Check before you travel

Key to lines: permission - protection - potency

Time Structuring
How people spend time in contact with others. Eric Berne (1964) Games People Play

Discounting & Accounting
Discounting: Ignoring and/or minimising information and abilities relevant to the solution of a problem or issue.
Accounting: Acknowledging what's possible
Jacqui, Aaron & Eric Schiff et al (1975) Cathexis Reader

OK-OK Communication Model
Combination of Functional Ego State Model & OK Coral; Life Position - I'm OK, You're OK
Communication Model - Karen Pratt (2014) OK Coral - Franklin Ernst (1971)

1st Order Structural Model
The Structural Ego State Model depicting our personalities as Parent, Adult and Child. The 'why' of our behaviours, interactions and feelings. Important note; in the 1st Order Structural Model there are no further subdivisions of Ego States. See Functional & 2nd Order.
Eric Berne (1957) Ego States In Psychotherapy - Intuition & Ego States (1977)

Functional Ego State Model
Shows 'how' our Ego States are expressed in behaviours, interactions and feelings; only used to describe observable presentations & transactions. Can be subdivided into; Parent Ego State as Nurturing Parent & Controlling Parent, Child as Natural Child & Adapted Child and can be further divided into Rebellious Child.
Eric Berne (1972) What do you say after you say hello?

Strokes & Transactions
Units of recognition & how we communicate
Transactional Analysis - a theory of personality & a systematic psychotherapy for personal growth and personal change. (ITAA definition)
Claude Steiner (1974) Scripts People Live
Eric Berne (1961) Transactional Analysis in Psychotherapy

Group & Couple Dynamics
How Transactional Analysis can be used with couples and groups.
Eric Berne (1966) Principles of Group Treatment

Script Theory & Life Positions
Unconscious life-plan created in childhood & reinforced by family, culture and society. Four positions from which we judge others and ourselves, based on beliefs about the perceived essential value of self & others.
Claude Steiner (1974) Scripts People Live, Eric Berne (1962) Classification of Positions, Franklin Ernst (1971) OK Corral.

2nd Order Structural Model
Ego State model in which ego-states can be subdivided to show the ego-state structures within Parent & Child Ego States themselves
Berne (1972) What do you say after you say hello?

Drivers & Process Scripts
Personality profiles with behavioural traits on a positive & negative spectrum.
Taibi Kahler, (1978) Transactional Analysis Revisited
Ian Stewart & Vann Joines (2002) Personality Adaptations

Ethics & Professional Conduct
Please see ITAA, EATA & UKATA for details
www.itaaworld.org - www.eatanews.org - www.uktransactionalanalysis.co.uk

Unconditional Positive Regard

Games
Overground journey outside Adult awareness resulting in participants experiencing routes that are familiar with unpleasant feelings
Eric Berne (1964) Games People Play

Organisational & Group Work
How TA can be used within organisations
Eric Berne ((1963) The Structure and Dynamics of Organizations and Groups

Zones - Life/Existential Positions:
- I+U+ I'm Okay, You're Okay (Stable Position)
- I+U- I'm Okay, You're not Okay (Unstable Positions)
- I-U+ I'm not Okay, You're Okay
- I-U- I'm not Okay, You're not Okay

Berne's Therapeutic Operations
1. Interrogation
2. Specification
3. Confrontation
4. Explanation

Decontamination — Strengthening Adult via Coaching & Counselling

MIND THE GAP

5. Illustration
6. Confirmation
7. Interpretation
8. Crystallization
9. Holding (Hargaden and Sills 2002)

Deconfusion — Somatic Disentanglement via Psychotherapy & Psychotrauma Work

Classical School (Origin of TA)
Drivers, Games, Script Theory, Drama Triangle
Eric Berne, Claude Steiner

Cathexis School
Discounting, Symbiosis - Ken Mellor, The Schiffs et al

Redecision School (Integration of Gestalt practice)
Injunctions, Counter-Injunctions, Impasses - Ken Mellor
Bob and Mary Goulding (1979) Changing Lives Through Redecision Therapy

Integrative School (Humanistic)
Empathy, Attunement, Therapeutic Presence, Script System & Relational Needs - Richard Erskin

Relational Approach (integration object relations) working with Transference and Counter-transference. Co-creating the Therapeutic Relationship.
Graeme Summers, Keith Tudor, Helena Hargaden and Charlotte Sills, Eric Berne (1964) Games People Play

Important: This infographic references TA Today - Ian Stewart & Vann Joines (2012)

Major escalator works are taking place on some old behaviours and beliefs. Avoid interchange between lines or use alternative nearby stations wherever possible. Please check before you travel

Containment — Adrienne Lee 2014
External Boundaries — Internal group boundaries
Leader — Major Internal boundary
Membership
Boundaries
Time
Diffuse — lax & weak
Venue
Rigid — fixed & inflexible
Passive Behaviours
Relational Needs — Erskine
Security
Valuing
Self-definition
Intimacy
Permeable — flexible & open
Intrapersonal — Boundaries
Mutuality
Time Structuring — Berne 1964
Interpersonal — Boundaries
Expression of Love
Acceptance
Having the Other Initiate
Intrapsychic Object Relations
Doing Nothing
Having an Impact — on the other
Externalised in client/couple dyad/triad relationship with therapist
Externalised in the matrix of the group
Over Adaptation
Agitation
Relational Third — innate sense of self
Cultural Third — context in which we grow up; including language structure
Incapacitation
Violence
Displacement
Developmental Third — Interrupted relationship between mother and child
Amplification
Cultural Parent — Diagram - Drego 1983
Etiquette — related to Parent
Technicalities — related to Adult
Character — related to Child
Trauma
Just
Discounting
Drama Triangle — Stephen Karpman 1968
Persecutor — Perpetrator, Victim, Dynamic, Franz Ruppert 2012
Rescuer
PAC Model
Executive — Ego State which dictates behaviour
Bystander
Symbiosis — function with only limited Ego States
Parent (P3) — Parent Ego States of Parents found in P2
Adult (A3) — Adult Ego States of Parents found in P2
Child (C3) — Child Ego States of Parents found in P2
Parent (P2) — See above 200m
Child (C2) — see below for 7x generations of Ego States held in Child (C2)
Adult (A2) — Not Subdivided
Hot Potato
Parent (P1)
Adult (A1)
Child (C1) — Ego State that develops after approximately 6 months. See Bowlby's Bonding & Attachment Theory
Parent (P0)
Adult (A0)
Child (C0) True Self — Develops in utero & early infancy, held in (C1)
Somatic therapies can work on a cellular level, enabling healing & release of Multigenerational traumas held in Child (C2 & C3)
Multigenerational Ego States found in (C0) are passed on epigenetically
Conscious Awareness

Party Games
Why Don't You - Yes But
Blemish
Ain't It Awful
Transactional Analysis Proper — exchange of information
Schlemiel
Good Games
Berne's Rules of Communication Transactions — exchange of information
Cavalier
Stimulus Transaction
Process Group — Work happens through the group
Response Transaction
Stroke Economy — Claude Steiner
Stroke Filter
Transference
Counter-Transference
Redecision-Style Group — Work happens in the group
Transformative Transference — Projective Identification
Good Games
Busman's Holiday
Happy To Help
First-Degree — socially okay Payoff
Homely Sage
Cavalier
Wooden Leg
Consulting Room Games
Greenhouse
Indigence
I'm Only Trying to Help You
Psychiatry
Stupid
Peasant
Social
Material
Programming — AKA Operational Aspects of Time Structuring
Individual
Presence
Attunement
Deconfusion
Third-Degree
Rackets — & Racket/Script Systems
Sweatshirt
Decontamination
Re-Parenting — Adult becomes Parent to the Child
Intimacy
Conflict — New information
Racket Feelings
Strokes vs Discounts
Stamps
Cops And Robbers
Underworld Games
Criticising
Fair
Victim
Enactments — Simultaneously impossible to explain or forget
Parental Discount
Real Self
Prejudice — contamination of Adult by Parent
Social — level message
Psychological — level message
Second-Degree — socially unacceptable Payoff
Delusion — contamination of Adult by Child
Compliant /Resistant
Content
Over Indulgent
Judgemental
Excluding — Exclusion of one or more Ego States
Inflexible
Rebellious
Integrative Approach
How Do You Get Out of Here
Relational Approach
Frame of Reference
Critical Parent
Egocentric
Immature
Selfish
Reckless
Anxious
Inconsiderate
Submissive
Reliable
Autonomy
Attainment of Autonomy
Let's Pull a Fast One on Joey
They'll be Glad They Knew Me

Life Course — Result of four interacting factors
Heredity — Genetics
External Events
Script — 75% of beliefs formed by the age of three
I'm OK, You're OK
Unstable Life Positions
I'm not OK, You're OK
Games Analysis
Let's You & Him Fight
I'm OK, You're not OK
I'm not OK, You're not OK
Uproar
Projective Transference
Verbal Strokes — or non-verbal strokes
Positive Strokes — or negative strokes
Conditional Strokes — or unconditional strokes
Stress Scale — Stan Woollams Scale 1 - 10
Strokes — See above for types
Choice — in Awareness
Awareness — Adult - Wells [2012]
Structure Hunger
Stroking Profile
Activities
Games
Presence
Decisional Model
Straight Negative Stroke — Not to be confused with a Discount
Accounting
Acknowledging Discounting
Winners Triangle — Choy [1990]
Stroke Filter
Child Fantasy
Structuring
Child in Child
Fairy Godmother
Thinking
Loving
Vulnerable — Voice - Ask - Feel
Curiosity
Empathy
Process Script — Six types of process scripts originally described by Berne. A central model of TA further developed by Steiner
Until Script
After Script
Never Script
Always Script
Almost Script
Open-ended Script
Intimacy
Phenomenological Inquiry
The Script Matrix — A Central Model of TA Claude Steiner
Counterscript — In compliance with Counterinjunctions
How To — messages
Don't Be You
Don't Make It
Don't Grow Up
Don't Be Important
Don't Belong
Don't Think
Don't Feel
Twelve Injunctions — Bob & Mary Goulding
Don't Be Well — (Don't Be Sane)
Don't Be a Child
Don't — (Don't Do Anything)
Don't Be Close
Don't Be — (Don't Exist)
Scripty
Driver Behaviours — Ex Working Styles carried in our counterscript
The Script Matrix — Steiner [1966]
Unconscious Contracts — created to survive & belong - Sarah Peyton

Authenticity
Integrated Adult
Pastimes
Stimulus Hunger — physical & mental stimulation
Options — in breaking free of existing patterns
Challenging Discount
Modelling — How do I get what I want?
Purposeful
People are OK
Bullseye Transaction — speaks to each Ego State. See NVC for examples
Responsive — Resourceful - Caring Helpful
Recognition Hunger — Individual quest for recognition. Introvert - Extrovert
Purpose
Work
Be Good
Counterinjunctions — May sometimes contradict Injunctions
Program
Permissions (+)
Injunctions (-)

Adult Aware
Adult in Child — Walk 150m to Little Professor
Little Professor
Parent in Child — 200m Magical Parent
Script Helix — Summers & Tudor 2000
Rituals
Compliant
Cooperative
Withdrawal
Intimacy
Hypnotic Injunctions
Episcript — Fanita English
Script Backslash

Adult
Somatic Child
Structuring Parent
Nurturing Parent
Parent
Autonomous Decisions
Potency
Child
Spontaneous
Nurturing
Deconfusion
Rebellious Child — Or Antiscript can be hard to tell
Antiscript
Structure
Reparenting
Martian
Natural Child
The OK Corral — Franklin Ernst
Adapted Child
Leadership — Development
Group — Coaching
Management — Styles and Training
Education — More to follow
Sales — & Marketing
Business
Social — Psychology
Teams
Relationship
Supervision — Walk 500m for CPD
Confidentiality — Including limitations in Contract & non-identifying details in Supervision
CPD & PD — Walk 750m for Supervision
Code of Ethics — Professional Conduct
Legal — Obligations
Medical — Intervention
Expansion — expanded group process
Interaction — minor internal boundary
Responsiveness — group leader to members
Leadership — Major internal boundary
Containment — External boundary. 5 Aspects of Group Development. Lee 2014 - Adapted from Berne 1966

Script Theory — Berne & Steiner
Response to a Hostile World — Early reality-testing based on feeling and intuition
Decisional — Child decides
Script Messages — Reinforced by Parents
Payoff — Script is directed towards final scene
Life-Script — Essentials of the plot written by 4 years old
Unconscious Life Plan — Essentials of the plot written by 4 years of age
Redefining — reality filtered to fit Script
Outside of Awareness
Reality is Redefined — To justify script
Winning Script — payoff is fulfilling
Losing Script — payoff is painful
Non-winning Script — also Bahal Script
Sexual Games
The Stocking Game
Life Games
Kick Me
Perversion
Life Positions
Existential Positions
Rapo
Adult — For Here & Now
Two Chair Work — Gestalt - Parent Interview
Brilliant-Skeptic — Paranoid
Enjoiner — Child in Parent (See Witch Mother or Ogre Father)
Rubberbands
Marital Games
Good Boy — Walk 200m to Rebel Child
© Joseph Rappaport Updated 2023
Contact Point — thinking, feeling or behaviour. Contact - Target - Trap Doors. Wave Sequence (1983)
Second Order Structural Model — specific vocabulary & visual model for understanding personality
Series of Circles — three circle model enables simplification of complex relationships and interactions
Accessible Language — with expandable visual model
Child Ego State — develops before Parent & Adult Ego States
Parent in Child — Electrode - Berne
Adult in Child
Parent Ego State
Adult Ego State
Levels of Impasse — Mellor 1980
1st Level — between Parent & Child
2nd Level — between Parent & Child in Child
3rd Level — between Parent & Child in Child in Child
Introjection — Script formation
See What You Made Me Do
Be Strong
Be Perfect
Hurry Up
Please Others
Personality Adaptations — positive to negative spectrum of behaviours & characteristics - Kahler, Stewart & Joines
Playful-Resister — Passive-Aggressive
Enthusiastic-Overreactor — Histrionic
Courtroom
Charming-Manipulator — Antisocial
Creative-Daydreamer — Schizoid
Responsible-Workaholic — Obsessive-Compulsive
Temporal Discounting
Decontamination — First Degree Redecision: Challenging a Discount
Level
Surebitch
Teaching
Redecision — First Degree see Disentangling
Resistant
Contamination — Parent or Child content mistaken as Adult
Group Character
Limitations — of service offered
Activation — (Purposive Performing)
Performing — (Purposive Performing)
Norming — (Focus, Action)
Storming — (Catharsis)
Forming — (Orientation)
Group Development — Turkman 1965 (Zucher 1969)
Now I've Got You, You Son of a Bitch
Drivers — Primary Driver
Try Hard
Debtor
Alcoholic
Formula G — C+G = R — Game Analysis Classical
Gimmick — place of hook
Response — beginning of Racketeering
Switch — see Drama Triangle
Con — Invite to Game
Familiar — probably not true feeling
Frigid Woman
If It Weren't for You
Harried
Look How Hard I've Tried
Sweetheart
Holding
Invite
Grandiosity
Game Plan
Angular Ulterior Transactions
Marshmallowing
Negative Nurturing Parent
Child Fantasy
Adapted Child
Rebellious Child
Adult Expectations
Group Etiquette
Technical Culture
Secondarily Adjusted — Group Imago
Teams
Clarified — Group Imago
Engagement
Termination — Separation & Ending
Duplex Ulterior Transactions
Secondarily Adjusted Operative Group Imago
Mode — or level
Existence
Significance
Possibilities — others or changes exist
Abilities of Others
Personal Abilities
Helicopter View — looking from the Meta perspective a new point of view
Type
T1 Stimuli
Area
T2 Problems
T3 Options
Discount Matrix
T2 Significance of stimuli
T3 Significance of problems
T4 Solvability of problems
T4 Significance of options
T3 Changeability of stimuli
T5 Viability of options
T5 Person's ability to solve problems
T4 Person's ability to react differently
T6 Person's ability to act on options
Drama Triangle — Victim - Rescuer - Persecutor
It's not a Game until there's a Switch
Cross Up — didn't go how I planned it
Payoff — Here I go again
Parent — Parent Ego State
Adult — Adult Ego State
Child — Child Ego State
Cathexis — Constancy Hypothesis
Behavioural Diagnosis
Recognising Ego States — For a complete diagnosis all 4 below should be used
Social Diagnosis
Historical Diagnosis
Phenomenological Diagnosis
Functional Ego State Model — observable behaviours
Controlling Parent
Adult
Natural Child
Ulterior Transactions
Complementary Transactions
Crossed Transactions
Experience — of Plenty
Therapy — of Relationship
Change — via Authentic Experience
Empowerment
Ensuring Closure
Intimacy
Primal Wounds
Attunement
Adapted — Group Imago
Subgroups
Differentiation
Group Imago — Provisional Group Imago
Historical Groups — including original Family Group. Historical Group Imagos
Integrative School — Richard Erskine
Redecision School — The Gouldings
Cathexis School — The Schiffs
Classical School — Eric Berne, Claude Steiner
Woolwich Arsenal

Cohere Group — offering systemic thinking coaching - constellations and design collaborations

Other forms of psychological development are available. Please see symbols located at stations for connections to alternative modes of travel. Special fares may apply

Games - due to agreed maintenance and improvements work. Delays expected in overground enactments. Please use other networks available

© Joseph Rappaport 2020 www.cohere.group

Check before you travel; seek assistance as improvement works may affect your journey, particularly at busy periods. For more information, coaching support & other resources; Visit www.cohere.group or contact via email info@cohere.group

TRANSACTIONAL ANALYSIS

TRANSPORT FOR PSYCHOLOGICAL DEVELOPMENT

EVERY JOURNEY MATTERS

Cohere group

Based on the Transport for London Tube Map - www.tfl.gov.uk
Honouring the original iconic 1933 Tube Map, designed by Harry Beck 1933