TRANSACTIONAL ANALYSIS (TA)

- PERSONALITY PSYCHOLOGICAL THEORY

- THEORY of COMMUNICATION

TRANSACTION

INFLUENCED by PSYCHOANALYSIS by FREUD

EXCHANGE of TWO STROKES BETWEEN 2 PERSONS:

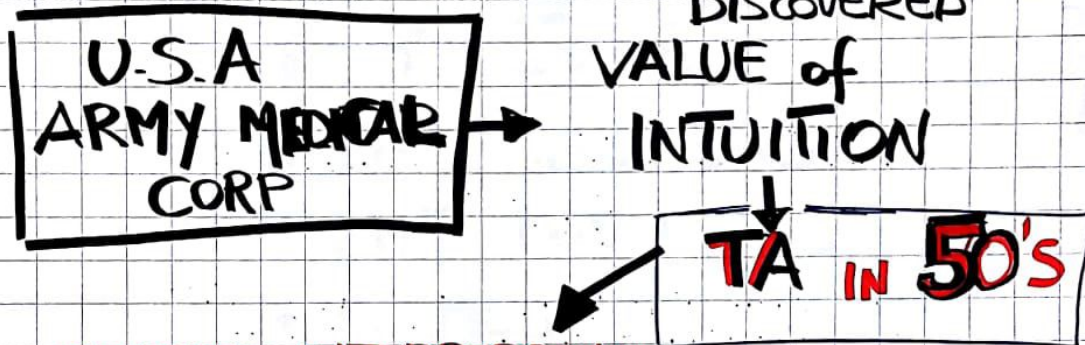- STIMULUS : "HI"
- RESPONSE : "HI"

SOCIAL INTERACTION

If you want more, or you want support, you can contact me on my email:

laris.guerri@gmail.com

ERIC BERNE (1910 MONTREAL)

CANADIAN PSYCHIATRIST

U.S.A ARMY MEDICAL CORP → DISCOVERED VALUE of INTUITION

TA IN 50's

- MAPPED INTERPERSONAL RELATIONSHIPS ACCORDING TO 3 EGO STATES of THE INDIVIDUALS INVOLVED: P,A,C.

- INVESTIGATED COMMUNICATION based on THE CURRENT EGO STATE of EACH INDIVIDUAL.

- PEOPLE CAN CHANGE.

- ALL HAVE THE RIGHT TO EXIST AND TO BE ACCEPTED.

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PILLARS of TA

- **EGO STATES**
- **TRANSACTIONS**
- LIFE POSITIONS   !
- GAMES
- INJUNCTIONS   (DON'T...)
- LIFE SCRIPT

LIFE POSITIONS: TA IDENTIFIES 4 BASIC LP$_s$ MADE ON DECISIONS TAKEN IN CHILDHOOD

THESE DETERMINE HOW PEOPLE FEEL ABOUT THEMSELVES AND HOW THEY RELATE TO THE OTHERS

LIFE SCRIPT 5 y.o.

"UNCONSCIOUS LIFE PLAN"

	−	+
(+)	-I'M OK -YOU ARE NOT OK	-I'M OK -You ARE OK
(−)	-I'M NOT OK -You ARE NOT OK	-I'M NOT OK -You ARE OK

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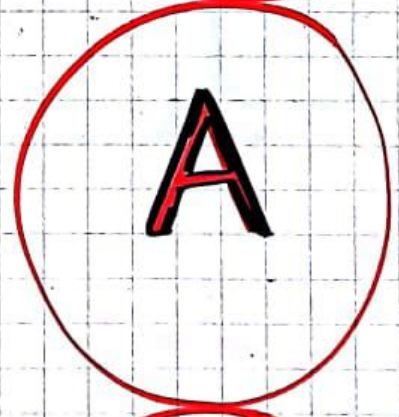
laris.guerri@gmail.com

EGO STATES

— YOU MUST...
— I TAKE CARE...
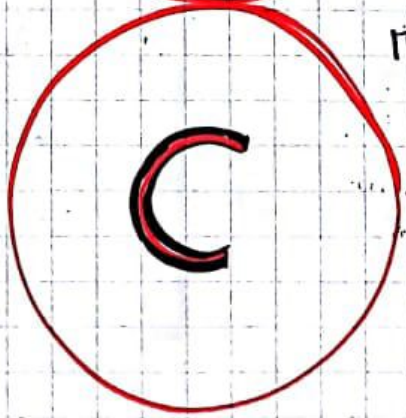— "POINTED FINGER"
— YOU DON'T KNOW HOW TO...

P
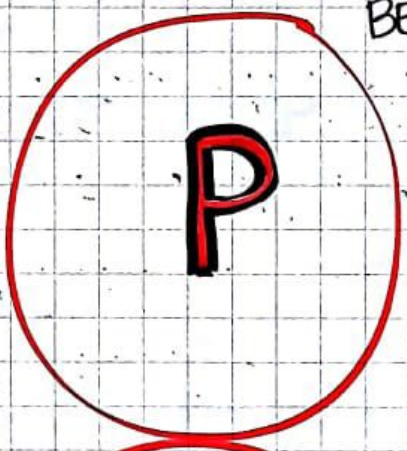
BELIEFS, TRADITIONS, SENSE of DUTY, MORAL, JUDGEMENT, ...

RECORDED IN CHILDHOOD BY PARENTS, CAREGIVERS, EDUCATORS, ...

— "ON MY OPINION"
— RELATIVE THINGS

A

REGISTERS DATA of REALITY AND PERMITS ANSWERS AND BEHAVIORS COHERENT WITH REALITY
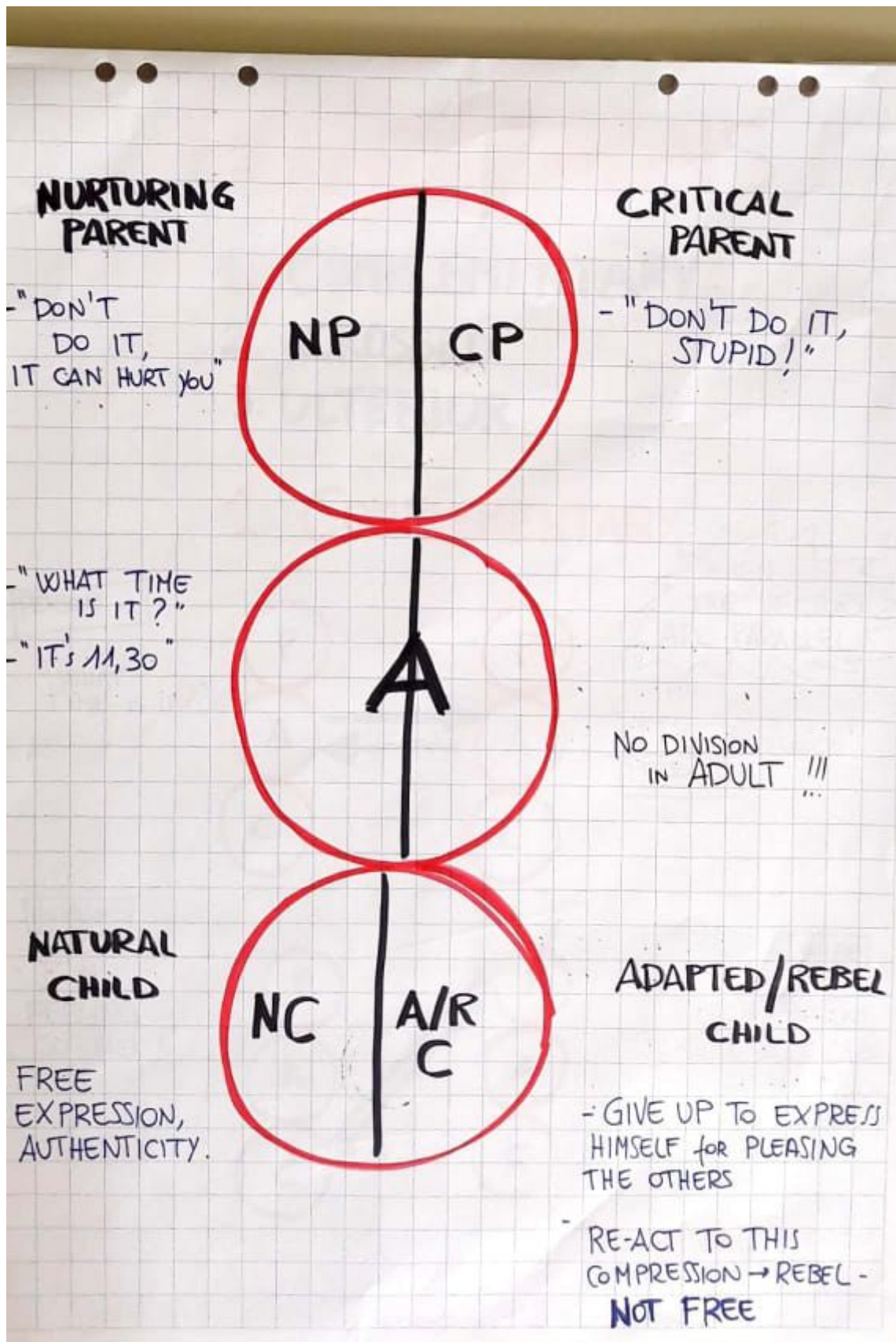
— "IT'S AMAZING!"
— LAUGHING OR CRYING
— I DON'T CARE ...

C

IT HAS RECORDED EMOTIONS AND FEELINGS FROM CHILDHOOD: FEAR, JOY, ASTONISHMENT, FRUSTRATION, FREEDOM,.... ENTHUSIASM, PLAY...

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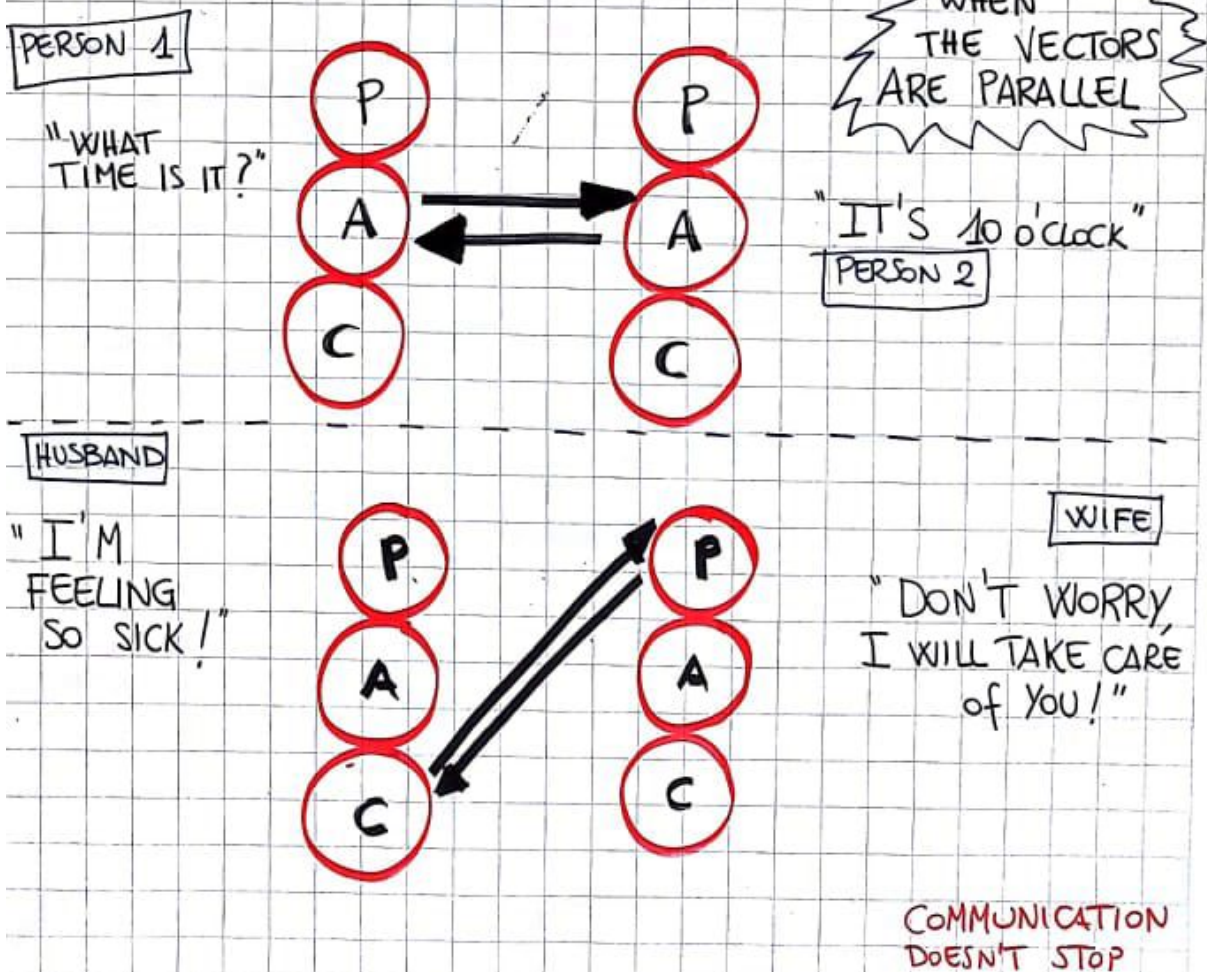
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NURTURING PARENT

- "DON'T DO IT, IT CAN HURT YOU"

- "WHAT TIME IS IT?"
- "IT'S 11,30"

NATURAL CHILD

FREE EXPRESSION, AUTHENTICITY.

CRITICAL PARENT

- "DON'T DO IT, STUPID!"

NO DIVISION IN ADULT !!!

ADAPTED/REBEL CHILD

- GIVE UP TO EXPRESS HIMSELF for PLEASING THE OTHERS

- RE-ACT TO THIS COMPRESSION → REBEL - NOT FREE

NP | CP

A

NC | A/R C

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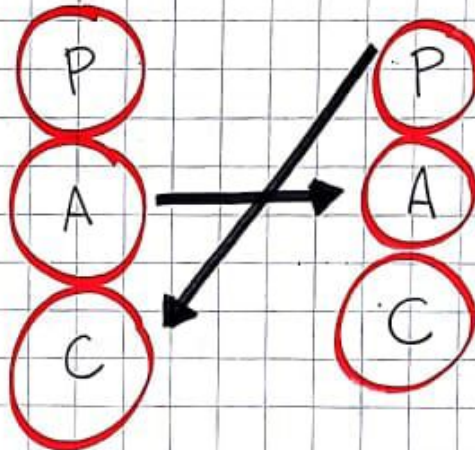
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2. CROSSED

HUSBAND

WHERE ARE MY KEYS?"

WHEN VECTORS CROSS !!

WIFE

LITTLE SHOCK WHICH BRINGS A CHANGE...

"WHERE YOU LEFT LAST TIME!"

COMMUNICATION STOPS !

3. ULTERIOR

COLLEAGUE 1

"HOW WAS MY PRESENTATIONS?"

"(I'M UNSAFE AND I NEED TO BE REASSURED")

COLLEAGUE 2

— "NORMAL"...

— ("IT SUCKED, STOP BOTHERING

DANGEROUS: 2 MESSAGES: 1 SOCIAL
                          1 PSYCHOLOGICAL (HIDDEN)

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