



TRANSACTIONAL ANALYSIS

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TRANSACTIONAL ANALYSIS

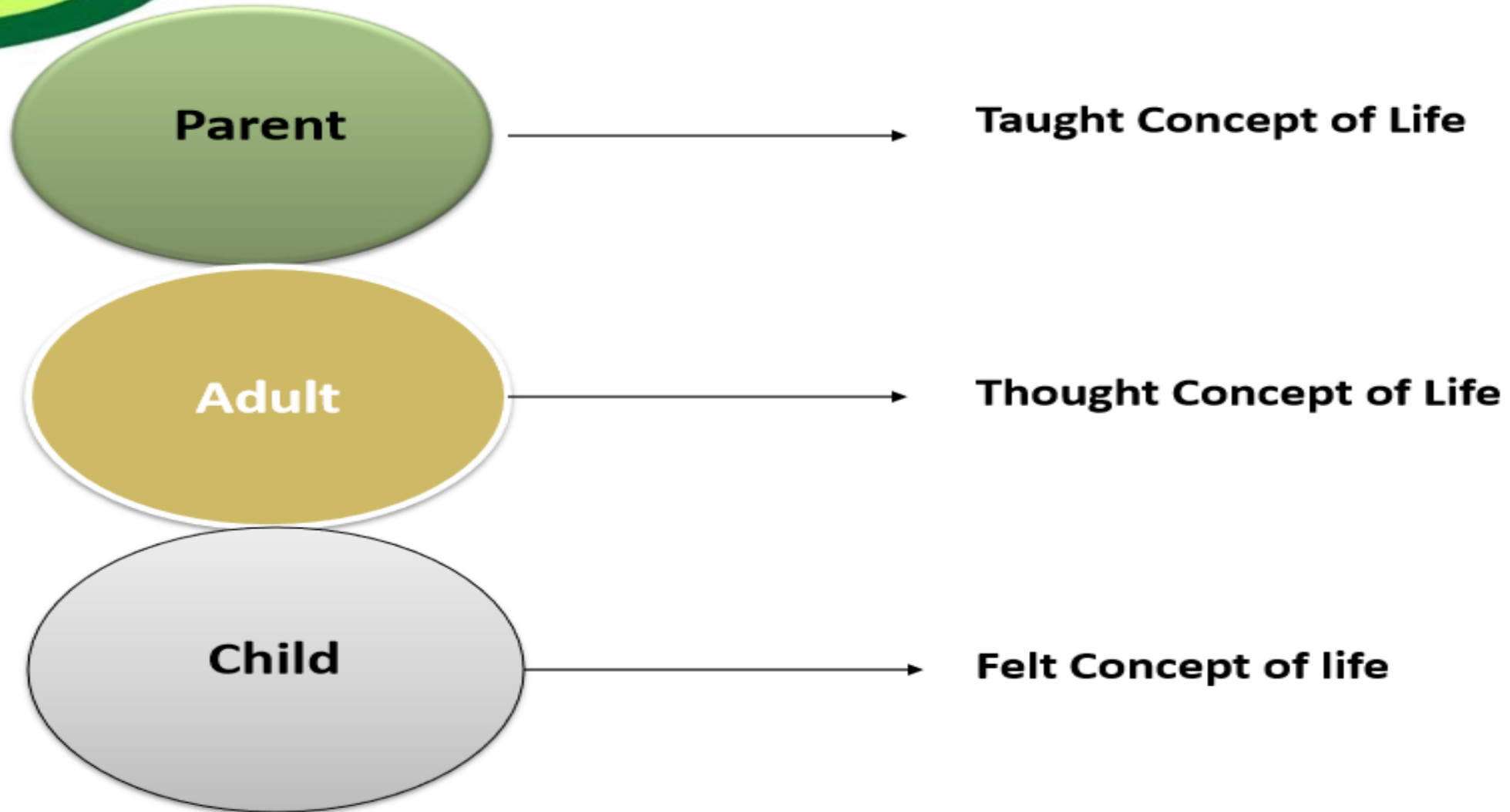
- Transactional analysis (TA) is both a theory of personality and an organized system of interactional therapy.
- Transactional analysis is a technique used to better understand one's own behavior and others, especially in interpersonal relations.
- It can also be defined as a system of analyzing and understanding human relationships.

- Transactional analysis was originally developed by the late **Eric Berne** who was trained as a Freudian psychoanalyst and psychiatrist.
- TA evolved out of Berne's dissatisfaction with the slowness of psychoanalysis in curing people of their problems. time consuming, complex, and poorly communicated to clients.
- TA developed as an extension of psychoanalysis with concepts and techniques especially designed for group treatment.

- Transactional analysis is rooted in an antideterministic philosophy. It places faith in our capacity to rise above habit patterns and to select new goals and behavior. (*which doesn't mean that we are free from the influences of social forces*).
- It acknowledges that we were influenced by the expectations and demands of significant others, especially because our early decisions were made at a time in life when we were highly dependent on others.
- But these early decisions can be reviewed and challenged, and if they are no longer serving us, then new decisions can be made.



The basic Structure of Human Personality



BASIC IDEA OF TA

- *ANALYSIS OF SELF AWARENESS*
 - *ANALYSIS OF EGO STATES*
- *ANALYSIS OF TRANSACTIONS*
- *ANALYSIS OF LIFE POSITIONS*
 - *SCRIPT ANALYSIS*
 - *GAME ANALYSIS*
 - *STROKE ANALYSIS*

EGO STATES

- An ego state is a set of related thoughts, feelings, and behaviors in which part of an individual's personality and manifested at a given time.
- Each person has a basic trio of **Parent, Adult, and Child (P-A-C)**.
- Individuals constantly shift from one of these states to another, manifesting behavior congruent with the ego state of the moment.

PARENT EGO STATE

- The parent ego state contains the values, morals, core beliefs, and behaviors incorporated from significant authority figures, primarily one's parents.
- Outwardly, this ego state is expressed toward others in critical or nurturing behavior.
- When we are in the Parent ego state, we react to situations as we imagine our
- parents might have reacted, or we may act toward others the way our parents acted toward us.

- The parent contains all the “shoulds” and “oughts” and other rules for living.
- We may use some of their very phrases, and our posture, gestures, voice, and mannerisms may replicate those that we experienced in our parents.
- **Nurturing parent** - comforts, praises and helps others .
- **Critical parent** – finds faults, displays prejudices, disapproves and prevents others from feeling good about themselves

ADULT EGO STATE

- The adult ego state is the processor of data.
- It is the objective part of the person, which gathers information about what is going on.
- It is not emotional or judgmental but works with the facts and with external reality.

CHILD EGO STATE

- The Child ego state is the original part of us and is most naturally who we are. It consists of feelings, impulses, and spontaneous actions and includes “recordings” of early experiences.
- The **Natural Child** behaves as a child would do naturally, bringing together creativity, intuition and curiosity. The Natural Child enjoys life, expressed itself freely its feelings of happiness, sadness, anger and fear depending on the situation, and is spontaneous.

- The **adapted child** adapts its behaviour under the influence of its parents, behaving in the way that its parents would like it to, (*with obedience or precociousness or perhaps also by showing reserve, by being vindictive or rebellious*).

Nurturing Parent

NP

CP

Controlling Parent

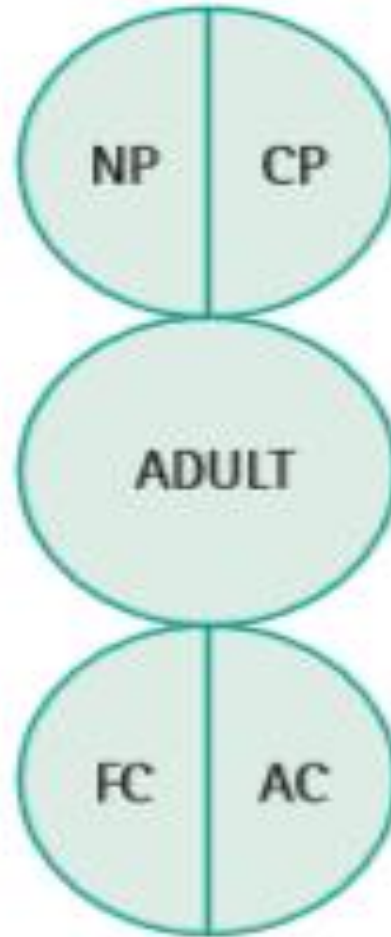
ADULT

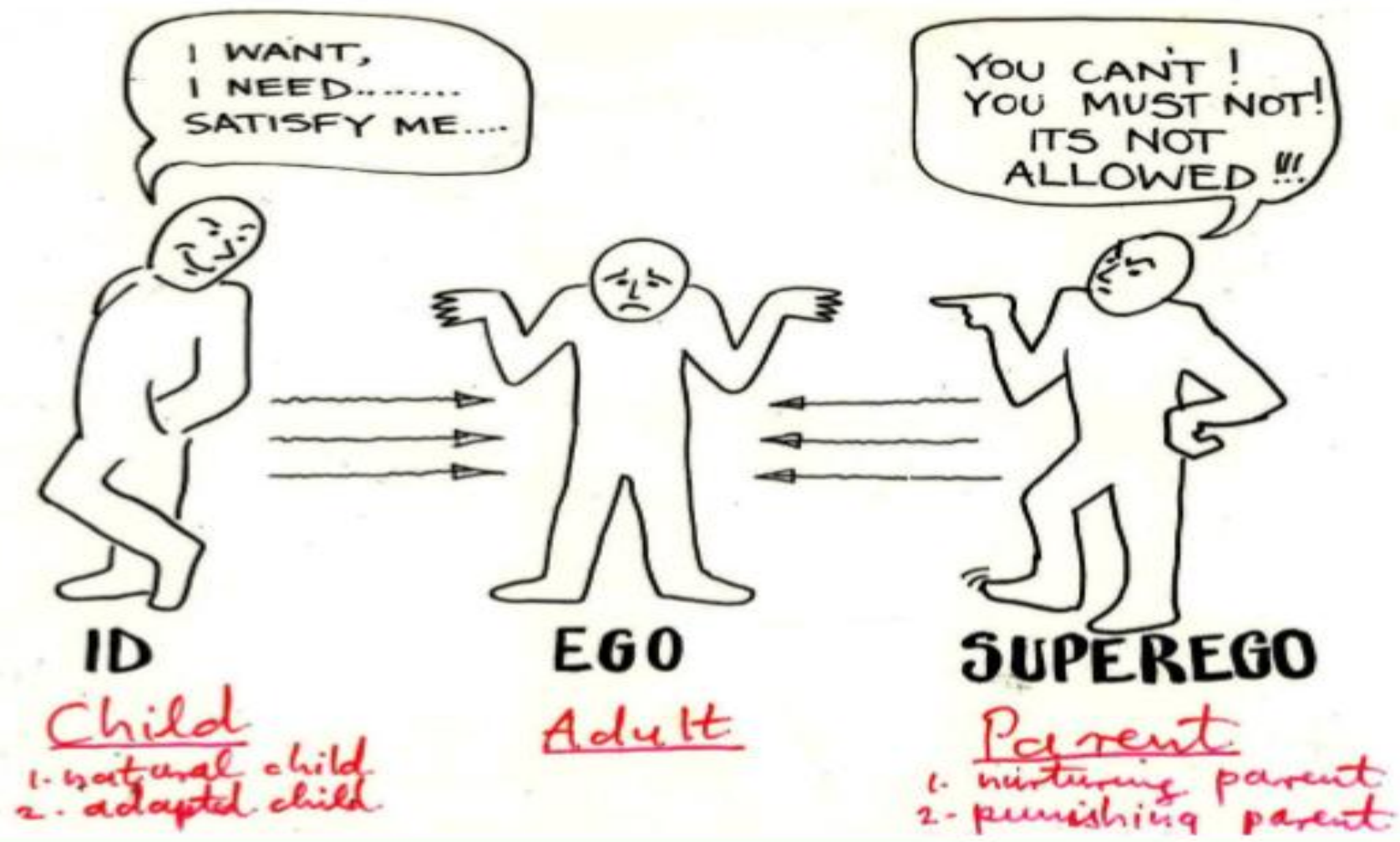
Free Child

FC

AC

Adapted Child





FREUD:BERNE

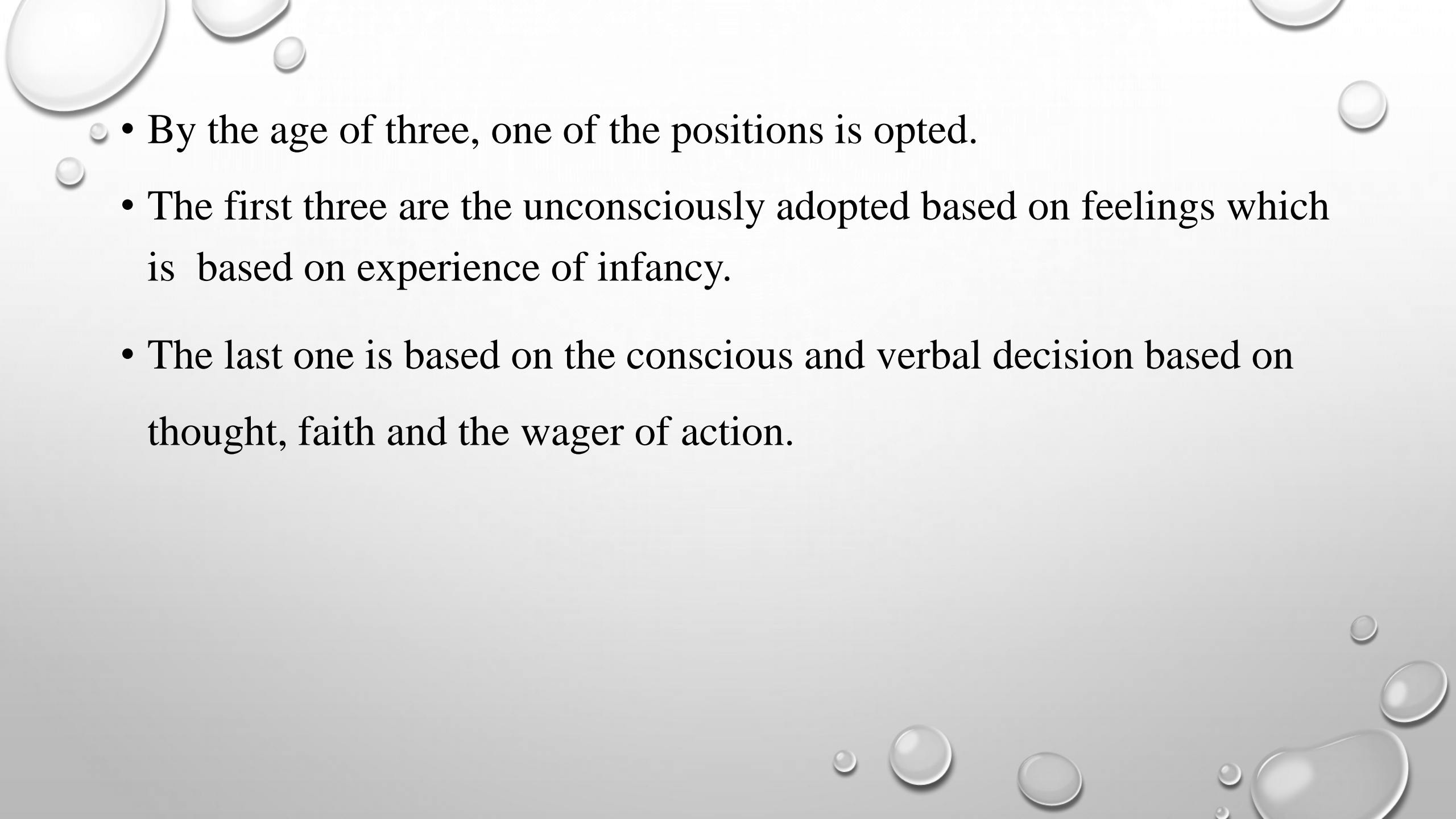
- Freud's mental states: **ID, EGO, SUPEREGO**
- Berne's ego states: **CHILD, ADULT, PARENT**
(natural child Adapted child: nurturing p. punishing p.)

WHICH EGO STATE ??????.....

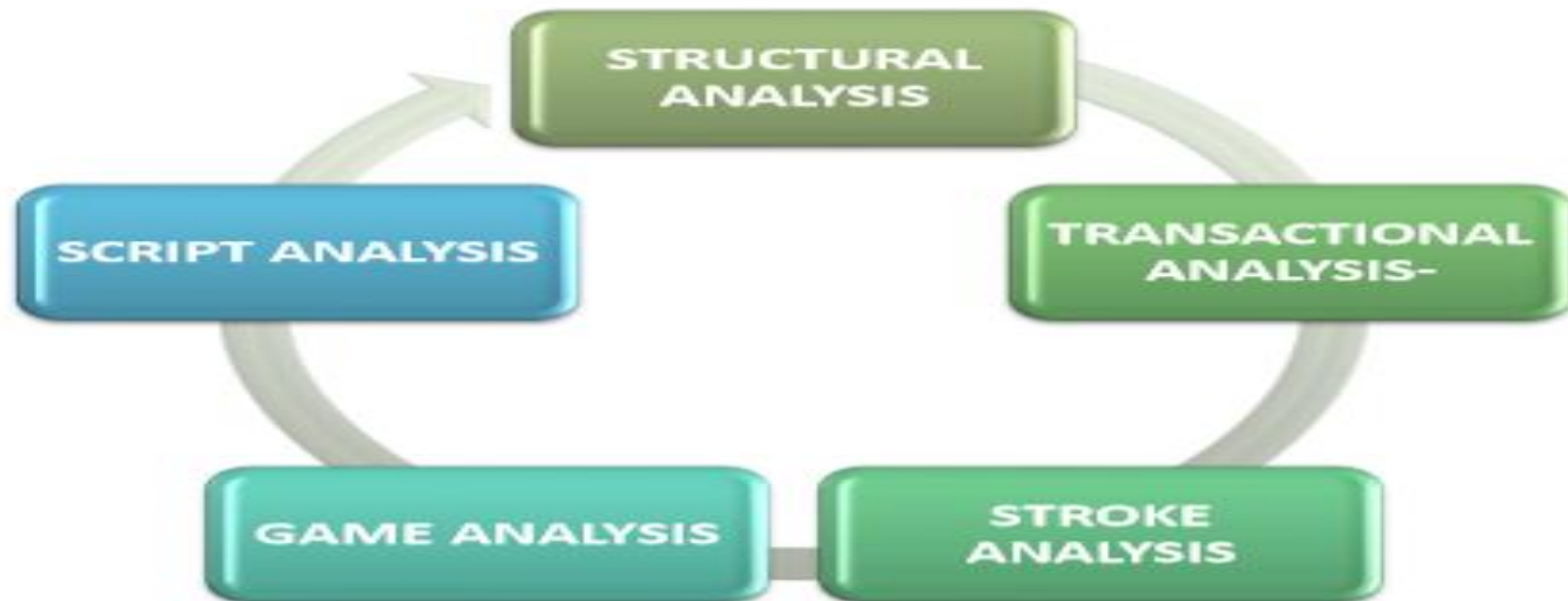
- It's not my fault my drink got spilt on your new carpet .
- I wonder what might have caused that accident .
- For goodness sake, clean up that mess.
- I refuse to get involved in this incident.

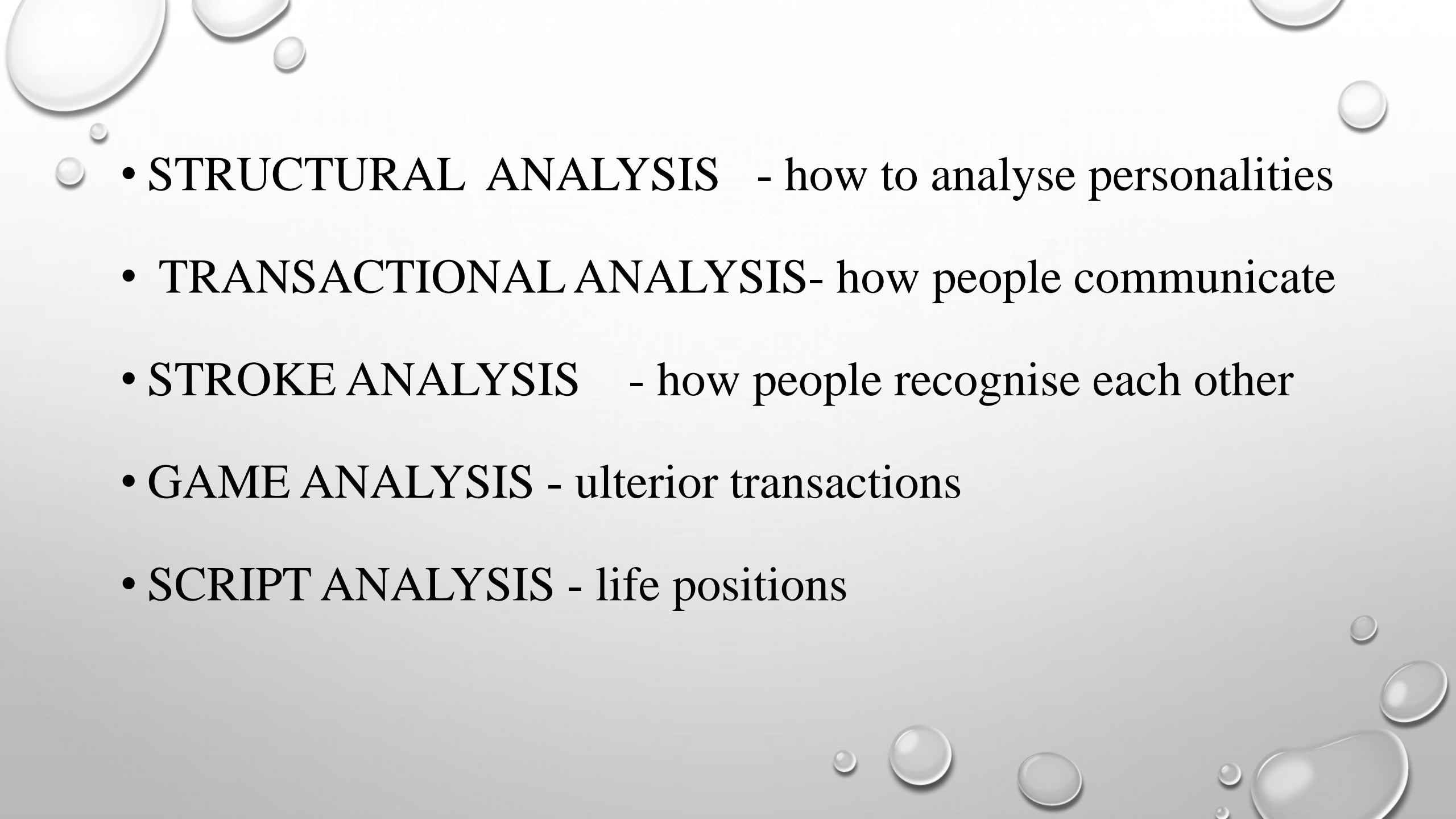
LIFE POSITIONS

- Four positions (personalities) are possible in human life based on the transactional analysis:-
- **1.I'm not ok – you're OK. (*get rid of each other*)**
- **2. I'm not ok – you're not ok.(*I'll never get anywhere*)**
- **3. I'm ok – you are not ok. (*get away from me*)**
- **4. I'm ok – you're ok.(*ideal*)**

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- By the age of three, one of the positions is opted.
 - The first three are the unconsciously adopted based on feelings which is based on experience of infancy.
 - The last one is based on the conscious and verbal decision based on thought, faith and the wager of action.

TRANSACTIONAL ANALYSIS

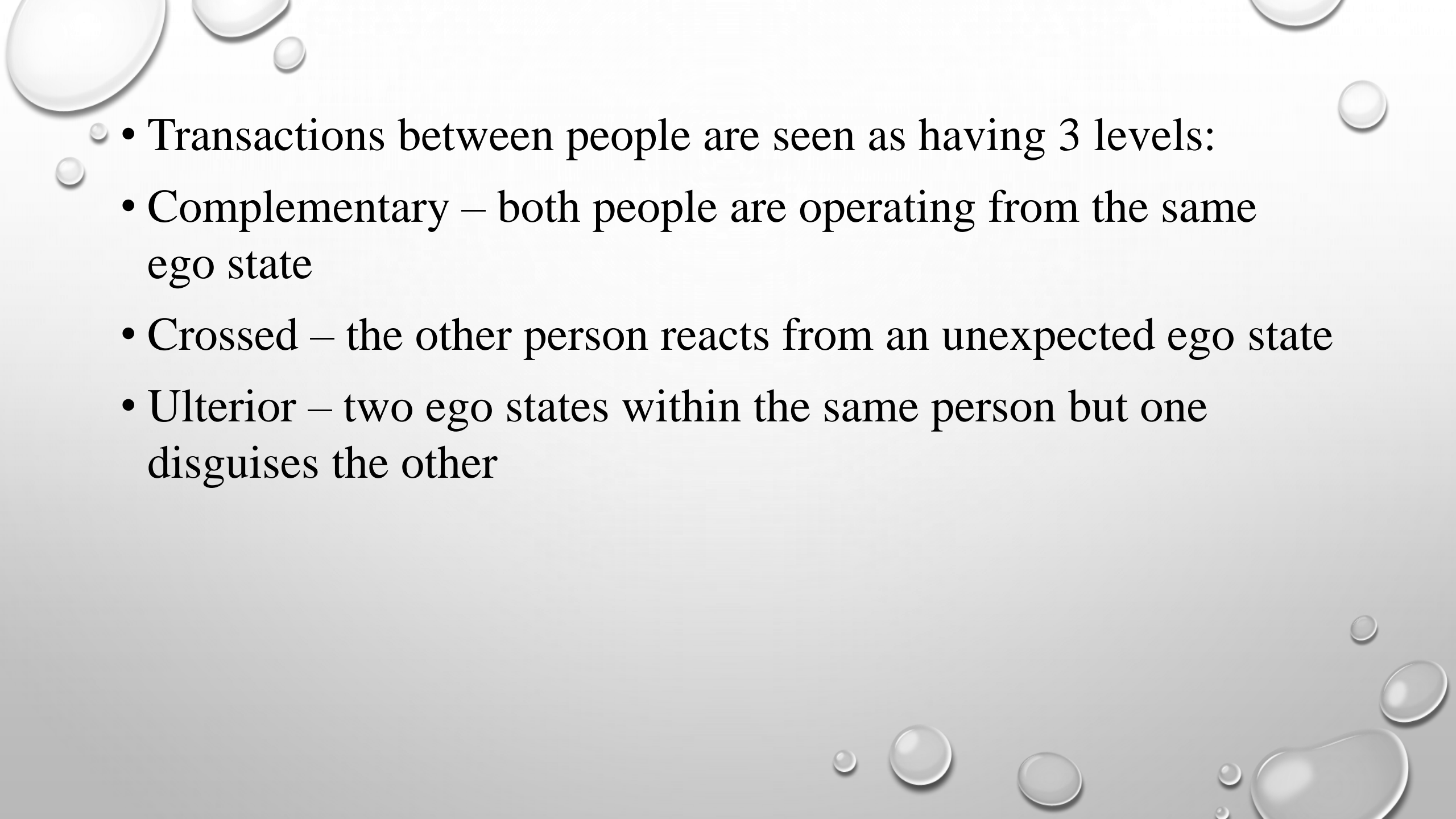


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- **STRUCTURAL ANALYSIS** - how to analyse personalities
 - **TRANSACTIONAL ANALYSIS**- how people communicate
 - **STROKE ANALYSIS** - how people recognise each other
 - **GAME ANALYSIS** - ulterior transactions
 - **SCRIPT ANALYSIS** - life positions

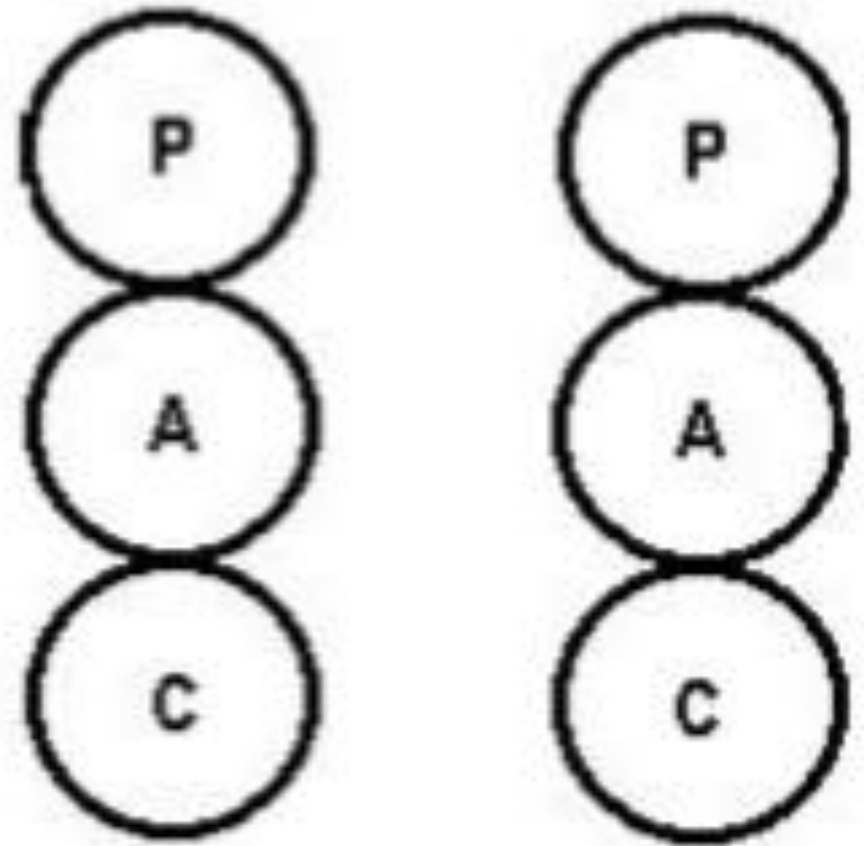
- Script analysis is based on the idea that everyone has a life plan or ‘script’, which determines behaviour and life choices. Analysis of scripts brings these, largely unconscious, motivations into conscious awareness.
- Structural analysis refers to a theory of personality based on the study of specific ego states..
- Transaction refers to communication between two or more people in any social situation. This communication can be verbal or non-verbal. Berne used the term ‘strokes’ to denote the exchanges that people engage in socially.

TRANSACTIONAL ANALYSIS

- An exchange of strokes between two people is the basic transaction of human communication.
- Transaction is the fundamental unit of social intercourse. Transactions can be:
- Complementary
- Crossed
- Ulterior

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- Transactions between people are seen as having 3 levels:
 - Complementary – both people are operating from the same ego state
 - Crossed – the other person reacts from an unexpected ego state
 - Ulterior – two ego states within the same person but one disguises the other

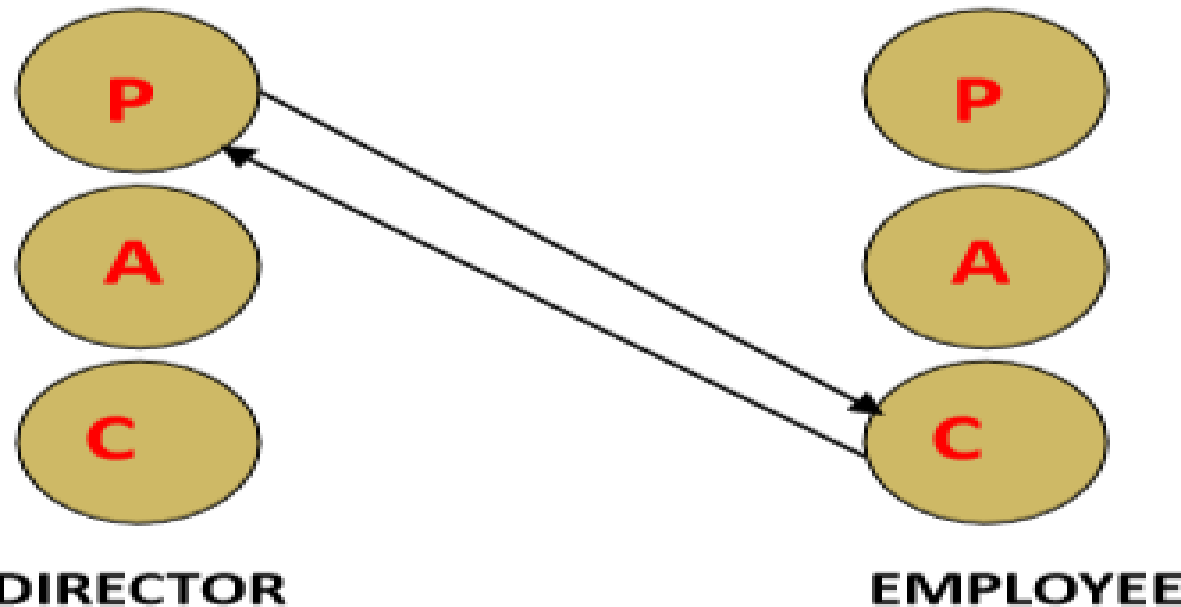
- There are 9 possible transactions
- $P \leftrightarrow P$
- $A \leftrightarrow A$
- $C \leftrightarrow C$





Types of Transaction

Complementary Transactions

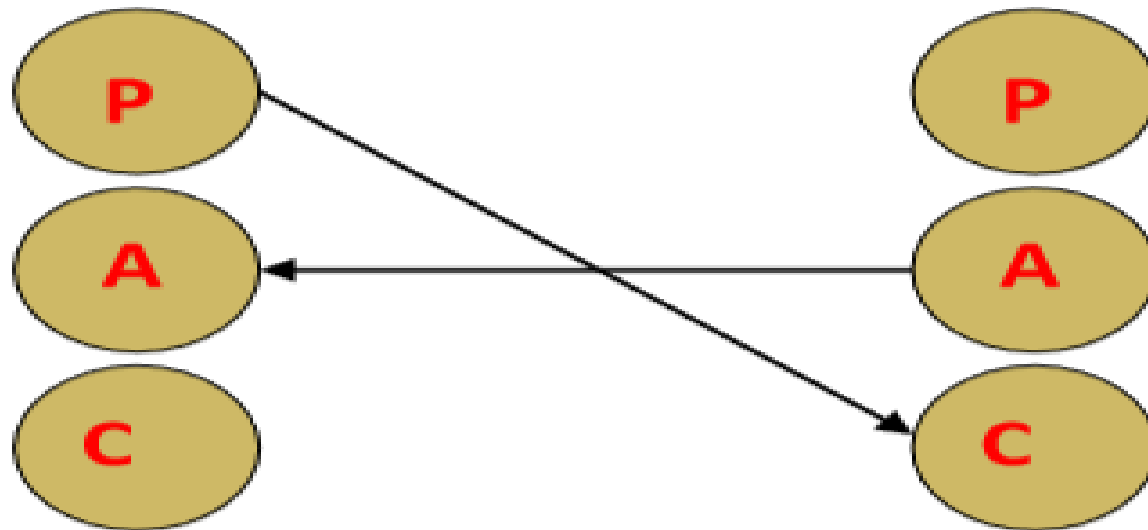


"You're three hours late, I want an explanation."

"I'm really sorry, I slept through the alarm, it won't happen again, I promise."

This is a **complementary** transaction because the employee accepts the child ego state assigned to him by the director and responds in child ego state.

Crossed Transaction



DIRECTOR

"You're three hours late, I want an explanation."

EMPLOYEE

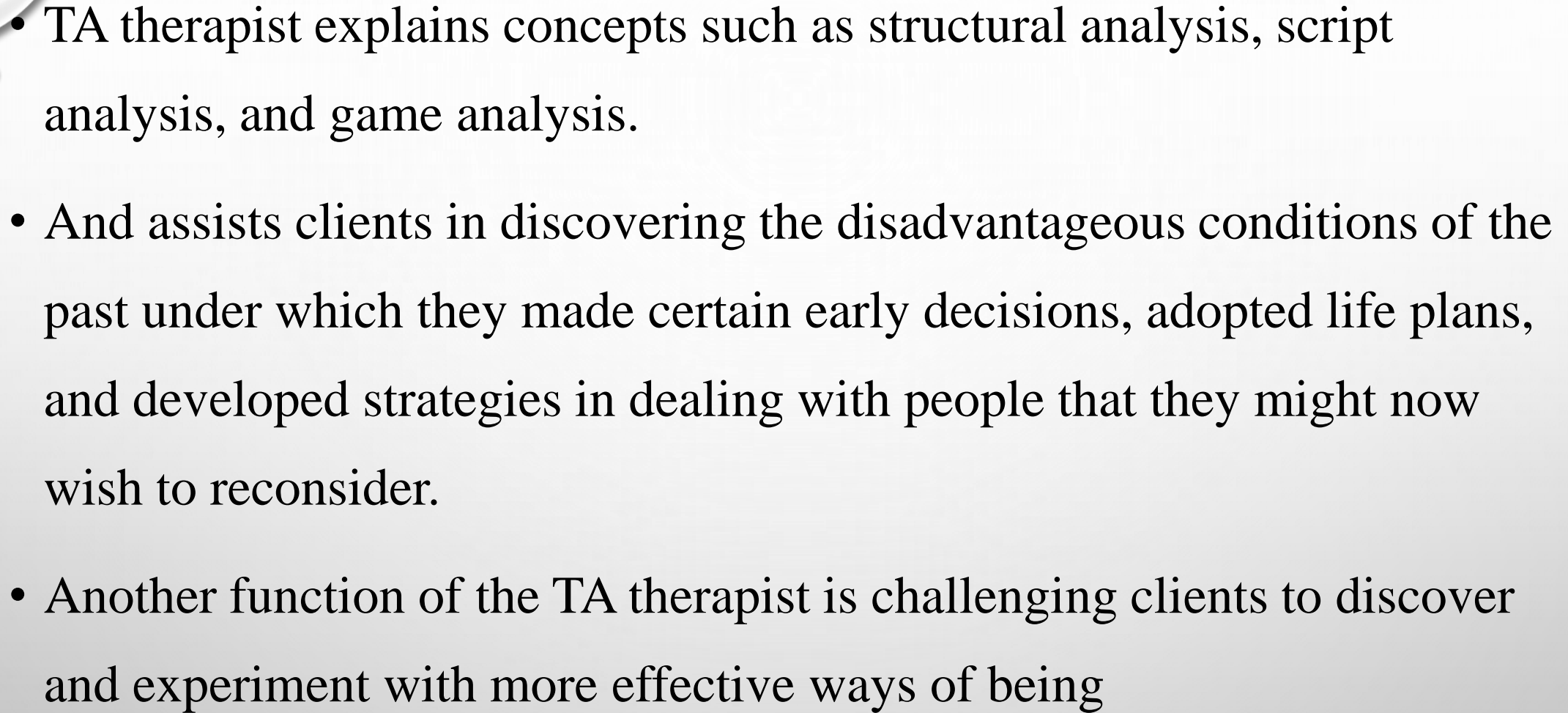
"Oh, didn't you get held up by that accident on the road as well?"

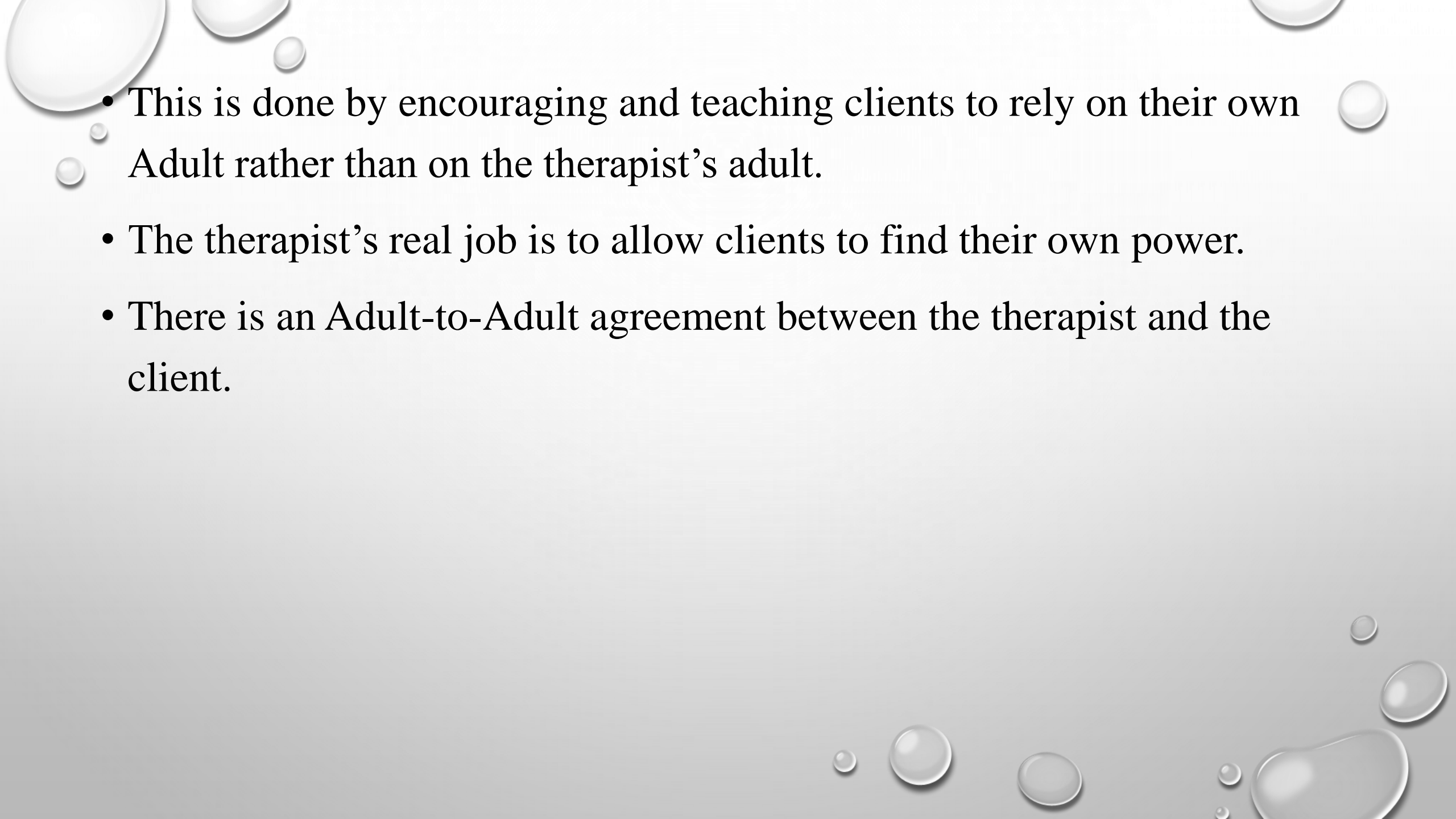
This is a **crossed** transaction because although the manager, **parent** ego state, attempted to address the employee as a **child**, the employee **refuses** this ego state and responds in **adult** ego state to the manager's ego state.

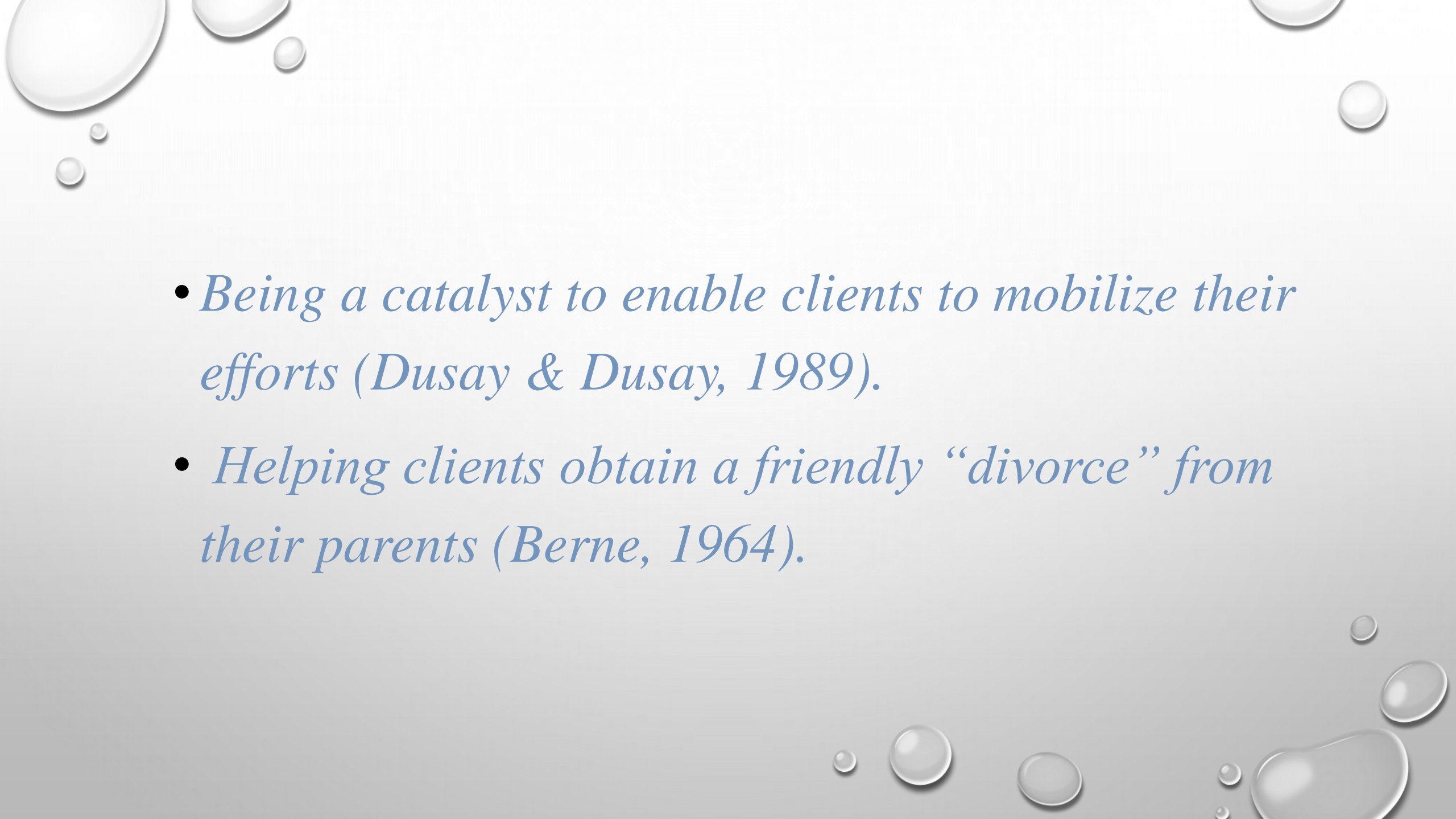
A **crossed** transaction is any transaction where the person being spoken to **refuses** the ego state they are assigned by the first speaker.

TA AS A THERAPY.....

- The basic goal of transactional analysis is to help clients make new decisions about their current behavior and the direction of their lives.
- TA is a contractual therapy, the therapist and the client collaboratively establish the specific goals that guide the therapy sessions.
- Transactional analysis is designed to gain both emotional and cognitive insight, but with the focus clearly on rational aspects.
- The role of the therapist is largely to pay attention to didactic and cognitive issues

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- TA therapist explains concepts such as structural analysis, script analysis, and game analysis.
 - And assists clients in discovering the disadvantageous conditions of the past under which they made certain early decisions, adopted life plans, and developed strategies in dealing with people that they might now wish to reconsider.
 - Another function of the TA therapist is challenging clients to discover and experiment with more effective ways of being

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- This is done by encouraging and teaching clients to rely on their own Adult rather than on the therapist's adult.
 - The therapist's real job is to allow clients to find their own power.
 - There is an Adult-to-Adult agreement between the therapist and the client.

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- *Being a catalyst to enable clients to mobilize their efforts (Dusay & Dusay, 1989).*
 - *Helping clients obtain a friendly “divorce” from their parents (Berne, 1964).*

THANK YOU

