



## Small Group Lead Notes-Lesson 11 Transactional Analysis: A Tutorial on Behavior

- **Ppt1: four:one Journey – Lesson 11**
  - Have this opening ppt up each week as participants arrive, to provide a sense of welcome and readiness for the upcoming session
- Follow the outline on Page 11 - 3 for the Welcome & Prayer
- Address unfinished material from previous lesson if necessary
- Discuss homework completed from previous lesson.
- Lesson 11 will likely be a new relational concept for most, if not all, in your Group.
  - In addition to understanding the theory behind TA, we'll spend sometime looking at some practical examples of TA, which hopefully will help us "see" our behavior, and possibly challenge us in the midst of relational exchanges, in order to more often walk as worthy sons and daughters of the Lord Jesus.

### The Prepare page

- **Take Away:** Have someone read the Take Away on P 11-2.
  - As you viewed the video presentation by Dr. Scott Jones, what new insights did you glean?
  - Utilize the White Board throughout your session to emphasize key points
  - Courtney Caroland shared some very insightful observations about family interactions. What stood out to you from her presentation?

### Transactional Analysis as a Theoretical Framework Ppt 2:

- Info taken from 4:1 Student Workbook and
  - [://www.businessballs.com/emotional-intelligence/transactional-analysis-eric-berne/#:~:text=Transactional%20Analysis%20is%20a%20theory,called%20Transactional%20Analysis%20\(TA\).](http://www.businessballs.com/emotional-intelligence/transactional-analysis-eric-berne/#:~:text=Transactional%20Analysis%20is%20a%20theory,called%20Transactional%20Analysis%20(TA).)
- Transactional Analysis is a theory developed by Dr. Eric Berne in the 1950s. Originally trained in psychoanalysis, Berne wanted a theory which could be understood and available to everyone and began to develop what came to be called Transactional Analysis (TA). Transactional Analysis is a social psychology and a method to improve communication. The theory outlines how we have developed and treat ourselves, how we relate and communicate with others, and offers suggestions and interventions which will enable us to change and grow. Transactional Analysis is underpinned by the philosophy that: • people can change • we all have a right to be in the world and be accepted

## Definition of an Ego State

- Info taken from 4:1 Student Workbook and [https://www.businessballs.com/emotional-intelligence/transactional-analysis-eric-berne/#:~:text=Transactional%20Analysis%20is%20a%20theory,called%20Transactional%20Analysis%20\(TA\).](https://www.businessballs.com/emotional-intelligence/transactional-analysis-eric-berne/#:~:text=Transactional%20Analysis%20is%20a%20theory,called%20Transactional%20Analysis%20(TA).)
- p. 11-6
  - Parent: This is our ingrained voice of authority, absorbed conditioning, learning and attitudes from when we were young. We were conditioned by our real parents, teachers, older people, next-door neighbours, aunts and uncles, Father Christmas and Jack Frost. Our Parent is made up of a huge number of hidden and overt recorded playbacks. Typically embodied by phrases and attitudes starting with 'how to', 'under no circumstances', 'always' and 'never forget', 'don't lie, cheat, steal', etc. Our parent is formed by external events and influences upon us as we grow through early childhood. We can change it, but this is easier said than done.
  - Physical - angry or impatient body-language and expressions, finger-pointing, patronising gestures,
  - Verbal - always, never, for once and for all, judgmental words, critical words, patronising language, posturing language.
  - Adult: Our 'Adult' is our ability to think and determine action for ourselves, based on received data. The adult in us begins to form at around ten months old and is the means by which we keep our Parent and Child under control. If we are to change our Parent or Child we must do so through our adult.
  - In other words:
    - Parent is our 'Taught' concept of life
    - Child is our 'Felt' concept of life
    - Adult is our 'Thought' concept of life
  - When we communicate we are doing so from one of our own alter ego states, our Parent, Adult or Child. Our feelings at the time determine which one we use, and at any time something can trigger a shift from one state to another. When we respond, we are also doing this from one of the three states, and it is in the analysis of these stimuli and responses that the essence of Transactional Analysis lies.
  - At the core of Berne's theory is the rule that effective transactions (ie successful communications) must be complementary. They must go back from the receiving ego state to the sending ego state. For example, if the stimulus is Parent to Child, the response must be Child to Parent, or the transaction is 'crossed', and there will be a problem between sender and receiver.
  - If a crossed transaction occurs, there is ineffective communication. Worse still either or both parties will be upset. In order for the relationship to continue smoothly, the agent or the respondent must rescue the situation with a complementary transaction.
  - In serious break-downs, there is no chance of immediately resuming a discussion about the original subject matter. Attention is focused on the relationship. The discussion can only continue constructively when and if the relationship is mended.
    - Physical - attentive, interested, straight-forward, tilted head, non-threatening and non-threatened.

- Verbal - why, what, how, who, where and when, how much, in what way, comparative expressions, reasoned statements, true, false, probably, possibly, I think, I realize, I see, I believe, in my opinion.
  - Child: Our internal reaction and feelings to external events form the 'Child'. This is the seeing, hearing, feeling, and emotional body of data within each of us. When anger or despair dominates reason, the Child is in control. Like our Parent we can change it, but it is no easier.
  - Physical - emotionally sad expressions, despair, temper tantrums, whining voice, rolling eyes, shrugging shoulders, teasing, delight, laughter, speaking behind hand, raising hand to speak, squirming and giggling.
  - Verbal - baby talk, I wish, I dunno, I want, I'm gonna, I don't care, oh no, not again, things never go right for me, worst day of my life, bigger, biggest, best, many superlatives, words to impress.
  - To analyze a transaction you need to see and feel what is being said as well.
    - Only 7% of meaning is in the words spoken.
    - 38% of meaning is paralinguistic (the way that the words are said).
    - 55% is in facial expression.
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- Hand Outs