An Introduction to Transactional Analysis

Between the Lines · Eric Berne's model, made practical



Three ego states



Parent — copied from parent figures
Adult — here-and-now response to reality
Child — replayed from childhood

Functional ego states



Critical Parent · Nurturing Parent

Adult

Free Child · Adapted Child

Transactions



Complementary — communication can continue
Crossed — communication breaks off
Ulterior — a hidden psychological message

Strokes



Units of recognition: positive or negative, conditional or unconditional.
People need strokes to survive.

Life positions

I'm OK, You're OK
I'm OK, You're not OK
I'm not OK, You're OK
I'm not OK, You're not OK



Games & the Drama Triangle



Persecutor · Rescuer · Victim
Notice the switch, refuse the con,
ask straight for what you want.

Toward autonomy



Awareness · Spontaneity · Intimacy

References: Berne (1961, 1964); Stewart & Joines (2012)