

# Transactional Analysis

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## Self Management

- Emotional self-control: Keeping disruptive emotions and impulses under control
- Transparency: Displaying honesty and integrity; trustworthiness
- Adaptability: Flexibility in adapting to changing situations or overcoming obstacles
- Achievement: The drive to improve performance to meet inner standards of excellence

Effective Relationship

Self - Management

TA

## Transactional Analysis

The new way  
of managing  
your and  
others' ego.

- It is about how people interact with each other especially which ego state of the person is interacting with which ego state.



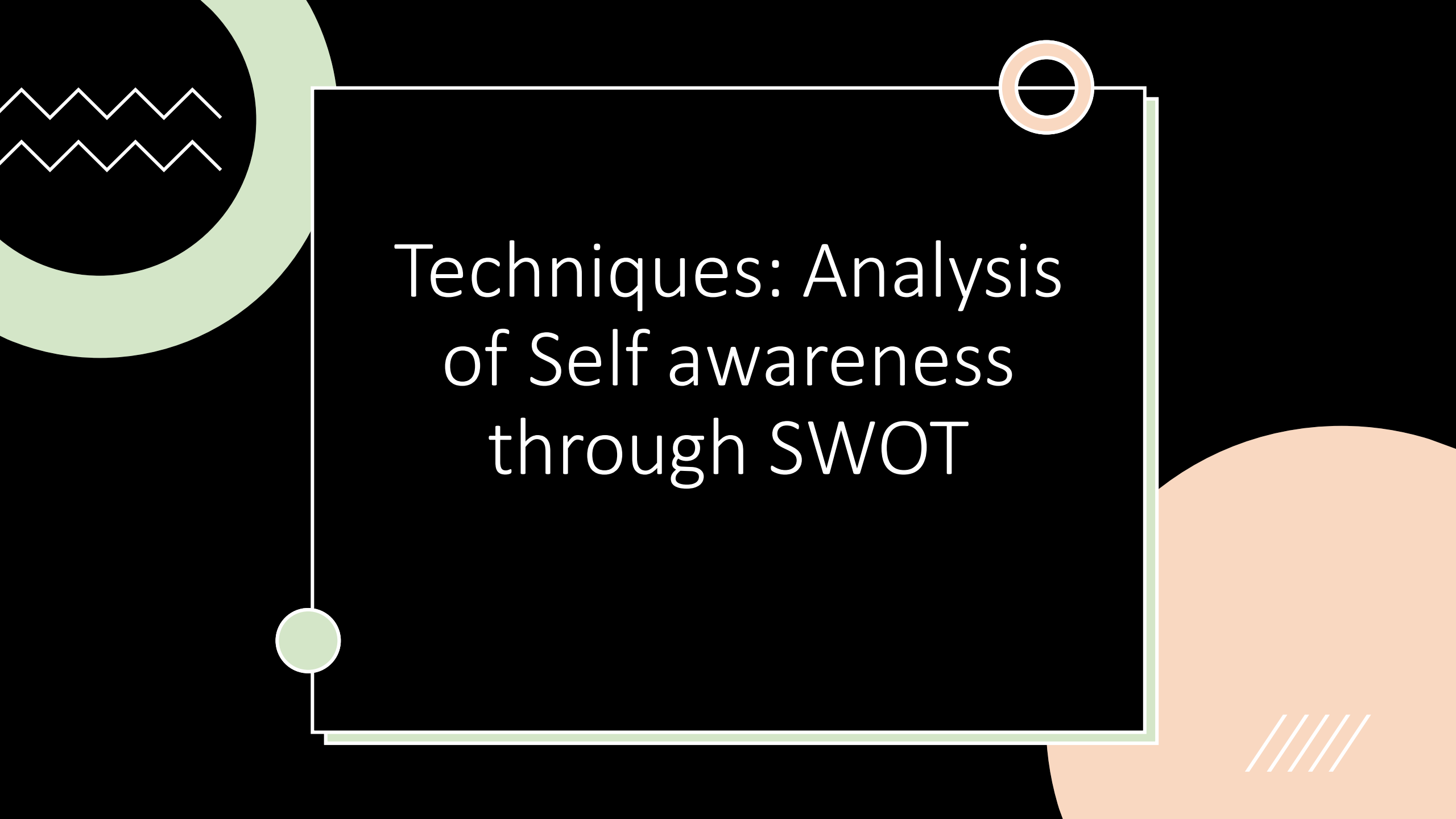
# Overview



# Transactional Analysis

- ❑ A model for explaining why and how:
  - People think like they do
  - People act like they do
  - People interact/communicate with others
- ❑ Based on published 'psychological' work such as:
  - Games People Play (Dr. Eric Berne)
  - I'm OK - - You're OK (Dr. Tom Harris)
  - Born to Win (Dr. Dorothy Jongeward)

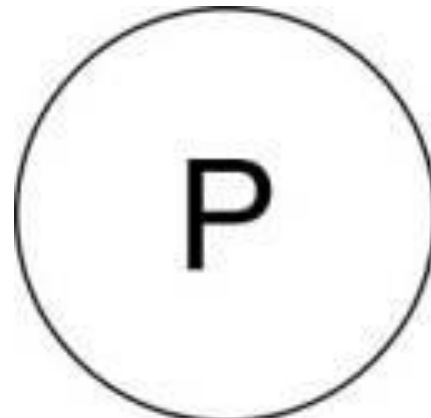




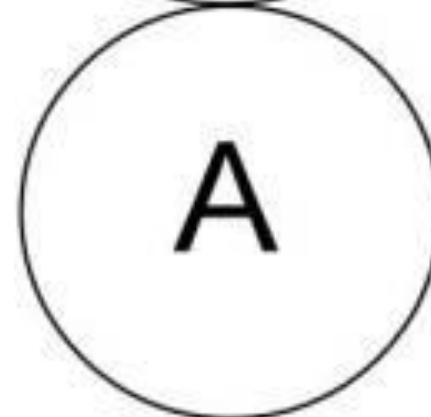
# Techniques: Analysis of Self awareness through SWOT



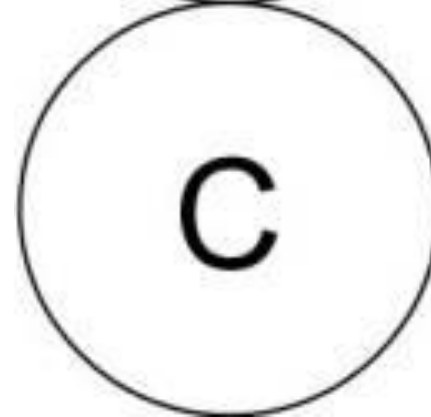
# The Ego states:



PARENT EGO STATE  
Behaviours, thoughts and feelings copied from parents or parent figures



ADULT EGO STATE  
Behaviours, thoughts and feelings which are direct responses to the here and now



CHILD EGO STATE  
Behaviours, thoughts and feelings replayed from childhood

# Examples:

- Parent to ----- Child transactions
- Adult to -----adult transactions
- Adult to -----parent transactions
- Adult to-----child transactions
- Parent to----- parent transactions
- Parent to----adult transactions
- Parent to-----child transactions
- Child to-----parent transactions
- Child to -----adult transactions
- Child to -----child transactions



# Types of transactions

Complimentary  
transactions

Crossed  
transactions  
and

Ulterior  
transactions



# Life -positions

## ***TA: Life Positions***

Attitude toward <b>oneself</b>	Positive	<b>I'm OK – You're not OK</b>	<b>I'm OK – You're OK</b>
	Negative	<b>I'm not OK – You're not OK</b>	<b>I'm not OK – You're OK</b>
		Negative	Positive
		Attitude toward <b>Others</b>	

# The OK Corral Life Position Quadrants

**YOU'RE OK**

**I'm not OK / You're OK**  
**Get Away From**



**Depressive position**

**I'm OK / You're OK**  
**Get On With**



**Healthy position**

**I'M  
NOT OK**

**I'M OK**

**I'm not OK / You're not OK**  
**Go Nowhere**



**Position of futility  
and despair**

**I'm OK / You're not OK**  
**Get Rid Of**



**Arrogant/paranoid  
position**

**YOU'RE NOT OK**

Ref: Franklin Ernst

In  
retrospection.....

**Each person designs his  
own life, freedom gives  
him the power to carry  
out his own designs, and  
power gives the freedom  
to interfere with the  
designs of others.**

QUOTE-ID.COM

**Eric Berne**  
Canadian