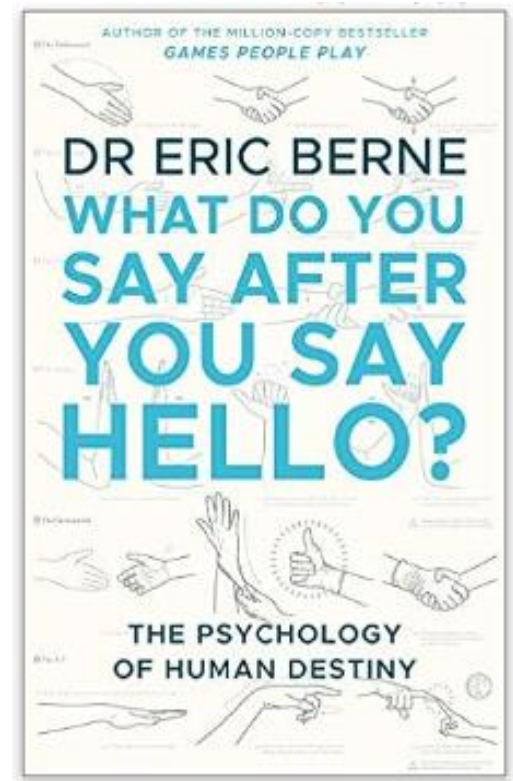
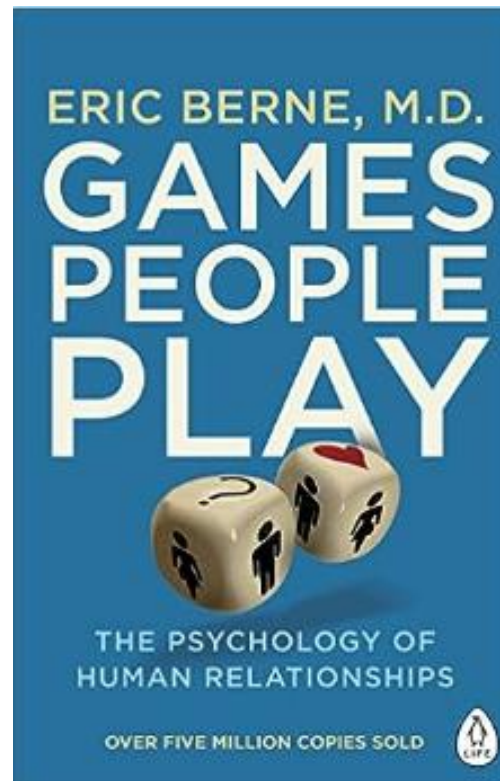
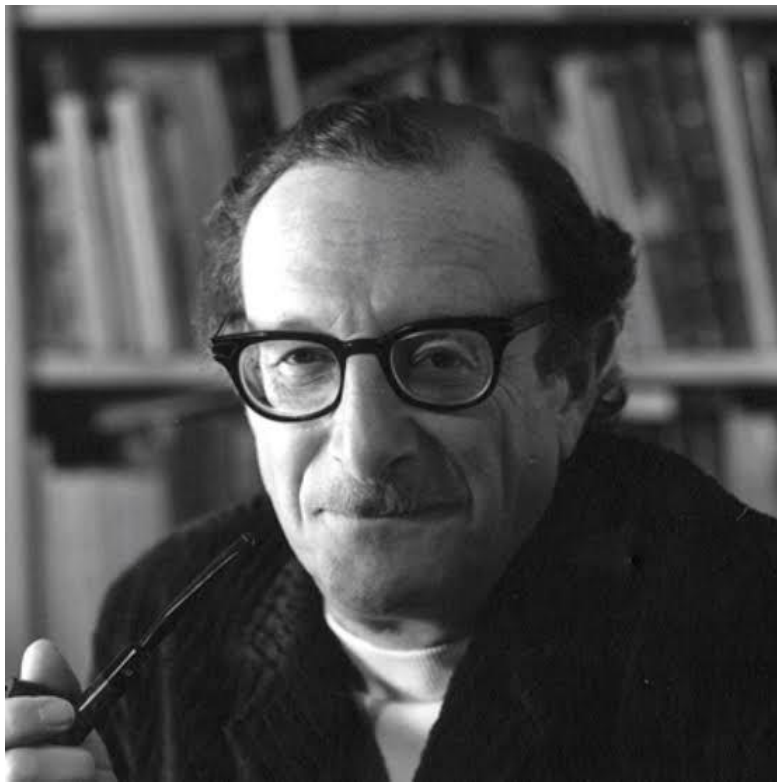




Deep Release Online
Professional Training for Counsellors

Playing Games in Relationships





Eric Berne
1910 – 1970
Canadian Psychiatrist





A healthy person goes Yes, No, and Whoopee! An unhealthy person goes Yes, but, No, but, and No whoopee.

(Eric Berne)

izquotes.com

Everyone carries his parents
around inside of him.

Eric Berne

quote fancy

Games are a compromise
between intimacy and
keeping intimacy away.

Eric Berne

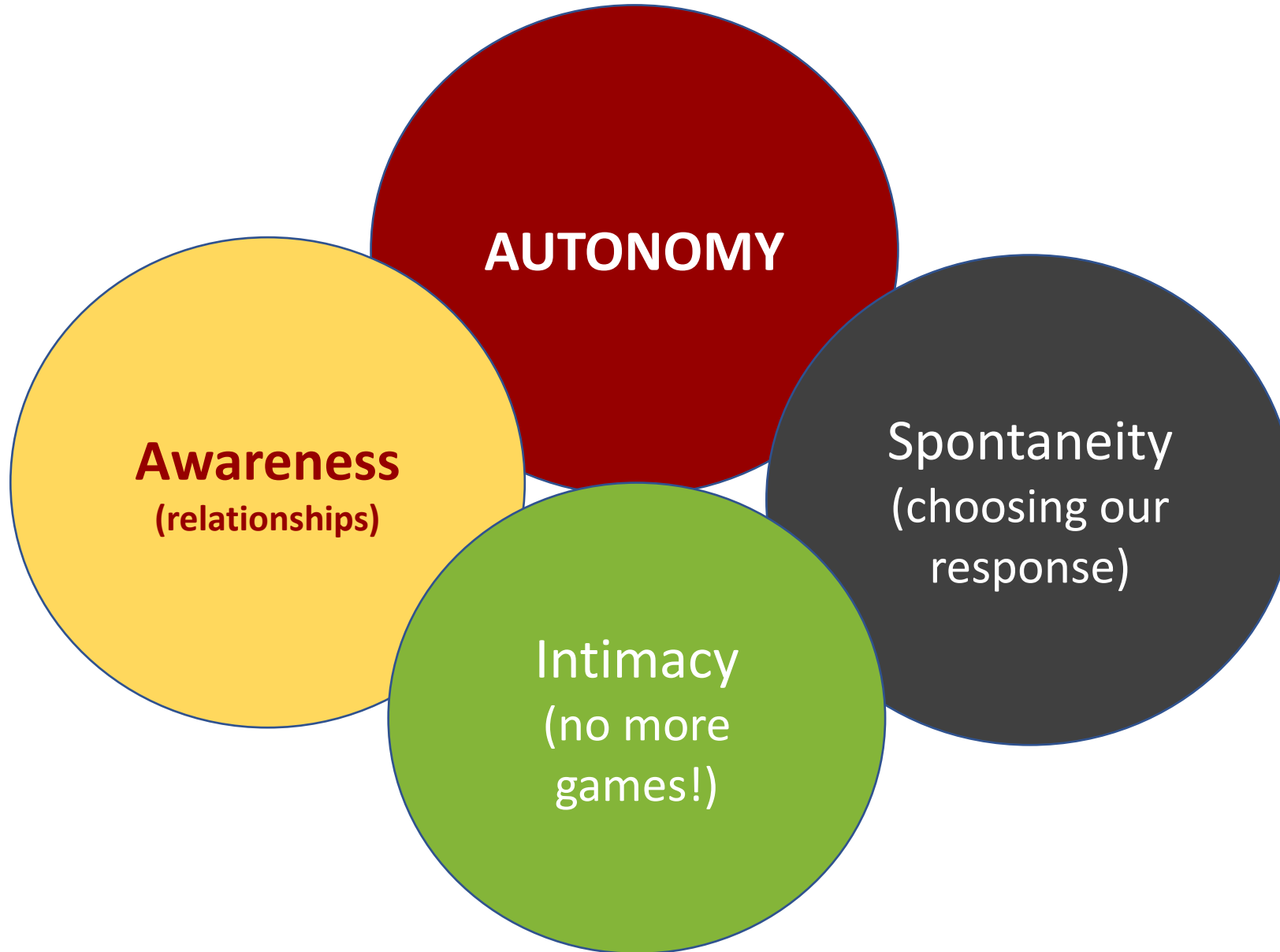
quote fancy

A game looks like a set of operations, but
after the payoff it becomes apparent that
these operations were really maneuvers;
not honest requests but moves in the game.

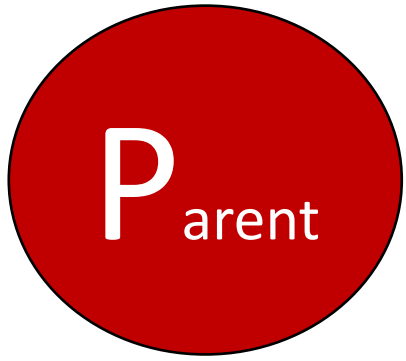
Eric Berne

quote fancy

What's Transactional Analysis all about?

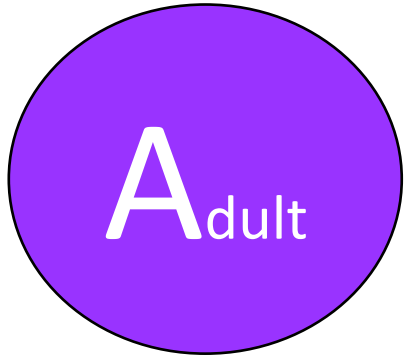


EGO STATES



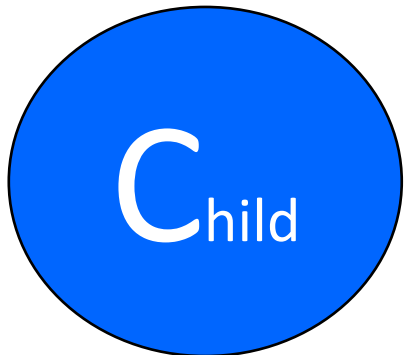
Parent Ego State

Behaviours, thoughts and feelings from parents or other authority figures.



Adult Ego State

The Adult appraises the environment, logically and objectively, calculating the possibilities on the basis of past experience; functions like a computer, responding to data.*



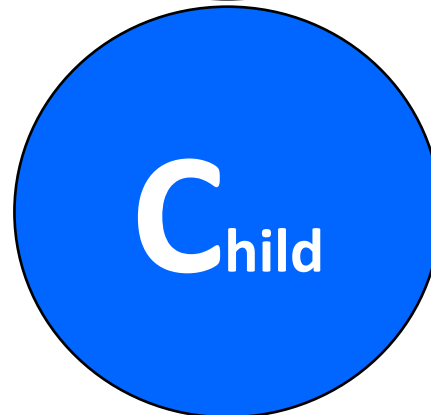
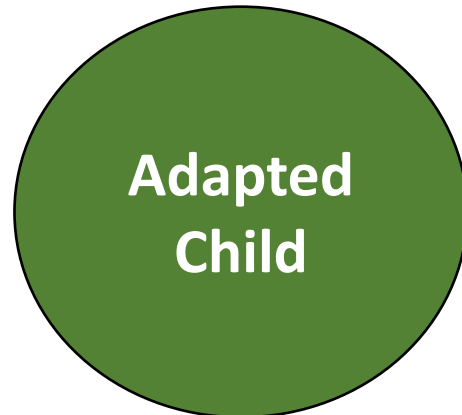
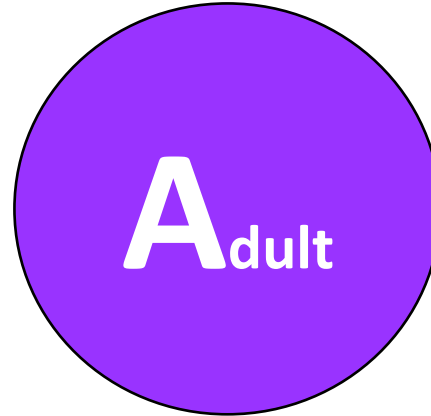
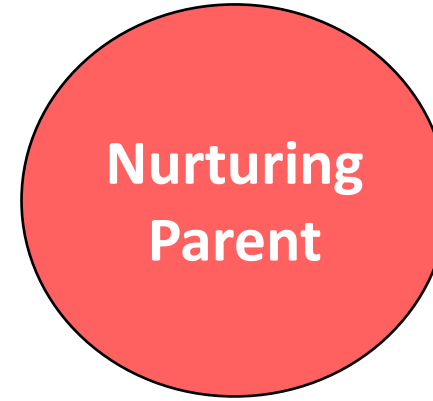
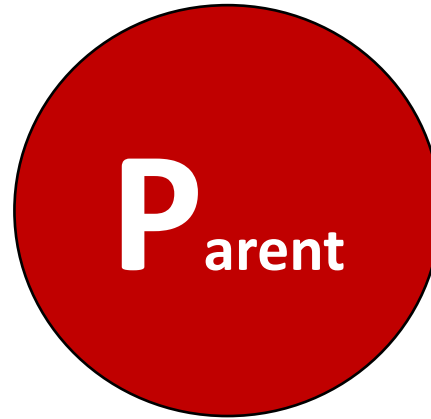
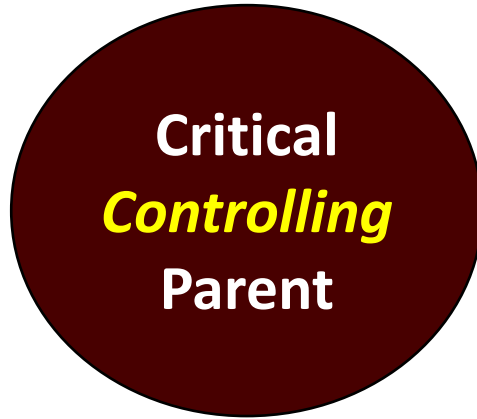
Child Ego State

Behaviours, thoughts and feelings replayed from Childhood. 'Stuff' from the past



* Berne (1975) *What do you say after you say hello?*

EGO STATES



The Adult ego state doesn't divide. It interacts in the here and now, not from past conditioning, or how other people have told them to be. While aware of Parent and Child dynamics, the Adult is more open, more rational, less quick to make harsh judgments on a situation or person.

When communication occurs in the Adult ego state, we are more likely to be respectful, make compromises, listen to others, value our own needs and have healthier relationships



Internalising the Nurturing Parent Voice



**I'm listening
I've got you
You're safe
I'm proud of you
I believe in you
You can do it!**



Internalising the Free Child : The Natural Child



**Unselfconscious
Playful
Emotionally Open
Responsive
Vulnerable**

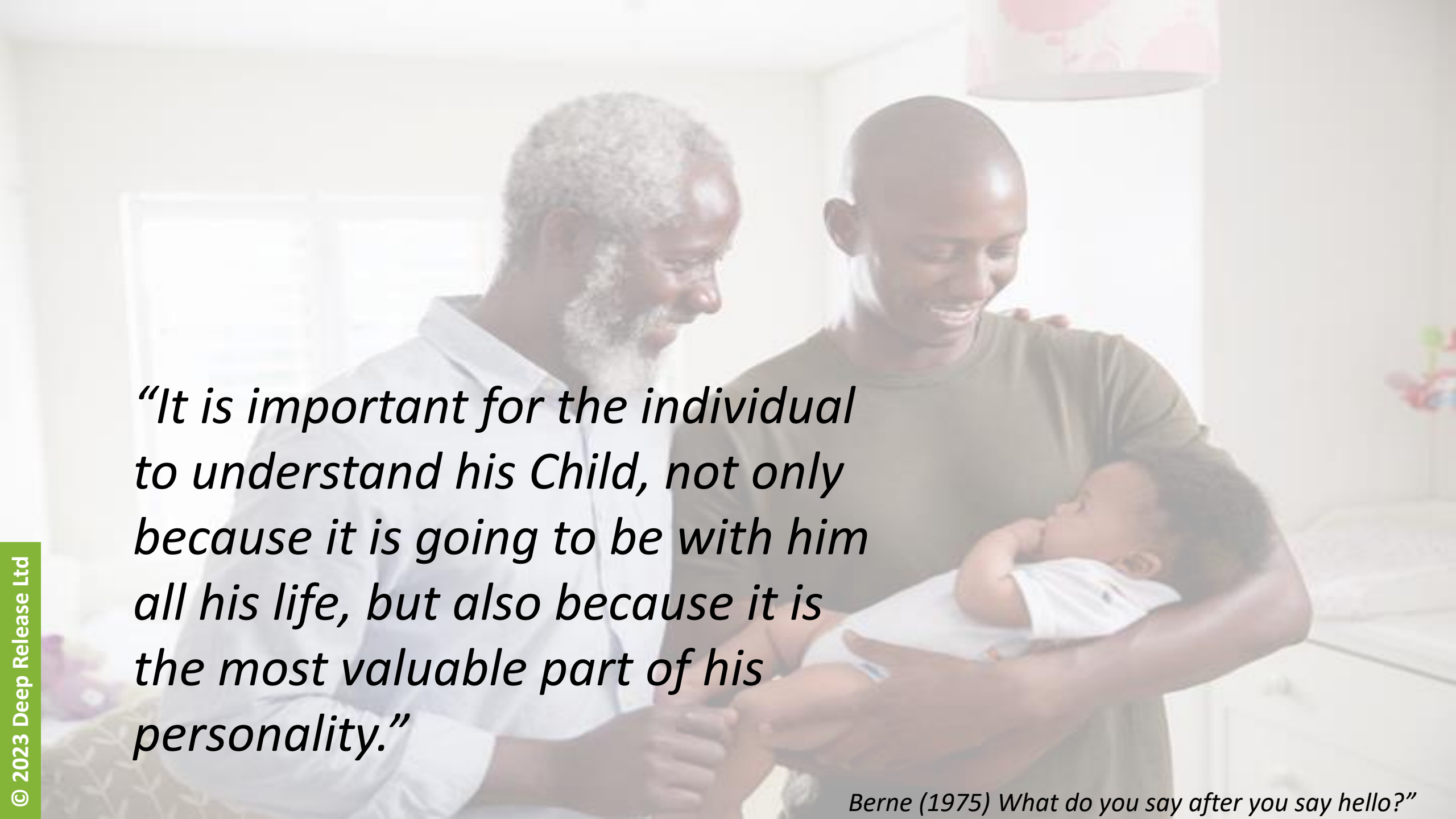


Internalising the Free Child : The Little Professor



**Curious
Exploring
Intuition
Problem-Solving
Innovative**





“It is important for the individual to understand his Child, not only because it is going to be with him all his life, but also because it is the most valuable part of his personality.”

Berne (1975) What do you say after you say hello?”

Internalising the Critical Parent Voice



**Stop whining!
What's *wrong* with
you?
I'm ashamed of you!
You don't *listen*!
You're pathetic!
What do *you* know?**



Internalising the Adapted / Hurt Child Voice



**I'm worthless
I always get it wrong
It was my fault
I don't belong
I must be good
I must be successful
I must be watchful**





The Circle of Belonging

You can learn –
and it's ok to
make mistakes!



Structuring Parent



Nurturing Parent

Socialised Child



Free Child



You are loved
and
you are ok!

I understand
the rules,
I am empathic

I am worthy
of love, just
as I am!

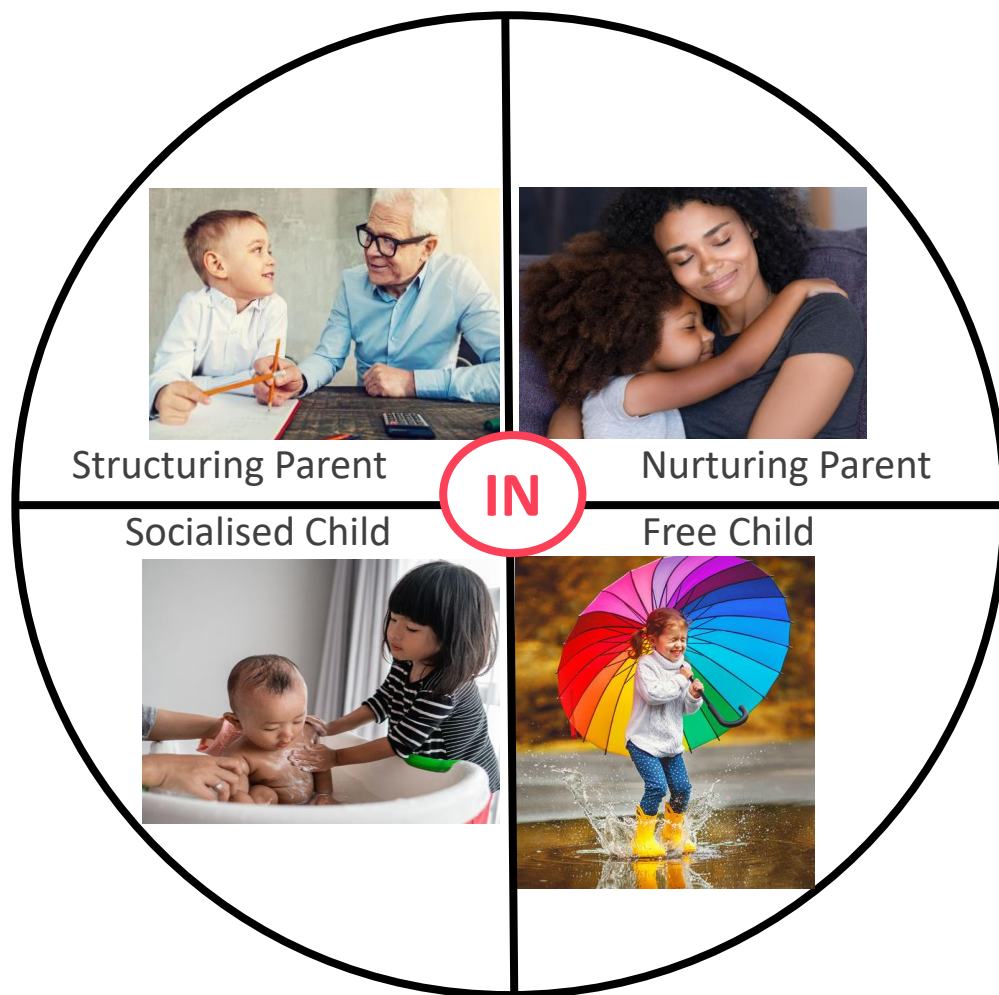


Critical, Controlling
Abusive Parent

OUT

Adapted Child
Conditional Love

Hurt Child



Inconsistent Parent



Spoiling, Suffocating
Parent

OUT

Wild Rebel Child



Hurt – Shame - Anger - Rebellion



Critical, Controlling
Abusive Parent

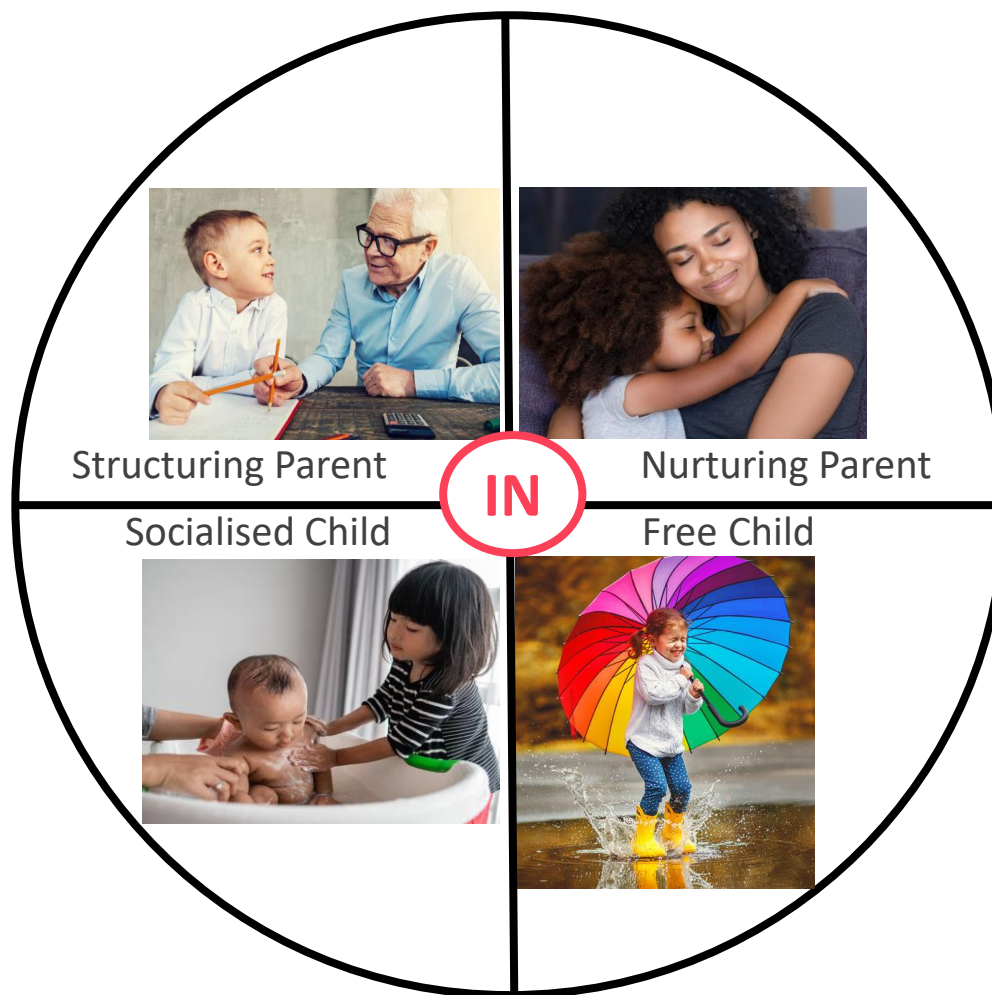
OUT

Adapted Child
Conditional Love

Hurt Child



Hurt – Shame - Anger - Rebellion



Inconsistent Parent

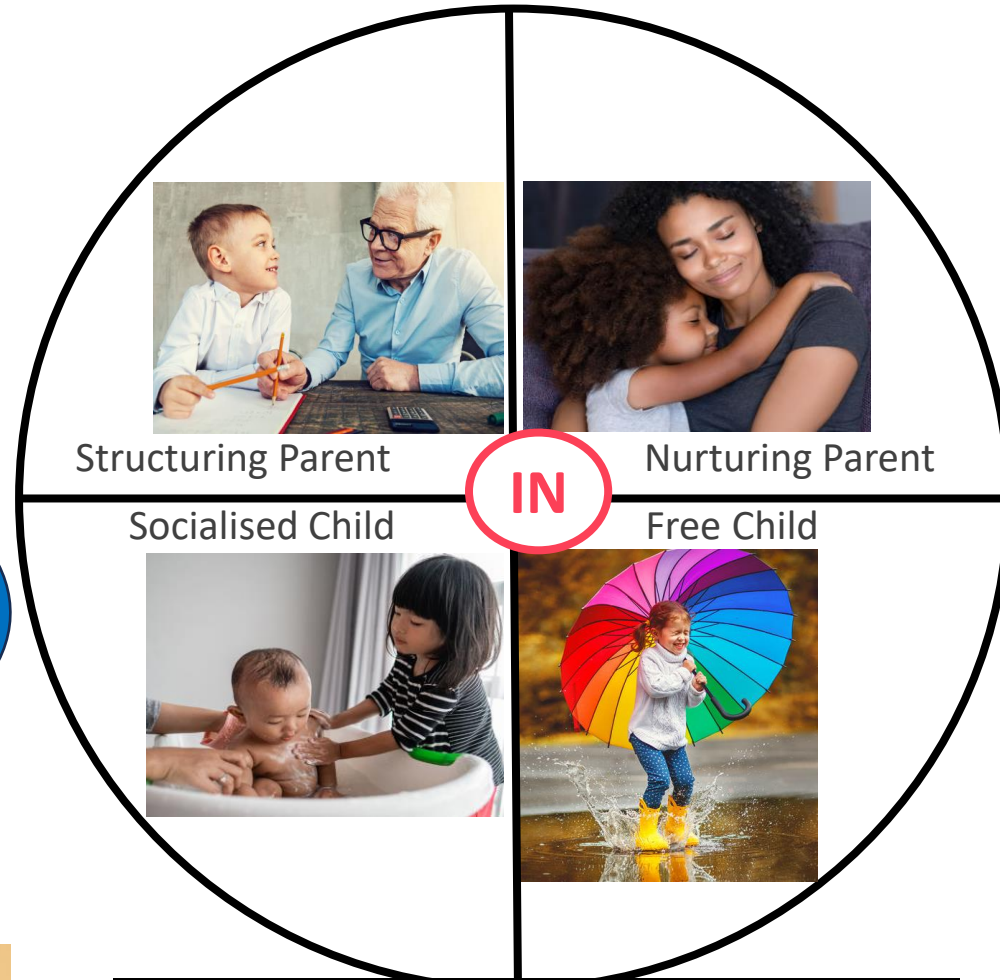


Spoiling, Suffocating
Parent

OUT

Wild Rebel Child





Why won't you let me in?

OUT



Games

Hurt – Shame - Anger - Rebellion

LET ME IN!!!!



OUT

Games

Share in Buddy Groups

Think about times when you are in the Parent or Child ego states.

How easy is it to find your Adult?

15 minutes





Take a 5 min break..

How do Games Begin?



Rituals

Stereotyped, simple, complementary transactions
that are safe, reassuring and help pass the time!

A Hi! How are you?

B Hi, fine thanks!

A Nice day, isn't it?

B Lovely. Apparently it might rain
later though.

A Oh well, the garden needs it.

B Here comes the bus!

A I'm waiting for the next one. Take
care now!

B Bye!



Rituals and Strokes



A ritual is intuitive. You work out how many 'strokes' you give and how many you should get in return.



The better you know each other, the more strokes you give.

Giving too few or too many strokes can cause discomfort...

STROKES

Eric Berne: *“A unit of human recognition”*

POSITIVE STROKES

Vital in childhood development

***I’m loved, I’m cuddled, I’m fed,
I’m played with, I matter...***

“I’m OK... You’re OK...”



- a genuine compliment
- a pleasant phone call
- a random act of kindness
- a pat on the back



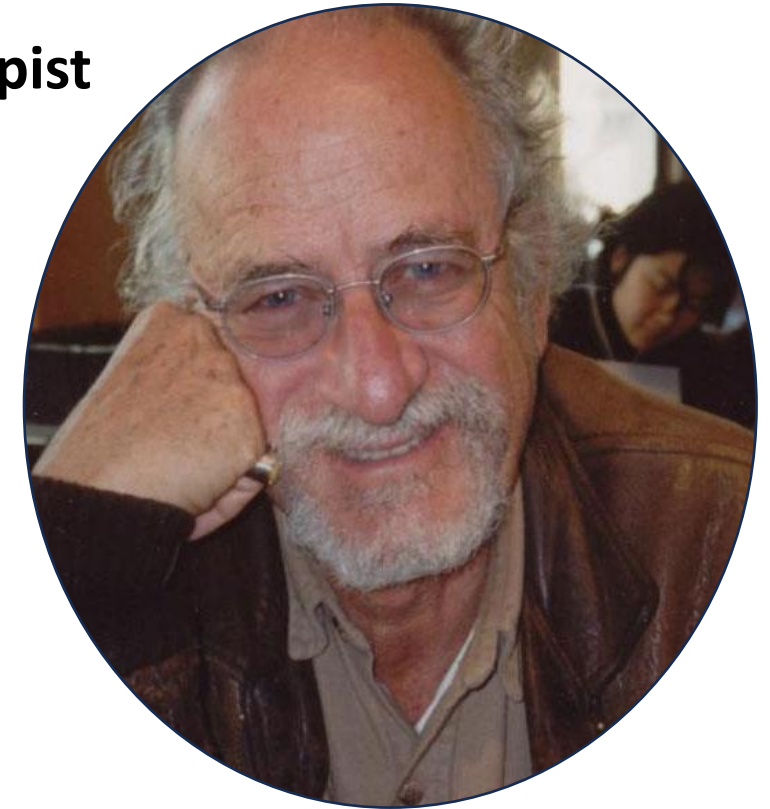
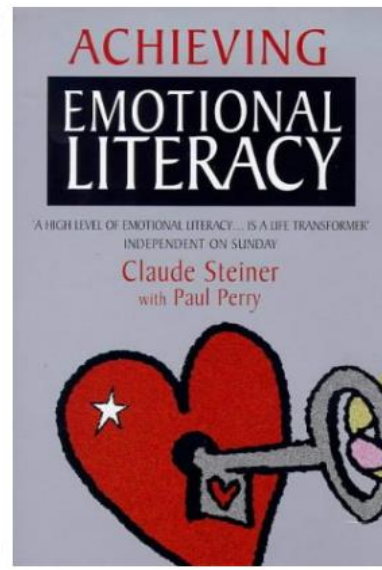
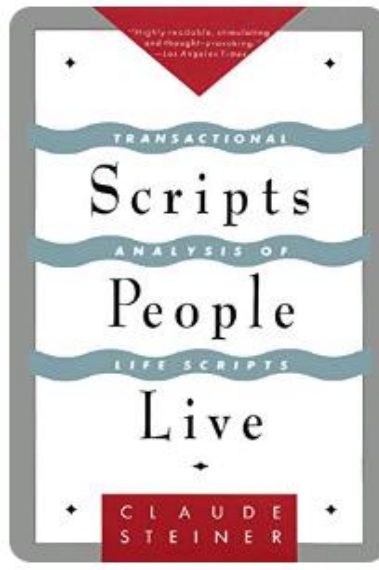
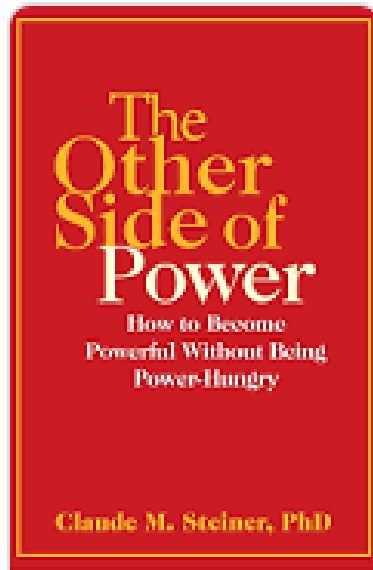
Frank always had trouble picking the exact moment when a business relationship would move from a handshake to a hug....



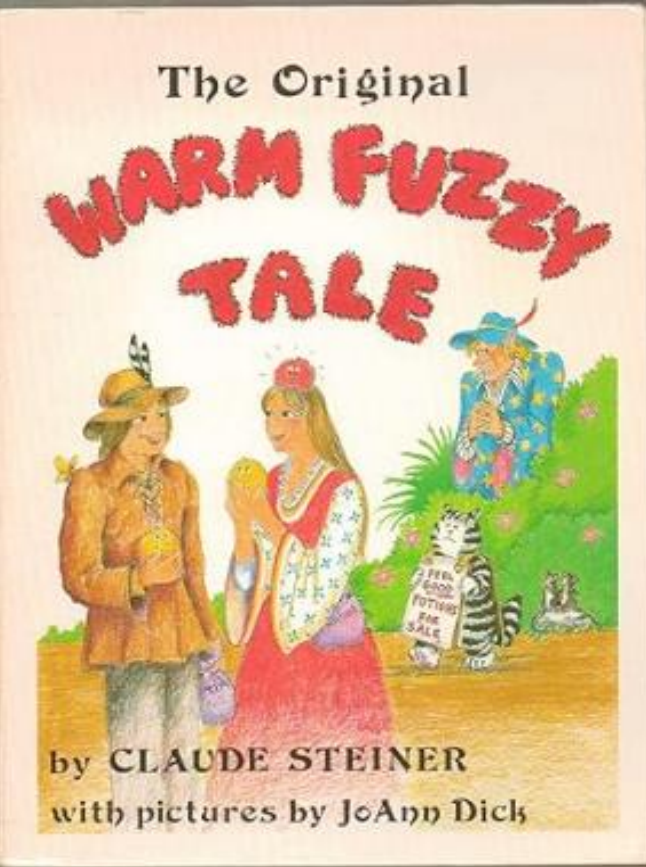
“Games are essentially devious, toxic and sometimes deadly methods of obtaining strokes.”

Claude Steiner PhD

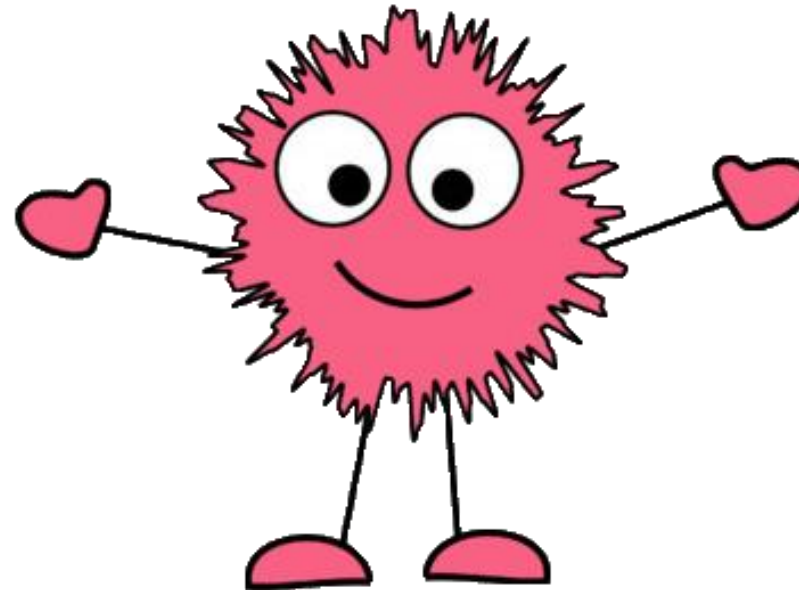
French-born American psychotherapist



- A desire for intimacy, to be ‘in’, to be valued
- Manipulation results in pseudo-intimacy
- We get what we want by ulterior means

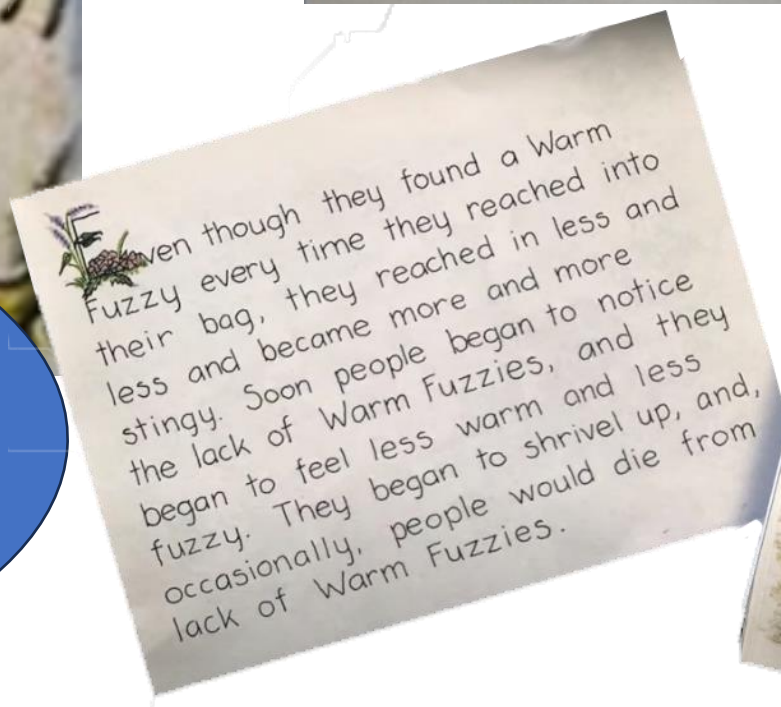
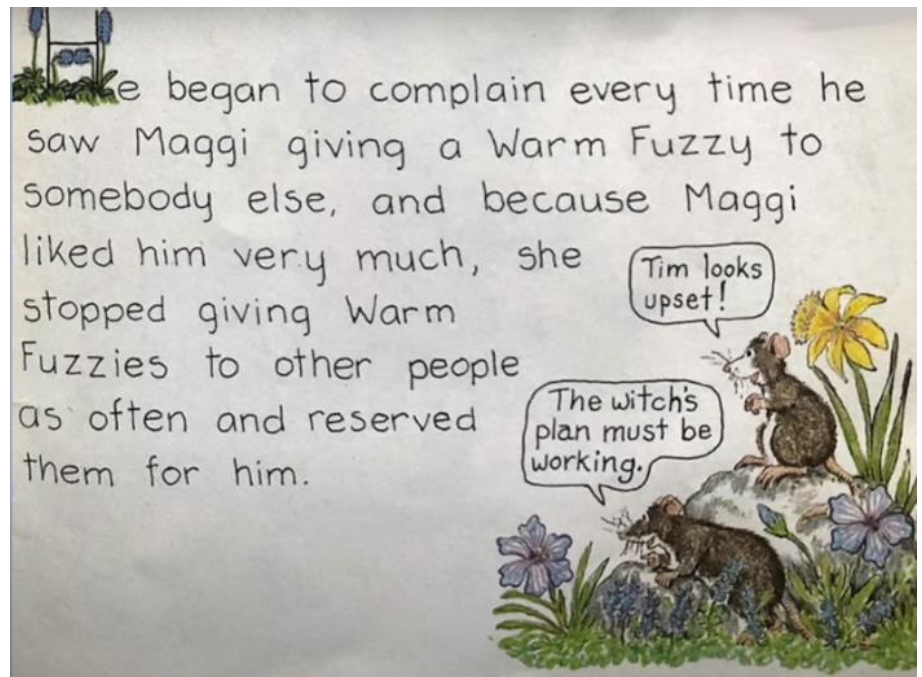


WARM FUZZIES!





Everyone else is getting so many warm fuzzies, eventually they will run out and there won't be any left for you!



PLAN
B



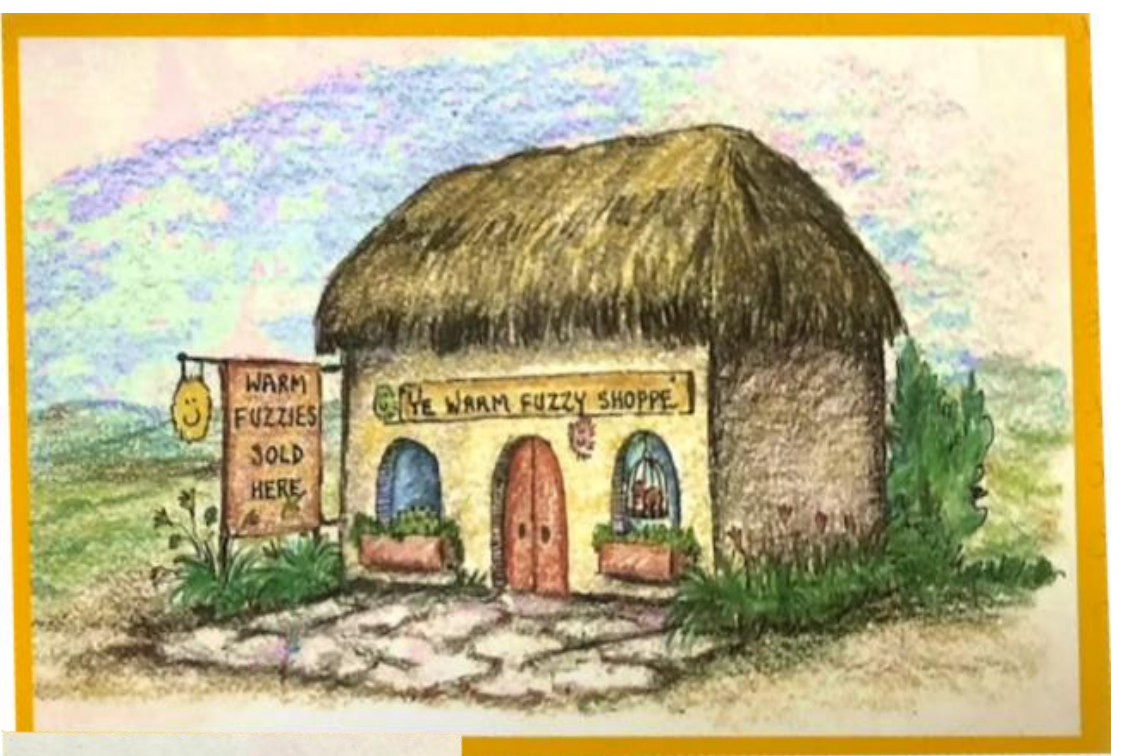
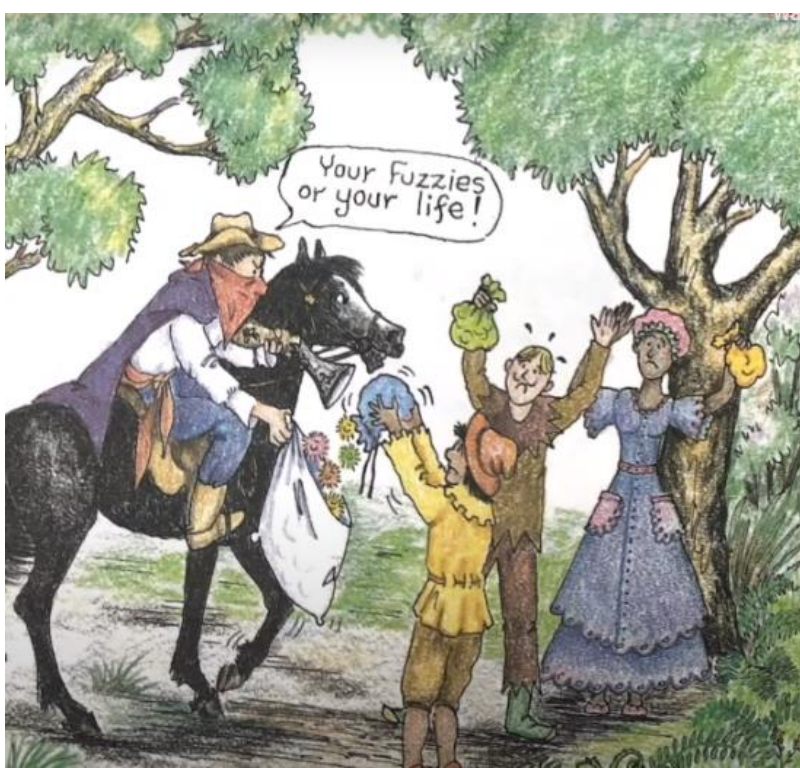
COLD PRICKLIES!



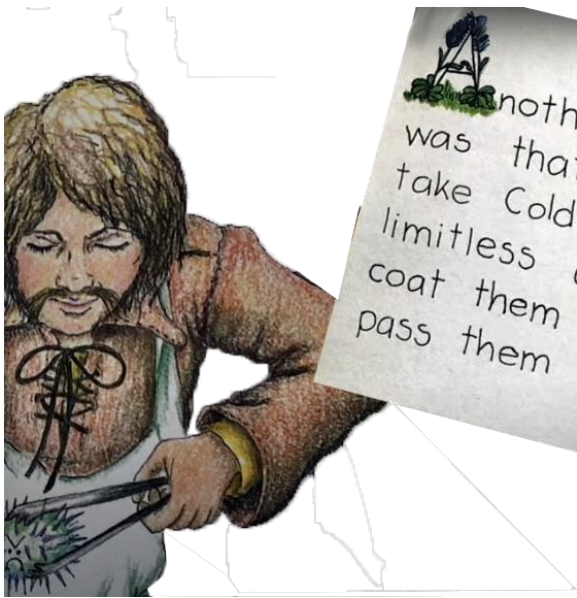
Everyone was given a bag that was very similar to the Fuzzy Bag except that this one was cold while the Fuzzy Bag was warm. Inside of the witch's bag were Cold Pricklies. These Cold Pricklies did not make people feel warm and fuzzy, but made them feel cold and prickly instead.



The situation got very complicated. Warm Fuzzies, which used to be thought of as free as air, became extremely valuable.



Another thing which happened was that some people would take Cold Pricklies --- which were limitless and freely available --- coat them white and fluffy, and pass them on as Warm Fuzzies.



The Struggle



Childhood Scripts

“Games are like worn-out loops of tape we inherit from childhood and continue to let roll. Though limiting and destructive, they are also a sort of comfort, absolving us of the need to really confront unresolved psychological issues. For some, the playing of games has become basic to who we are.”



Share in Buddy Groups

How do you feel when people give you negative or positive strokes?

How easy do you find it to ask for what you need?

15 minutes





Take a 5 min break..



3 Levels of Games

1st degree games

Mild, acceptable within the player's social group (Yes, But... PLOM)

2nd degree games

Socially unacceptable – players don't share it within the group, with people they know

3rd degree games

Real harm caused - can lead to injury, death and criminal charges

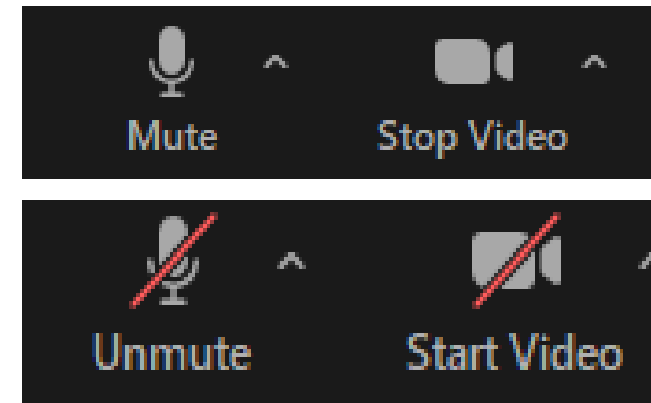
4th degree games

World stage games - played through politics, affecting communities, nations and the planet

Blaming & Fault-Finding Games



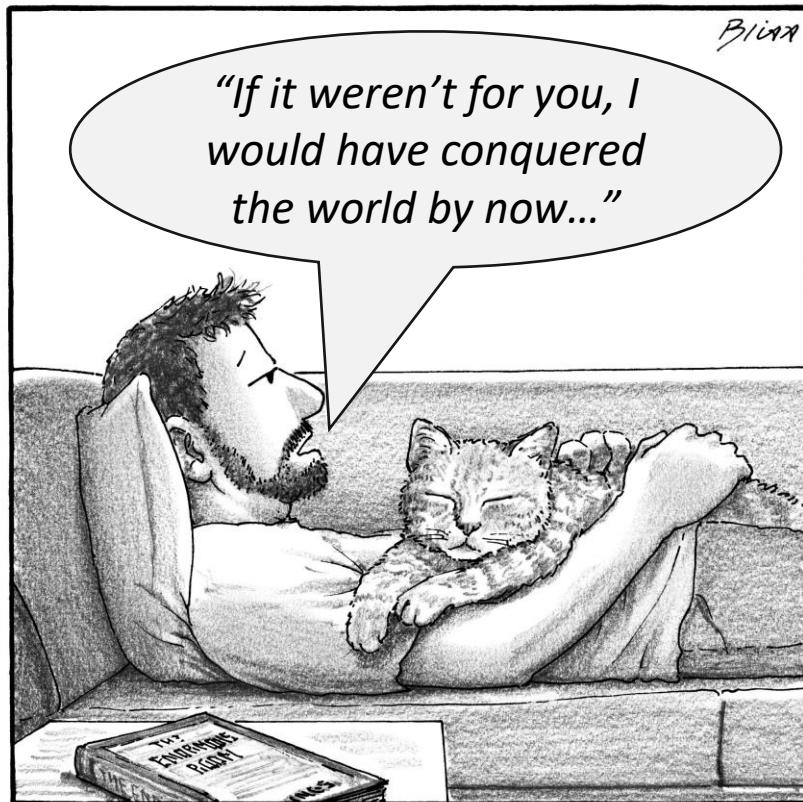
**Please Stop your Video
for better sound and
sync – thank you!**



Blaming & Fault-Finding Games

IF IT WEREN'T FOR YOU... (IWFY)

Another person or issue (or cat) is an obstacle to what I really want to do with my life



I don't want to take responsibility for my own fears or shortcomings, so I'll blame it on you...

Blaming & Fault-Finding Games

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
do helps me feel
better...

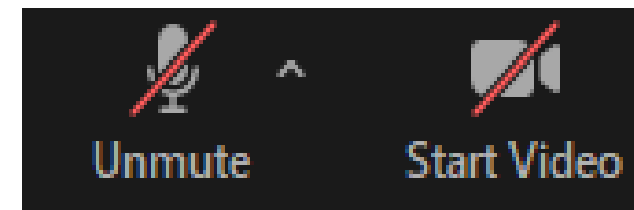
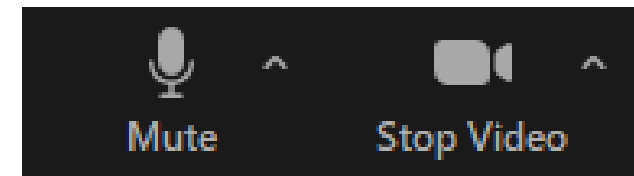
*"How could you just walk out on me like this?
And, by the way, 'nit-picking' has a hyphen."*

Blaming & Fault-Finding Games

LOOK WHAT YOU MADE ME DO!

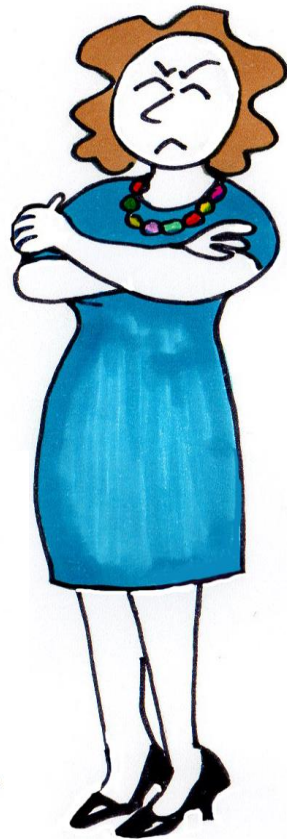


**Please Stop your Video
for better sound and
sync – thank you!**



Blaming & Fault-Finding Games

I'M ONLY TRYING TO HELP!



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.

Blaming & Fault-Finding Games

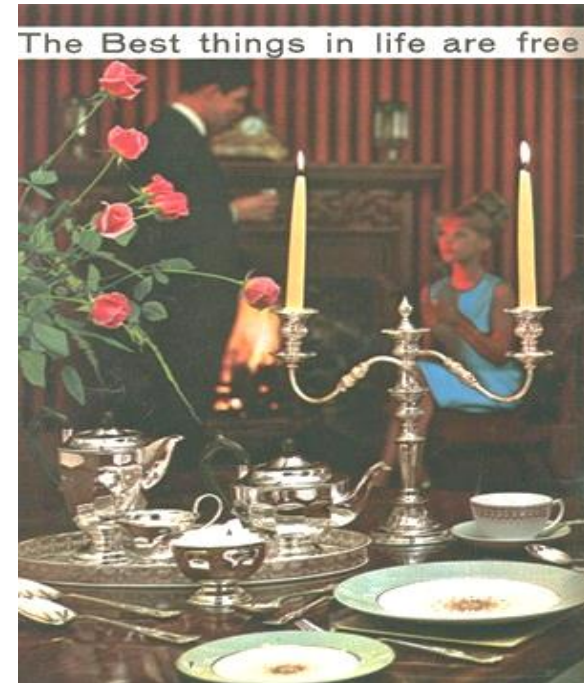
TRADING STAMPS

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



Regentone 19" television
Longines 9ct Gold watch
Kodak Brownie 8 Movie Camera
Kenwood Chef
Silver Cloud motorboat
(outboard motor not included!)

- 88 books
- 39½ books
- 13¼ books
- 33¼ books
- 170 books



“And another thing...!”



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!

Avoiding Games

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

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

- I don't want answers, I want attention and justification for my own inaction
- It also ultimately proves that you, the person trying to give me advice, are inadequate, not me!





Avoiding Games

POOR LITTE OLD ME (PLOM)

What can you expect of someone like me?

- I was bullied at school*
- I have a bad back*
- I'm no good at anything*
- People always have it in for me*



Used to excuse bad behaviour
and avoid change

*"You'll say it
better than I
could..."*

Avoiding Games

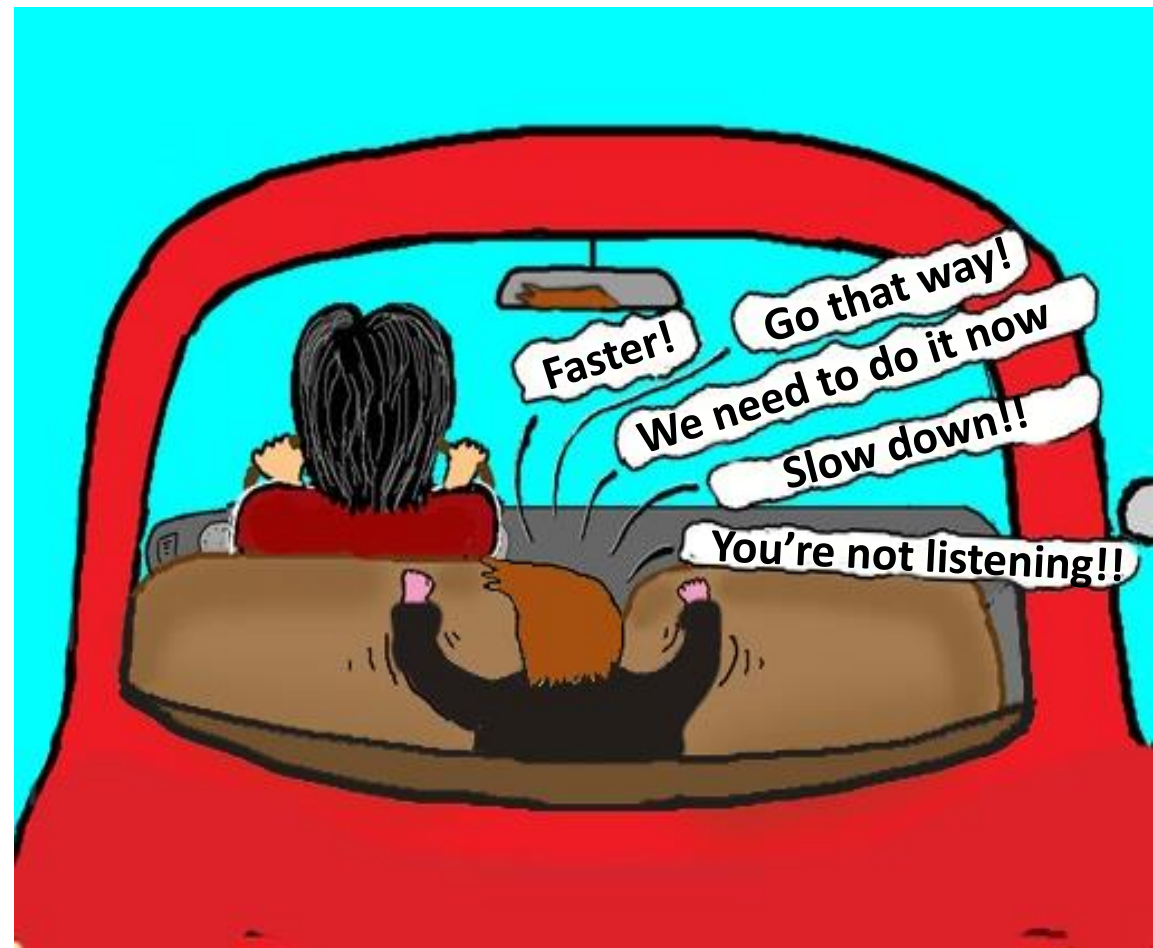
SHOOT MY BULLETS!

SHOOT MY
BULLETS



I get you to say
the difficult things I
should be saying

BACK SEAT DRIVER



More Games

HARRIED

- I try to be proficient in a dozen different tasks or roles, eg mother, administrator, running the home, community work, volunteer...
- These are often conflicting and exhausting roles, but and I take on more and 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

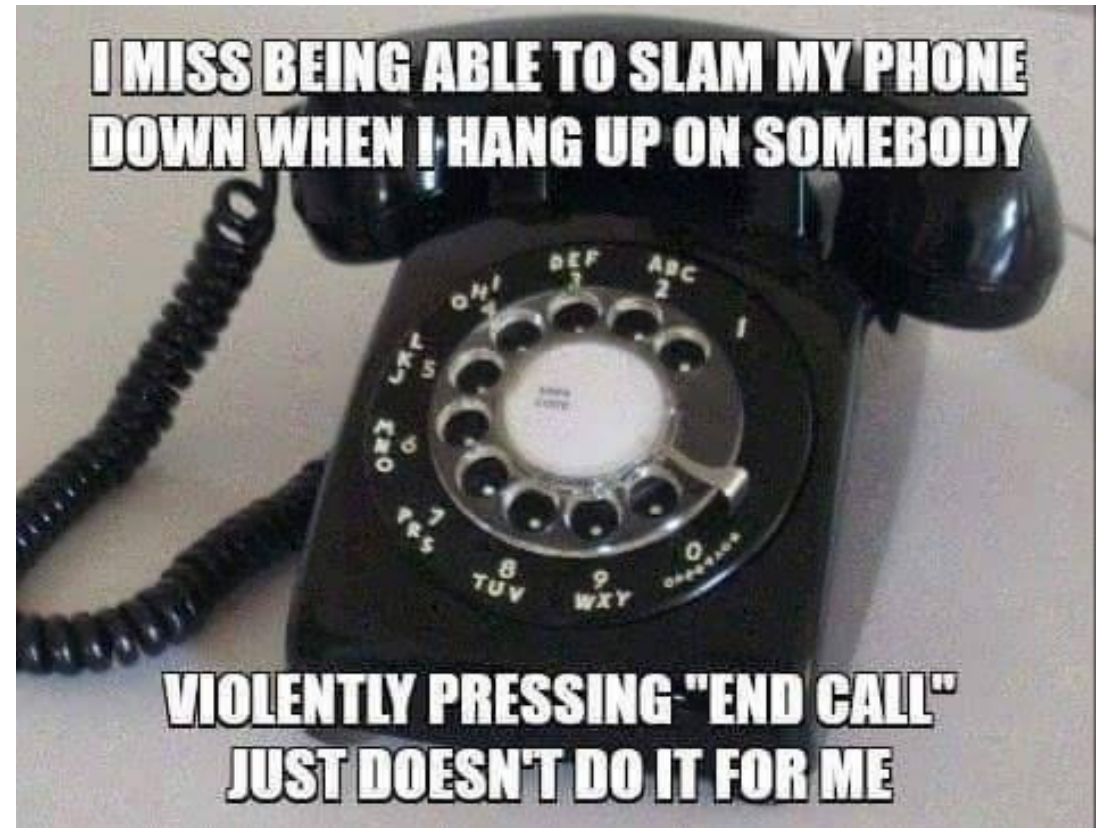


The player acts out of inadequacy, a need to be valued by others and fear of being seen as a fraud.

More Games

HIT AND RUN


I will hang up the phone, slam the door on you,
walk away without explanation – leaving you helpless



More Games

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?*

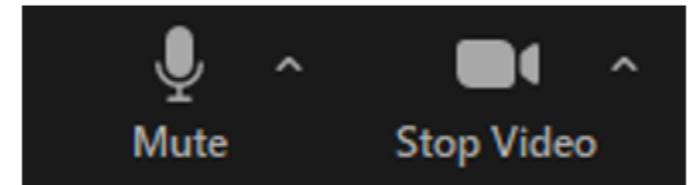
*I chose a partner who would
expose my deficiencies and save
me the embarrassment of
having to expose them myself.
My parents used to do this for
me when I was little...*



Identify the Game!



**Please Stop your Video
for better sound and
sync – thank you!**

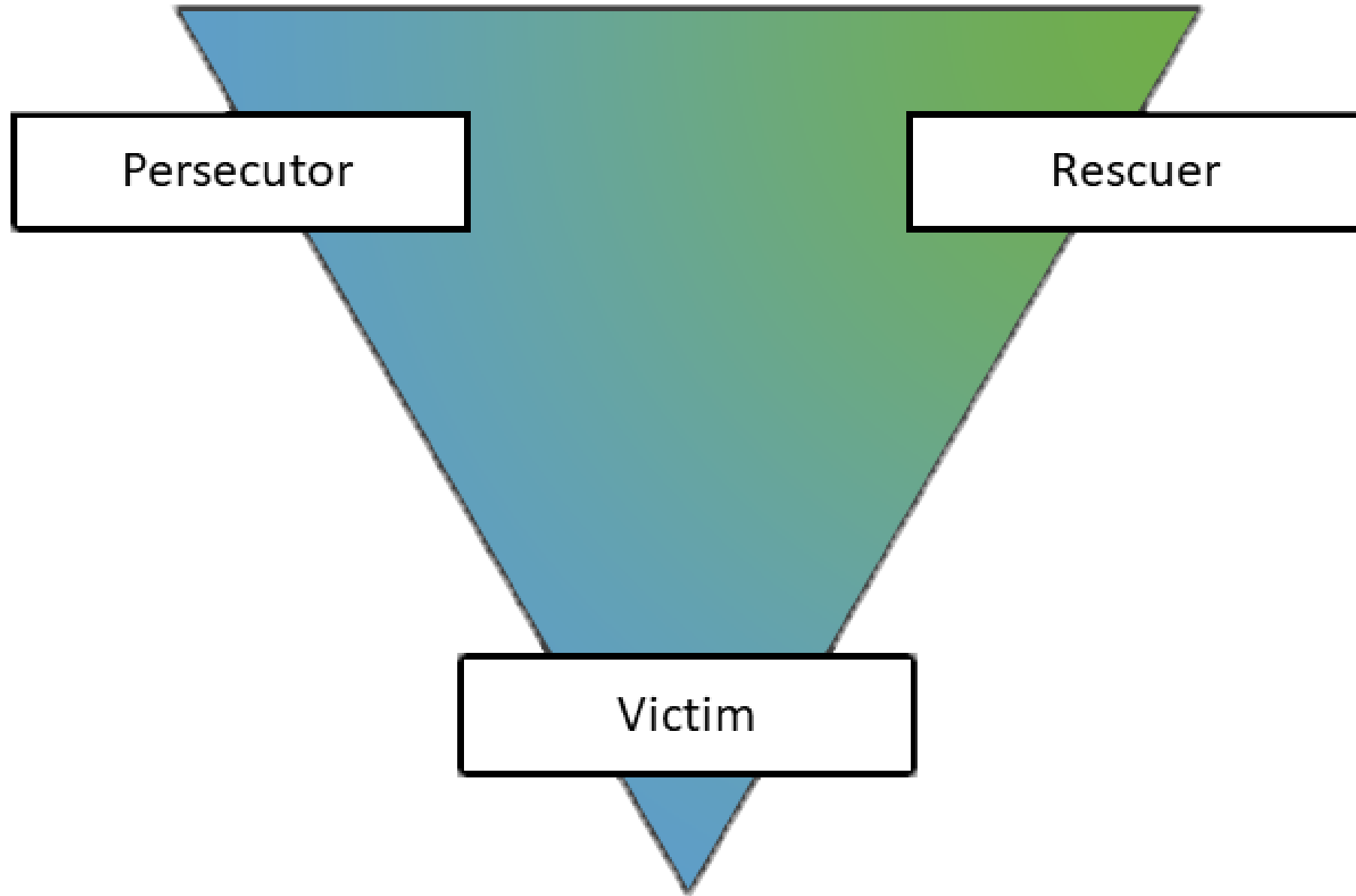


Sarah's Feelings in the Role Play



“I had a genuine increasing anxiety as the conversation went on. Like, this isn’t going the way I want it to, and I felt very uncomfortable. The anxiety built and I felt powerless in that. And then when Brenda disappeared, I just felt like I’d gone down a black hole. I was left carrying everything, holding everything, there was no sharing of responsibility. I was left thinking, ‘what did I do?’, instead of us figuring it out together...”

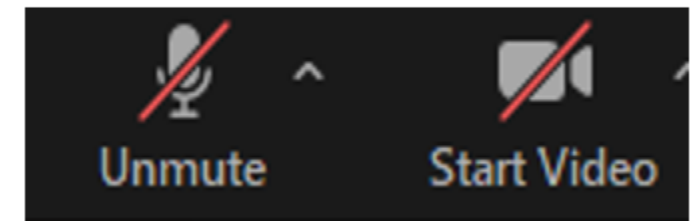
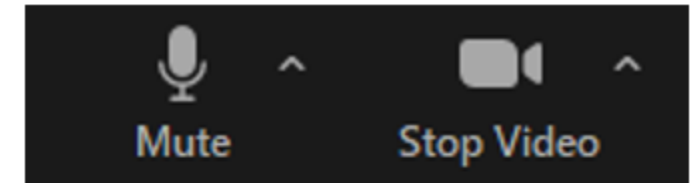
Beware the Triangle!



Identify the Game!



**Please Stop your Video
for better sound and
sync – thank you!**



Share in Buddy Groups

Do you identify with any of the games? Discuss together!

15 minutes



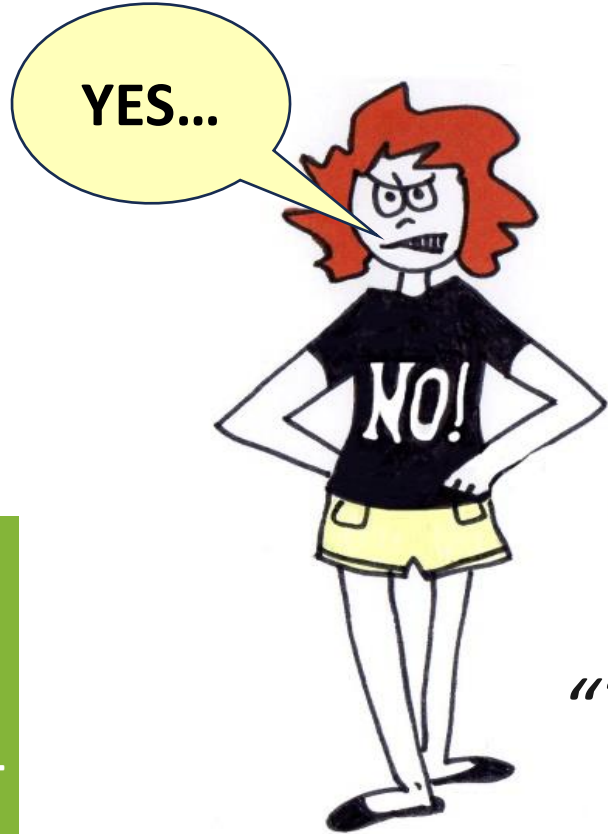


Take a 5 min break..



What is Passive-Aggressive Behaviour?

“A type of behaviour or personality characterised by indirect resistance to the demands of others, and an avoidance of direct confrontation:



For example:

- procrastinating - pouting*
- ‘losing’ important materials”*

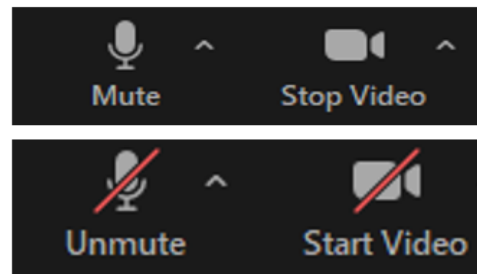


“The act of being covertly spiteful with the intent of inflicting pain.”

Identify the Game!



**Please Stop your Video
for better sound and
sync – thank you!**



Stopping Playing Games

**We can get lost in a game and only realise
that the game was being played later!**

1. What was the trigger point?
2. Reconstruct what happened – how did it start – who started it?
3. What were your feelings before... during... after the game?
4. How did the game end?
5. What needs of yours were being hooked into?
 - a) Did you need approval? Can you live with disapproval?
 - b) Did you need to be understood? Can you let go of that need?

Stopping Playing Games

As we become familiar with unconscious games we play, and recognise the tactics we employ, we gain insight and become more self-aware.



**STEP OUT OF THE
DRAMA TRIANGLE!**



Share in Buddy Groups

Final thoughts and goodbyes – exchange details if required

15 minutes







Resources

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

Cards



e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack

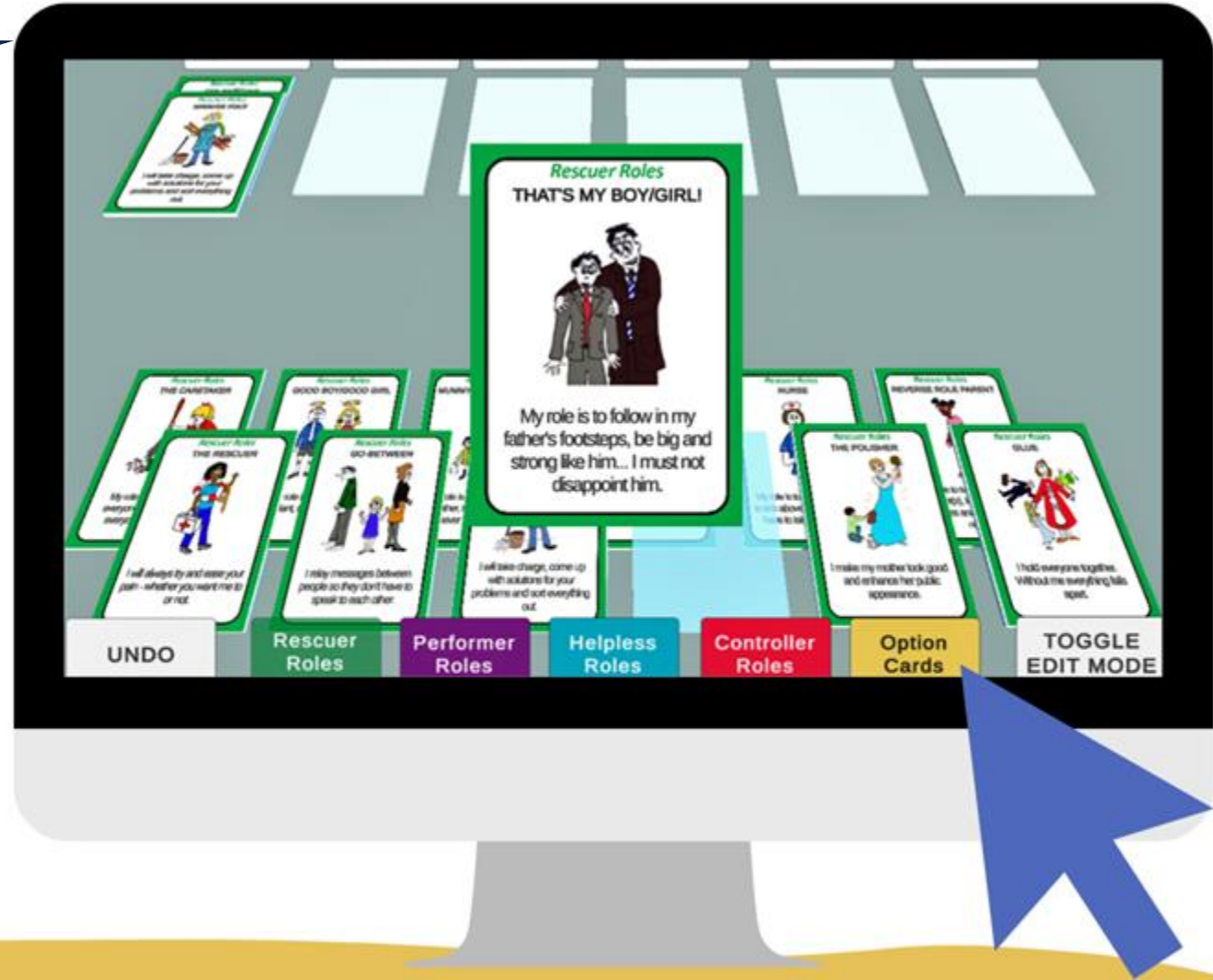


Therapeutic Sandscapes™
Online Pack

pact-resources.co.uk

Now
Available!

Use the Roles
Played in Families
& other cards
online!



pact-resources-online-co-uk

3 for 2 on all videos

Missed a course?

Visit our online
training library

- Instant, lifetime access
- CPD cert included



Neuroscience in a Nutshell
£30.00



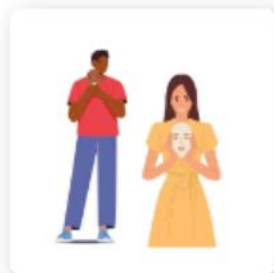
Using Erikson's Life Stages
in Counselling
£30.00



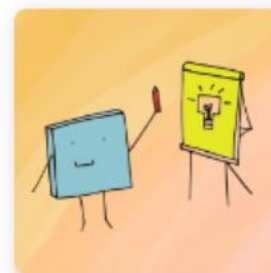
6 Ways of Working with
the Inner Child - Training
Video
£30.00



Building Boundaries
Breaking Barriers -
Training Video
£30.00



Imposter Syndrome -
Training Video
£30.00



Psycho-integration for
Counsellors - Training
Video
£30.00



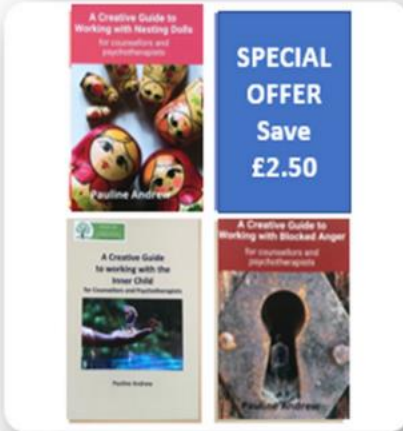
Trust and Betrayal -
Training Video
£30.00



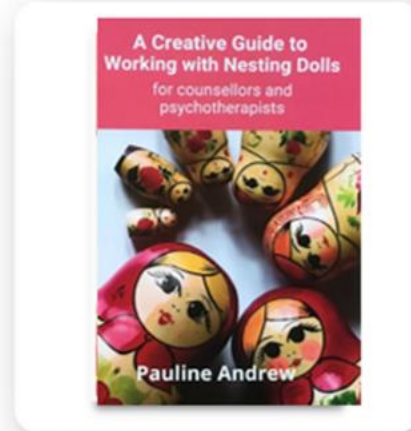
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

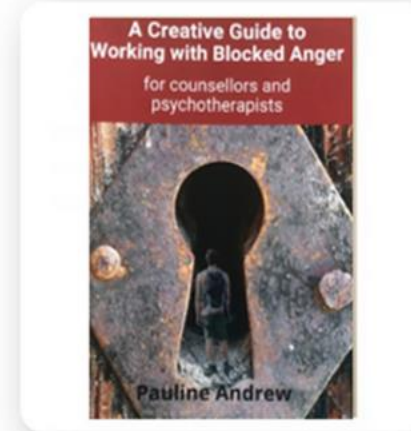
Books



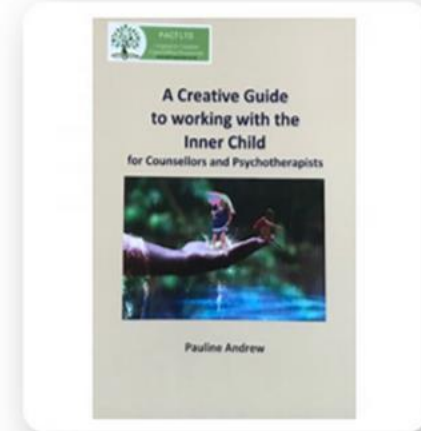
Special offer – save
£2.50 when you buy
all 3 books
£32.00



A Creative Guide to
Working with Nesting
Dolls
£11.50



A Creative Guide to
Working with
Blocked Anger
£11.50



A Creative Guide to
Working with the
Inner Child
£11.50

Also available on Kindle

pact-resources.co.uk

What's up next?



28
OCT

Online Event

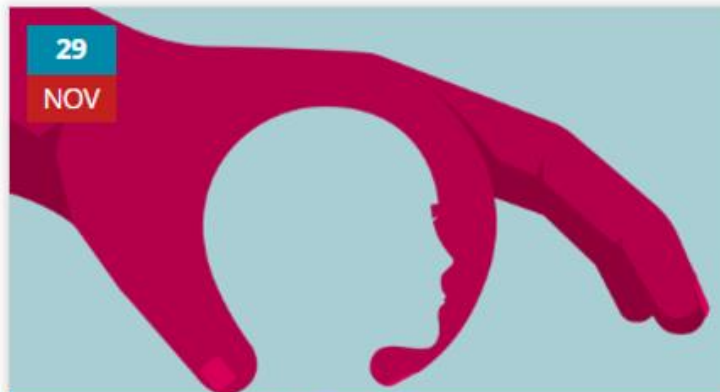
Managing my Life, Maximising my
Practice with Dr Chris -
Sat Oct 28



31
OCT

Online Event

Using different kinds of cards with
Artwork -
Tues Oct 31



29
NOV

Online Event

The Subtle Power of Toxic Relationships -
Wed Nov 29



02
DEC

Online Event

Working Creatively with Blocked Anger -
Sat Dec 2

Connect with us

**Search on Facebook:
'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

YouTube

Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body & Beyond'

- Videos on Life, the Brain and Relationships
- Please subscribe!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

We need your
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