes wrong
HIT AND RUN	I will opt out, emotionally and/or physically	I will leave you feeling bad and avoid looking at my own stuff
OTHER GAMES		
HARRIED	COUNSELLORS BEWARE! I will meet all your needs	We are trying to prove we can do everything – Mr/s Do-It-All

Share in Buddy Groups

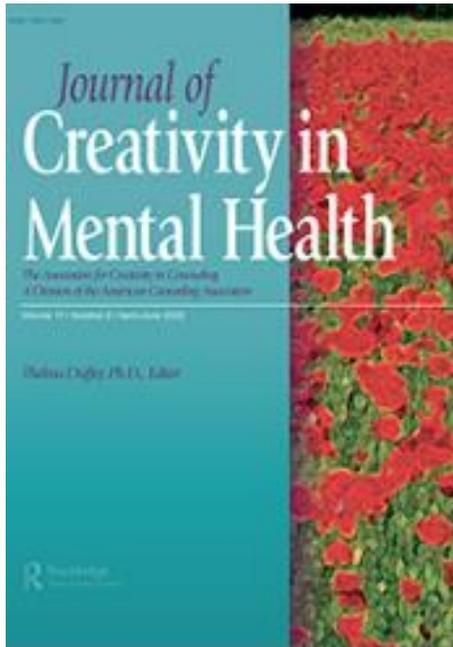
1. Think about the scripts that limit your own life
2. How do these work themselves out in the games that you, or people close to you, play?
3. How easy do you find it to work on TA scripts and games with your clients?

20 minutes





**THE FULL SLIDES
WILL BE SENT OUT
AFTER THE COURSE
WITH THE CATCH UP
VIDEO LINK**



Jennifer R Adams (2009)

“Using Winnie the Pooh Characters to Illustrate the Transactional Analysis Ego States”

Journal of Creativity in Mental Health, 4:3, 237-248,
DOI:10.1080/
<http://dx.doi.org/10.1080/15401380903192721>



FINAL THOUGHTS

- As counsellors we can be vulnerable – prone to people pleasing
- Sympathy says, *“Poor you, I’m on your side!”*
- Empathy says, *“I want to come into your world and see this situation as you see it...”*
- Being curious rather than having the answers – *“Where that takes me is...”*
- Congruence can be hard
- Identifying the ‘game’ is coming from a wounded child place
- Beware of getting drawn into the game
- Transference : Be aware when we have stepped into a role:
Nurturing Parent, Critical Parent, Adapted Child, Free Child



The Open Door

Counsellor and client
work together in a
secure and
productive alliance



The Target Door

The kind of work
that is most likely to
benefit the client



The Trap Door

Where the client
will try to distract
us into going



Resources



PACT LTD
 Original & Creative
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www.pact-resources.co.uk




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**A Creative Guide
to working with the
Inner Child**
for Counsellors and Psychotherapists



Pauline Andrew

A Creative Guide to
Working with the Inner
Child

£11.50



**A Creative Guide
to working with
Blocked Anger**
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**A Creative Guide to
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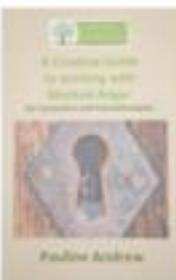
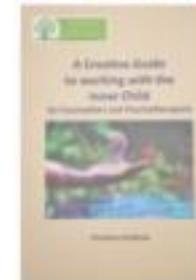
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