

TRANSACTIONAL ANALYSIS

Mohsen Makhmalbaf

Translators:
Dilovar Sultoni
Dr. Sheela Sree Kumar

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Writer: Mohsen Makhmalbaf

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Translators: Dilovar Sultoni & Dr. Sheela Sree Kumar

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The present article has benefited from the theory of “Transactional Analysis” by Eric Berne and ideas of Sigmund Freud.

Mohsen Makhmalbaf

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Introduction: Transactional Analysis

Eric Berne (1910-1970) is an American-Canadian psychiatrist. He is the founder of the theory of Transactional Analysis. What Freud proposed in his theory by naming the three states as 'Id, Ego, Super-ego', in the theory of transactional analysis, Eric Berne, named them in simple terms as 'Child, Adult, Parent'. He made this concept, which was earlier only within the reach of experts, available to the public. To better understand Eric Berne's use of Freud's theory, consider the following information on meditation.

Meditation:

Close your eyes and listen to my voice. Take a deep breath. Keep your body relaxed. Take another deep breath. Breathe normally now. Take your mind to the delivery room. Where your mother is giving birth. You are coming into the world. With your birth, the sound of your crying becomes louder. You have no understanding of this world and of yourself. You are a piece of nature. They cut the umbilical cord. They wash you. They wrap the newborn. The heat of the blankets is similar to the heat of the mother. You are calm. You feel hungry. You cry. A breast gives you milk. You become calm. You fall asleep. Several months you are in this situation. Most of the time you sleep. Sometimes you feel hungry and begin to cry. Something outside of you is feeding you with milk and you are calming down. You wet your bed. You do not like this situation. You begin to cry. The person who gave you the milk cleanses you and you calm down. The air in the room gets hot and you cry. The person who is breastfeeding you pushes your blanket aside and you calm down. You feel cold and cry. A hand pulls a quilt over you and you relax. Until you are in this state, you are in heaven. Your body is in disquiet, one hugs you and you calm down. You want to sleep, but you are restless. Someone rocks you and you fall asleep. You are still a piece of nature. You announce your needs by crying and you are answered immediately.

Little by little you grow bigger. You are curious about everything. You touch things. You put it in your mouth. You are surrounded by people bigger than you who laugh at your actions. Every new thing you do, they encourage you.

You get bigger. You are two years old now. They still fulfill your needs. But you are not allowed to do all the previous things that you did freely. Some things are forbidden to you. You are not breastfed by your mother like you were before when you felt hungry. You should now eat solid foods. Sometimes these foods get stuck in the throat and block your breath. Eating is not as easy as it used to be. The one who has met all the needs until now does not allow you to be free like before. She does not allow you to wet yourself. You have to go to the toilet. You can no longer handle everything like before, and if you do not listen to the words of the elders, they will no longer meet your needs properly. They even punish you sometimes. Punishment hurts. You are no longer encouraged. You are used to encouragement. It is painful not to be encouraged. You learn to listen to the word that meets your needs. But again you forget not to wet your bed. You wake up with this voice. He screams at you, 'hammer my words into your head. If you wet your bed again, I won't love you anymore. I will beat you'. You make a mental note of this voice. Now, even when you are alone, the voice of the one who now you understand is your parent is in your head. He talks to you regularly. He tells you not to wet yourself. Do not eat the food without a spoon. Do not speak bad words. Do not touch hot things. Do not put your finger in your nose. Cover the intimate parts of your body. Wake up and go to school. Do your exercises. Respect elders. Believe that God created us. Give thanks to Him. If you do not do this, God will not love you, after death you will go to Hell.

And now you have completely become a person with two personalities. The one you were at birth, and always needed help. And one you are now who repeats the voice of the adults in your head. Now your parents are inside you. Every day that you get older, every time you get more social, that baby you were is lost in you. It is becoming less and less important. Of course, you still have a chance. When the adults are not there and you are alone with children the same age as you, they bring out the little child inside you to play with them again. Touch whatever you want. Tell bad words to each other. Show each other the parts of your body

that were covered. You see that children are different from each other. The elders come and see you. They separate you from each other. They do not like you for a few more days. You will learn to lock away that child inside you.

You go to school. The teacher, the supervisor and the principal give you rules of thumb to follow in school. If you do not comply, they will punish you. If you fail, society will not like you. You study to learn important things. The important things are the rules of society that you must abide by. The same rules that if your inside little CHILD obeys, he will die and no longer exist. Some of you become tired and rebellious. You break all the rules. And you just want to be children. Elder people don't love you anymore. They call you a child. They call you crazy. They say you are obscene. They say you are mentally ill. They say you have a personality disorder. They say you have borderline personality disorder. They say you have a histrionic personality disorder. They take you to the doctor, so that you too can behave like an older person. Some of you learn and behave like grown-ups. Some of you suffocate suppress your inner child being from the very beginning. They make it so small that it is as if it is not there at all. From childhood you behave like older women and older men. Your parents are proud of you. They say, "Look, my child has grown up. He is five years old but acts the same as a ten-year-old". "He is ten years old, but acts the same as a twenty year old". Everyone wishes, their child was like you to be more satisfied. You become a part of the community. You become a lawyer. You become a judge. You are a Member of Parliament. You become an administrator of some office. Whenever you are in the workplace or in the community, if you are childish, you will be kicked out of work. They will punish. You are not allowed to have fun. You take it hard on yourself. You want to be bigger than you are. Now you have a PhD, but you want to get another one. You still want to be the good child living up to your mother's and father's expectations.

You want to be a good social person. You want to be a good believer in God. You perform all the duties demanded by family, relatives, community, society, religion, but you are still not satisfied with yourself. You are sad. You are scared. You are ashamed. You have a guilty conscience. There are some of you who have grown up from the age of twelve, not rebelling, not going back to childhood, not becoming slaves. Divide yourself into three parts. One part is your childhood. Which

remains like the original, natural part. Just thinking of pleasure and play. And one of the parts becomes an older person issuing the rules. And one part became the mind. A segment of the larger rules. A part of the mind. Leaving the management in the hands of this third party, telling your mind to manage the two of you. Let this child within me enjoy and play games, and also be careful not to violate the rules of the elders in such a way that the elders get angry and punish me or reject me.

Take a deep breath now. Ask yourself which of these three personalities is stronger in your life? Your child inside? The voice of your parents? Or your wise part? Take a deep breath and be silent for three minutes and discover yourself. See which one of those three characters is stronger in your presence. Child, Parent, or Adult?

What has been illustrated above is based on Eric Berne's theory of Transactional analysis which was inspired by Freud's ideas about the Id, Super-ego, and Ego. Eric Berne transformed the word Id into Child, Super-ego into Parent, and Ego into Adult. In fact, what Eric Berne did was to simplify Freud's ideas, and to build a therapeutic model for this theory.

- Parent is our 'Taught' concept of life
- Child is our 'Felt' concept of life
- Adult is our 'Thought' concept of life

According to Eric Byrne, we are in every moment of our lives, in one of these "ego states": Child, Parent, Adult. There is no one who has only one of these three states one hundred percent. But one of these three aspects is always prevalent in us.

Child: It means our nature (Equivalent to Id in Freud's theory).

Parent: It means information that we have accepted from parents, educators and culture, without how and why (Equivalent to the Super-ego in Freud's theory).

Adult: mean, those aspect of us that considers reality. It represents realism. It categorises and classifies. It is a coordinator between the child's needs and the parent's rules (Equivalent to Ego in Freud's theory).

Example:

Child: I do not want to write my exercises.

Parent: You should always write your homework on time.

Adult: Well, don't do your homework when you are bored or tired, but when you feel better, then write.

Transactional analysis treatment

The first step of treatment:

Transactional analysis is a form of educational therapy. The therapist who uses this theory for treatment first teaches these three situations to the clients. Especially the training to recognize the signs of the three ego states. To the extent that the clients identify which of the thoughts, speech and behaviors are related to themselves as a Child, and which are related to them as a Parent, and which are related to them as an Adult.

Example of a Child's sign: Child says 'I insist'. He bangs his head on the ground for he wants something. We say, "Don't behave like a child. Grow up."

Example of a Parent's sign: When you want to join some group, you have childhood fears. You say with your Adult's voice: Will they eat you, really?

The second step of treatment:

Each of these three personalities has its own gestures that we have become accustomed to over time. In the second step of treatment, we try to practice changing these gestures.

Therapist: Change your gesture. Now go from a Child gesture to an Adult gesture. And say the same things that you said to your wife with your Child gesture once again but this time use your Adult gesture.

Practice:

Practice in front of a mirror.

How do each of those three characters listen? How do they talk? How do they eat? What is the condition of the eyes and their faces? Imagine you are depressed. Show your depression with your Child's physical symptoms. Now that you are in the treatment phase, show your depression with the physical signs of an Adult.

Practice:

Express your problem freely to another person like a child.

(The client expresses his problems like a Child.)

Therapist: Are you sitting now like a Child, or like an Adult? Repeat what you said now as an Adult.

(The client expresses his problems like an Adult, but gradually return to their Child status in neglect.)

Therapist: Please maintain the Adult gesture and keep talking about your problems.

Understanding the behavior and logic of the Child, Parent, Adult

The behavior, speech, and gestures of our Child, Parent, and Adult are different. But if we pay attention, we will find all of them within us.

Mother: Why is my son late? I have been walking around the room for two hours, worrying. God forbid, he has had an accident. I'm going to call him again to see if he answers.

Child within the mother: It is no use any longer. My mind does not work. He has not been found.

Adult within the mother: What is the most important thing I can do right now? Is it really dangerous that he is late? If so, what is the best solution? However, my son come very late at night, several times. Well, he is young man, goes out with his friends. If he does not go out now when he is young, when will he go out?

It is the Adult who finally finds and implements the solution. If we think with "I" as an Adult, we will never reach a dead end. The Adult says that although I have not yet found a solution to my problems, I can continue to think, until I find a solution.

Example

Parent: My son became addicted and we lost him, Doctor. I told him not associate with bad friends, but he did not listen to me. And this is the result. I even warned him that I would not let him into my home anymore if he continued the behaviour.

Therapist: In the stubbornness of the Child and the Parent, the Child's addiction does not go away. Now come to your senses and think, see what other solutions there are. Have you thought of all the possible solutions?

Child's ego states:

1. He is never satisfied with pleasure.

2. He does not see the future.
3. He does not delay his wishes.
4. He has a lot of enjoyment.
5. He is immersed in imagination.
6. He is stubborn.
7. He is moody.
8. He is creative.
9. He is curious and insists on experimenting.
10. He is emotional.

Note:

TA therapist does not support the Child much, otherwise we will drown in the Child ego-state.

Two types of natural Child:

- Positive Child: Playful, curious, happy.
- Negative Child: Fault-finding, stubborn.

Parent's ego states:

In the early years, especially in the first 5 years, many “musts” and “must nots” are imposed or taught to children by parents. These pros and cons are imposed and questionable and are recorded in the Parent's Ego state of the child. The Parent is an “Ego state” that reflects the behavior of parents in the individual.

Parent sentences:

- Listen to me!
- If I were you ...

- I don't want to see you do that again!

- Let it be the last time for you ...

Concentrate for three minutes. Ask yourself what words do you hear from your parents in your mind?

- What words come to your mind when you fail? Did you get them from previous failure experiences? Or did you understand it from what others said? Or, above all, what parents and educators said to you.

- After you do something and it makes you feel guilty, who first said the words you repeat to yourself? Those sentences that you did not invent. Either the parents and educators or a good friend who played the role of parent for you, taught it to you.

- In a difficult situation, what words come to your mind when you want to give yourself courage? You can. You can handle it. Do you remember when your parents told you these sentences?

- If you are a father and when your child makes a mistake will you scream at him? What sentences do you use in those situations? Are these phrases similar to what your parents used to say to you as a child?

Two types of parents:

Caressing parent: Helps, caresses, is kind, has compassion. He is kind. If it is extreme, he forcibly puts food in the baby's mouth.

Criticizing parent: Imposes severe restrictions. It is authoritarian. Controls through research, criticism, and intimidation. Those who, in adulthood, have low self-esteem, or are hostile to themselves, must have given way to this critical parent before.

Adult's ego states:

This part of us is wise. Behaves logically. It has independent feelings, insights and behaviors that correspond to reality.

Adult's "Ego state" features:

1. He analyzes.
2. He looks to the future.
3. He creates a balance between intellect and emotions.
4. He calculates probabilities.
5. He regulates the activities of the Child and the Parent.

Logical people give a lot opportunity to the Adults within themselves.

Six relationship possibilities

According to Eric Berne, when two people are facing each other, it must be seen with which of their characters (ego-states) they face each other. In this case, there are six relationship possibilities:

Child - Child

Parent - Parent

Adult - Adult

Child - Parent

Child - Adult

Parent - Adult

Examples of relationships:

Child - Child:

When we tell jokes or play together.

Child - Parent:

When someone commands or forbids us and we listen, or we ask someone to support us and, or we support someone. We have two types of parents:

- **Violent parent:** commanding and forbidding.
- **Kind parent:** supportive and caressing.

Eric Berne: All humankind need to be caressed and to care, but in moderation. If we caress too much, we will go back to childhood.

Child - Adult:

When one side speaks logically and the other emotionally reacts to the issue, and by

crying and flirting and cuddling, one side wants to benefit the game in one way. For example, the husband is explaining things to his wife and asking her to help him in this way. But the woman cries and claims that he is not thinking about her at all.

Parent - Parent:

Both sides take a gesture of an older person how knows everything.

First one: Do you see what this boy is saying?

Second one: Today's generation is like this.

If both Parents are supportive, they support each other. If both sides of the Parents are controlling and criticizing, then the fight starts between them and each side wants the other to accept his point of view.

Parent - Adult:

One side is talking logically and behaving logically like the Adult. But the other side starts making harsh criticisms or ridicule.

Adult - Adult:

Both sides are logical. For example, when we talk to a teacher about a subject, we are likely to play "Adult-Adult".

Definition of games: All human interactions are games between these three models of "Ego-states".

Definition of a Child:

The Child is considered a source of creativity and vitality. The emotions, feelings, and perceptions that a Child has may be suppressed by a rigid Parent, which in the long run has adverse effects, leading to psychosomatic illnesses. This part of the personality, if not under the supervision of an adult, can have an unrealistic view of life, based on emotional impulses.

Definition of a Parent:

It is a set of preconceptions, beliefs and prejudices. He deals with the "musts"

and “must nots”. The Parent has two dimensions. Blame and caress.

Blameful and criticizing parents: have low self-esteem and do not like themselves.

Definition of an Adult:

Processes information well. Decision-making is based on reality. Makes logical comments.

How do we know which character dominates each person?

First through words and statements and bodily behaviors:

Childish words:

If would / I do not want / I do not know / I want / What about me / Maybe when I grow up / Maybe when I am accepted / Maybe when I realize / Look what I did / Look at my car / Look at my report / Look at my clothes / Look at my work.

Identify detailed characteristics of the Child:

Better / Best / Bigger / Biggest.

Example: When we hear the voice of a Child within a Parent: I want to have the best child.

Child’s physical clues:

Laugh out loud / swaying/ excessive joy / lowering eyes / screaming / complaining / shrugging / stumbling / forcing / banter / boast.

Parent’s word clues:

I cannot anymore / I got sick of everything / Listen / Always remember.

Parent’s constraint

Always / never / by no means / How many times should I tell you/ I want to know everything about this subject. / I am telling you this for the first and the last time.

Parent’s words for punishment and encouragement:

Silly / ridiculous / bad / hateful / horrible / Lazy / Nonsense / Poor child / Does

not dare / Do not / There is nothing wrong / What happened again / Again / Must

Parent's physical clues:

Frowning / shaking the head / frightening look / putting his finger on his lips / hands on his chest / sighing / clenched lips / pointing his index finger.

Those who are ruled by their parents: Serious, devoid of emotion, hardworking, inflexible, hard-nosed, less likely to consult, behave as if they are always right to do so.

Instead of seeking pleasure and enjoyment, they are pursuing futurism and hard work. The families of these people are disturbed by them, they are not fun to be with, they do not listen. They only think about the goal, they are not flexible, they are one-dimensional.

Adult's words:

Why, what, where, when, how, how much, in what way?

Adult's constraint

To some extent, probably, in my opinion / I think / Wait until tomorrow / I will check / Wait to evaluate more.

If you are looking for pleasure and peace of mind, you should be the Adult, the leader of the Child and the Parent within you. It is not meant to eliminate the Child and the Parent. You do not mean that the Child and the Parent are in charge of your personality. When an Adult is a boss, the Child will satisfy and make you happy. But not so much as to disobey the Parent's orders and make him angry.

Adults are your thinking brain and the center of your personality control. Which, by analyzing situations, adapts you to the situation. If you only had your own thoughts. If you are not critical. If you are in a situation and always behave in a repetitive manner, or find ineffective repetitive solutions, know that the Adult part does not dominate you. If you are hardworking and pursuing wealth, power, progress, and knowledge but you are not at all happy, know that your Parent is managing you.

Technique:

Changing a Child's gesture to an Adult gesture is the easiest way. Practice it in front of the mirror. In this practice, change within is through change outside. Take a good look at yourself. Like a lazy child sitting down, or like an adult? Change your gesture. (Client changes his gesture, but after a few minutes he forgets again and becomes a Child.)

Therapist: I invite you to sit down like an Adult and talk to me about your issues.

Eric Berne opposes psychological empathy. He says that it causes the client to remain in the Child Ego-state.

How many times a day do you use your Child Ego-state? What are the symptoms?

Joking and stubbornness.

Child's anger:

Falling on the ground, screaming, grabbing, biting.

Parent's anger:

Inflamed eyes, nodding of the head, threats, humiliation.

The Child and the Parent are both aggressive, but the Child's anger is more likely to be vented.

Parent anger is more about control and dominance. (Freud says that we come into the world with two instincts of pleasure and violence, and that over-repression causes psychological entanglements.)

Good Ego-states of the Child:

Joking and playing games.

Bad Ego-states of the Child:

Abuse, harassment of others.

What is the Child's behavior with the Parent?

Make oneself moody. To be capricious. Unreasonable opposition. To expect

something. To insist.

Ego-states of Child's beliefs:

- I want to be the king of the world.
- I am the best boy or girl.
- Everyone should love me.
- I need help.

Albert Ellis: Our irrational beliefs cause us to suffer, not external events. These beliefs must change in order for us to regain our peace and happiness. These are misconceptions that have been formed in our minds since childhood, when we were unable to comprehend their irrationality. The fears that exist in me as a Child are different from the fears that I have in my Parent Ego-states. What fears us is our Child.

Child's curiosity:

Excessive curiosity. Destruction of objects. Search in the bags of others. Searching something in others' laptop. Who went to the neighbor's house?

There is no benefit in childish curiosity.

Adult's curiosity:

A curiosity that benefits. This curiosity leads to inventions and scientific discoveries.

Parent's curiosity:

Looking for something in the wife's bag to control her. Searching the child's pocket so that he does not have a cigarette.

Child's creativity:

They relate most things to each other and then release them. Childish creativity is more about fun and mischief. They destroy ten toys, for nothing.

Adult's creativity:

They seek invention and creation.

Adult's Ego-states duties:

Management: Now I have to use my Child Ego-states, have fun and joke. I have to study again so that I do not fall behind in the exam (or assessment). There is a lot of information in our inner Child and in our inner Parent. I have to check whether it is true or false and base it on whether it is true or not.

Practice:

What is the list of the Child's Ego-state beliefs you still have?

What is the list of Parent's Ego-state beliefs you still have?

With your Adult Ego-states consult with me.

Which are right and which are wrong?

Adult's Ego-states assessment:

The critical Parent complicates the Child. A loving Parent makes him dependent. Both lead to the Child's disability. For those who are not happy, the Child inside them is gone. This part is first controlled by the parents so that the child grows up sooner. This is because the parents feel threatened by the child growing up late.

Practice:

We repeat our Parent's Ego-states sentences with the Parent tone. We repeat the content of the Child's Ego-states with the tone of the Child. The therapist helps to re-examine the "musts" and "must nots" of the Parent Ego-states and the feelings of the Child's Ego-states in the client and to start management of switching to Adult's Ego-states.

Child: I love it, I want it.

Parent: You always have to be successful.

Adult: I will try, I may succeed, if I do not, I have tried. Trying is in my control, not the result of my efforts. As I try and improve, it is more than enough.

Child's competition: We cheat. We are deceiving the opponent.

Parent: Everyone is bad. I have to be the best.

Kind Parent: It's a sin to let him go.

Criticizing Parent: Get in someone's hair (bother someone). Take him out of the race.

Adult: We don't hit another person. We focus on our progress wherever possible.

Sometimes the client presents the words of the Child and the Parent with his Adult Ego-states arguments. This is the hardest part of treatment.

Example:

Therapist: Why did you become an alcoholic?

Addicted: There was a lot of alcohol. There was unemployment. There was a lot of social pressure, I became an alcoholic.

According to Ellis, in Emotive Rational Therapy, the causes of our misbehavior are our misconceptions. Until those beliefs are invalidated, they will continue to misbehave.

Eric Berne: Where did you get the roots of these beliefs? When and who did impose it for you? With the impositions now in its place, when did you decide to accept this belief? When did you come to the conclusion that people should always approve of you? Do you have any memories of this imposition? By what gesture or by what words was this belief forced upon you? Do you plan to continue the same from now on?

These are cuckoo eggs that others have planted in the nests of our minds.

Education: First education of the client's Ego-states is required; When we are anxious, not only is our mind anxious and disturbed, but our body is also anxious. The stomach, heart, hands and feet are also anxious.

Eric Berne: Learn the Adult gesture technique. It is a kind of correction of the body that the Parent Ego-state has changed in another way. Grab the Adult gesture and stay in that gesture.

The role of home exercise in treatment

Treatment is not just a theoretical explanation. Practical exercise should take place in the treatment room and then continue at home. In psychological therapy, learning and practice are the only cure. If you know the theory and do not practice, you will eventually be disappointed with the effectiveness of the treatment.

Parent's Ego-states, in the role of the whole intellect. "I know everything," he says.

Adult's Ego-states, is unselfish and relativistic. He simply says: "I don't know".

If we release someone from the Child and the Parent Ego-states, the Adult knows the way.

Eric Berne: If you talk with your Adult ego-state to the affected persons who are trapped in their Child and Parent ego states, and you insist on using the Adult ego-state, gradually, they will also awaken their Adult Ego-states. The more you practice staying in an Adult Ego-state, the more successful you will be at solving your interactional problems.

Exercise: Convince the other person to become an Adult.

Questions:

- Ask yourself with which of my Ego-states have I become a friend of my friends?
- With which of their Ego-states have they become friends with me?
- With which of his Ego-states is the Therapist treating me?
- The "Win-win game" belongs to which Ego-states?
- If someone threatened you with his Parent Ego-state and you surrendered, is it your Child or your Adult that has surrendered?

Perhaps you go to a party in your Adult ego state, but someone will insist with his Child ego state to pull you from Adult to Parent or to Child. Give an example.

Eric Berne's Rule:

Stay with your Adult ego state until you remove the other person from his Child or Parent ego state. The goal is not to change another's behavior. The goal is to remain yourself in Adult behavior. But it is highly likely that you will change them in the end.

Adult:

He has emotional stability. He is patient. He is a good listener. His constant question is "What is the correct reaction in this situation?"

Child:

He has no emotional stability. He is hasty. He is a reactional. He says: "He did it to me, I do it to him": Stubbornness.

Assumptions of the Transactional Analysis Theory

1. There is a constant dialogue going on inside every human being. This conversation is sometimes controversial. Whenever a person makes a decision, it is a result of this argument and dialogue.
2. Each of us has three kinds of manifestations. Child, Parent, Adult. Each of these three Ego-states has its own thoughts, feelings, and judgments.
3. The Parent is a set of preconceptions, beliefs, and prejudices. He deals with the “musts” and “must nots” of life and has two dimensions.

Caressing dimension: It has a supportive mode.

Criticizing dimension: Is harsh and annoying.

The Parent can control, make decisions, play a role, give a reason. In some cases, the truth is with the parent. The criticizing Parent is usually considered to have low self-esteem and to be stubborn.
4. Adult is an analyst. Makes rational decisions based on available facts.
5. The Child is the source of life. This state has emotions and perceptions that can be controlled and suppressed by the rigid Parent, affecting his or her personality in the long run and leading to mental illness. The Child behaves impulsively and emotionally if he or she does not become an Adult.
6. All relationships are made of interactions. Interactions can be verbal or non-verbal. They can be positive, like hugging or negative, like beating.
7. There are generally six relationships between two people. Child - Child, Parent - Parent, Adult - Adult, Child - Parent, Adult - Child, Adult - Parent.
8. People’s attitudes toward themselves and others are positive or negative:

- I'm good, I'm not good.
 - You are good, you are not good.
9. "Games" are ways we learned as a child and by doing so we consciously or unconsciously avoid being sincere. Playing games, contrary to their usual routine, do not mean enjoying and having good times and should be avoided. (We say: One is playing a game.)
10. Screenplay: Each of us writes our own life story as a child. Our life plays are designed for a lifetime and are based on childhood decisions and parenting programs that are constantly reinforced. The most important decision in the play of our lives is to be a winner or a loser.

Explaining the "draft of life":

It is a pattern that is formed in childhood as a result of the "musts" and "must nots". As adults, we are caught up in that draft framework. We must recognise it and get rid of it. By listening to childhood memories, you can get information about those 'drafts of life'. In the Child ego-state, we make major decisions of our lives influenced by unreasonable and unwise excitement and pleasures which are embedded in our subconscious mind.

Three types of treatment

From the school of Transactional Analysis, three types of treatment have been formed:

- **Classical school**

The therapist tries to establish Adult - Adult relationship with the client.

- **School of Decision Reconstruction**

Reconstruction of Child decisions in the client. We ask him to talk and discuss more about his Child within himself.

- **School of Psychological Empowerment**

They emphasize the role of the loving and kind Parent. The therapist assumes the role of a kind and supportive Parent.

Life situations

According to Eric Berne, a child up to the age of 5 has strong beliefs about himself, his world, and his relationships with others.

- **First: I am not good; you are good:**

Constantly feeling depressed, caring about the needs of others more than his own needs. Feeling victimized. Seeing himself as smaller than others. Not being able to do things that others do. Staying in this state gives him a feeling of helplessness.

- **Second: My condition is not good; you are not good:**

This situation is accompanied by emptiness and failure. A person who is in this situation has a defensive attitude towards others. People do not matter to him. Lives a contracted and unprincipled life. He is incompatible with the people of the world. This lack of adaptation leads to withdrawal from others. Immature and sometimes violent behaviors occur. Continuation of this situation leads to suicide or killing others.

- **Third: My condition is good; you are not good.**

People who are in this situation attribute all the problems to others. They blame others and see them as small and worthless. They avoid criticism. They have extreme arrogance. These cause anger, hatred, selfishness.

- **Fourth: My condition is good; you are good.**

They do not play games with others' feelings. They respect their own and others' values.

Meditation for Child Ego-state

Release your body.

Squeeze the soles of your feet and then release.

Squeeze the calf muscles and then release.

Take a deep breath.

Squeeze the thigh muscles and then release.

Squeeze and release the abdominal and back muscles.

Squeeze the muscles of the arms and chest and then release.

Squeeze and release the facial muscles.

Loosen the eyebrows.

Take a few deep breaths.

Now we want to go on a childhood trip together.

Preschool, any age you can remember (3 to 6 years old).

Sit down, little girl or boy.

What do you look like?

Is your hair long or short?

If you are a girl, do you have a clip in your hair?

Visualize well!

What clothes are you wearing?

Look at your little hands.

Now slowly go to the door of your childhood home and slowly open the door.

What does your house look like?

What do you smell?

What sounds do you hear?

Look at the decor and furniture.

Go to each room and find your favorite childhood toy.

Do you remember what it was?

Take it.

Who is in the house?

Where are your Mom and Dad?

What are they doing?

Where are your brothers or sisters?

Are they playing or quarreling?

What do mom and dad say to you?

What is your name?

How do you feel?

Are you happy?

Are you sad or angry?

Or do you feel lonely?

Go in front of the mirror and see that little kid with the same toy in his hand.

Look in his eyes in the mirror.

What does his look say to you?

Can you feel it?

Can you figure out what he wants from you?

This Child is you (yourself as a child). Instead of seeing yourself as Adult, you see that Child (you in the past), So, Tell him you just found him and from now until...

Apologize to him for not seeing him.

And sometimes you did not meet his need.

You expected a lot from him.

You were not kind to him and you allowed others not to be kind to him and you ignored him.

Tell him 'I'm sorry I stopped you when you wanted to cry.

When you were angry, I suppressed your anger.

I did not let you be, where you wanted to be.

Forgive me if sometimes I left you alone and instead of hearing your voice, I heard the voices of others and listened to them.

Forgive me if I suppressed your voice with food, shopping, with a guest, studying, reading a book, working, making money, or indulging in physical pleasures.

You can promise him that from now on, you will always take care of him and be the same mom and dad who will never let him feel lonely.

Take his little hands and hug him.

Feel that he is sitting on your feet right now in your room.

Define for him a place in your body forever.

It can be a corner of your heart or in your head.

Feel his presence there.

Release your body.

Take a few deep breaths and open your eyes whenever you are comfortable.

Conclusion

Although the theory of Transactional Analysis is very simple and engaging, it amazes and excites those who become acquainted with it, but it should not be taken lightly. Two points of this theory have to be noted:

1. This theory cannot solve all psychological problems, but it can play its role alongside other theories.
2. Statistics show that, compared with treatments such as Cognitive-Behavioral Therapy (CBT) and advanced third-wave therapies, behavioral therapies such as ACT, Schema-Therapy, and Mindfulness, Eric Berne's method is less effective in treatment.

References:

- “Transactional Analysis in Psychotherapy” by Eric Berne;
- “Games people play” by Eric Berne;
- Sigmund Freud’s writings.