

Transactional Analysis

- Three Basic Concepts: Parent, Adult and Child
- Transactions: Among P, A and C
- $P \quad < \text{--} \quad > \quad P$
- $A \quad < \text{--} \quad > \quad A$
- $C \quad < \text{--} \quad > \quad C$
- There are 9 possible transactions

Transactional Basis

- Id – Pleasure Principle
- Ego- Realistic Principle
- Super-Ego- Ethical Principle

The Three Ego States

- Parent- “Do as I do”
- Child- “What shall I do?”
- Adult- “I will be frank with you”

We Are

- Child
- Adult
- Parent in our Transactions.
- Biological conditions are irrelevant to these ego states.
- We shift from one ego state to another in transactions.

Shift in Ego States

- Parent- “Why don’t you prepare a timetable?”
- Child- “What is the point when one cannot follow it?” – Becomes an Adult.

Transactional Stimulus and Response

- The initiator of the transaction is called the transactional stimulus.
- The response of the respondent is called transactional response.

Types of Transactions

- *Complementary Transactions:* Appropriate and Expected Transactions indicating healthy human relationships.
- Communication takes place when transactions are complementary. A stimulus invites a response; this response becomes a stimulus inviting further response and so on.

Types of Transactions (Con..)

- *Crossed Transaction*: This causes most difficulties in social situations.
- “May be, you should improve your teaching”.
- “You always find fault with me whatever I do” Parent-Child interaction.

Typical Games

- Between A shop keeper and a house wife:
- “This one is better, but you cannot afford it”
- Between A Teacher and a Student:
- “This is a good topic, but you cannot handle it.”
- Between an Expert and a Candidate:
- “What you just said is totally wrong”