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Transactional Analysis (TA), a psychoanalytic theory of social interactions developed by Dr. Eric Berne in the 1950s. TA is designed to help individuals understand their interpersonal behaviour and communication patterns, thereby improving relationships and personal functioning.

In the context of Transactional Analysis, "transactions" refer to the verbal and non-verbal interactions between individuals. These transactions can be categorised and analysed in various ways to uncover deeper psychological processes and communication patterns.

1. **Ego States**:
   - According to TA, individuals operate from one of three ego states during transactions: Parent, Adult, or Child. Understanding which ego state a person is operating from can help in coaching them towards healthier interactions.
   - **Parent** – Ingrained voices of authority; can be nurturing or controlling.
   - **Adult** – Objective appraisal of reality, problem-solving ability.
   - **Child** – Emotional reactions rooted in childhood; can be free (spontaneous) or adapted (reactions based on parental influences).
2. **Types of Transactions**:
   - **Complementary Transactions**: These occur when a message sent from a specific ego state receives an expected reply from another ego state, e.g., a Parent to Child or vice versa.
   - **Crossed Transactions**: These occur when an unexpected response is given, leading to confusion or conflict, e.g., a message from the Parent ego state is met with a response from the Adult ego state.
   - **Ulterior Transactions**: These involve a hidden message or agenda, where the overt communication comes from one ego state, but the covert message is from another.
3. **Life Positions**:
   - These are basic beliefs about oneself and others. The four life positions are:
     - 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
   - These positions impact how individuals view the world and themselves. Coaching can help individuals shift towards the more positive "I'm OK, You're OK" stance.
4. **Strokes**:
   - Strokes are units of recognition or attention. People have a fundamental need for strokes. Positive strokes (compliments) are affirming, whereas negative strokes (criticisms) are hurtful. Understanding an individual's stroke economy can offer insights into their behavior and needs.
5. **Games**:
   - In TA, games are repetitive, unconscious patterns of behavior that often end in a negative payoff. Identifying and understanding these games is crucial in breaking out of unproductive patterns.

Try one of the exercises on the Ego States included on the next worksheet

Warm regards,

Tanya Deryglazova

Your coach

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Ego State Identification Worksheet

Objective: To enhance self-awareness regarding the ego states from which one operates in various situations.

1. Ego States in a nutshell
Parent: These are behaviours, thoughts, and feelings copied from parents or parental figures. Characteristics: Nurturing [offers comfort, support]; Controlling: [sets rules, can be critical]

Adult: Behaviours, thoughts, and feelings which are a direct response to the here and now, and are not influenced by our past. Characteristics: Objective; Problem-solving; Data processing

Child: These are behaviours, thoughts, and feelings replayed from childhood. Characteristics: Free (Natural) Child: [spontaneous, impulsive, playful]; Adapted Child [learned behaviours from parental restrictions, can be rebellious or compliant]

2. Scenario Reflection
List down a few recent situations or interactions that were significant or emotional for you. For each scenario, identify which ego state you believe they were operating from. Describe the emotions you felt, the thoughts that went through your mind. Is it a typical response in such situations?

Scenario	Ego State	Feelings & Thoughts
1. (e.g., Argument with a colleague)	*(e.g., Child)*	*(e.g., Felt attacked, thought they were unreasonable)*

3. Deep Dive Reflection
Choose one scenario from the above and answer the following:
a. What triggered this ego state?
(e.g., When they raised their voice, it reminded me of how my parents used to scold me.)
b. How did this ego state influence your response or behaviour?
(e.g., I became defensive and shut down, not really listening to their points.)
c. What might have been a more effective ego state to respond from?
(e.g., Adult - to objectively address the issue at hand without emotional baggage.)
d. How would you respond differently from this ego state?
(e.g., I would ask clarifying questions and try to understand their perspective without getting emotionally overwhelmed.)

4. Future Intent
Think about a similar situation in the future or any other event or interaction where you anticipate some challenges.
What ego state do you wish to primarily operate from, and why?

Event/Interaction:

Desired Ego State:

Reason:

Tip:

- Take your notes to the following session to work on the Strategies to remain in the desired ego state