

Transactional Analysis (TA)

Transactional Analysis (TA) is a model to analyze interaction and communication. It is used in therapy and training to be able to see from a distance what is going wrong now and what you would like to change.

You strive to deal with each other in a productive way (authentic community +) and want to gain insight into what stands in the way of that (excessive behavior, the false self -). In doing so you look mainly at yourself, but in the total context, so also at the interaction with the other.

The **Drama triangle** is derived from the transactional analysis.

Above all, it shows how the overshoot/negative aspects (i.e. false self) interact with each other. They provoke and reinforce each other.

When you get caught up in this, there is often a vague "not fluff" feeling first. The overview False self / Authentic self can help you step out of this dynamic. Also, the EMC helps to check what emotion is activated in these dynamics, plus the message, plus the action of course. Both models will help you step out of the drama triangle and stay in the winners triangle.

Nurturing parent:

Base=Values

- +Resisting
- +Couraging
- +Protective
- Puttering
- Keeping small
- Maintain dependency

Adult:

Basic= Logic and ratio

- +logical thinking
- +Realistic
- Endless analysis
- Indecision

Critical Parent:

Basic=Standards

- +Border setting
- +Requirements
- +On rights
- Authoritative
- Judging
- Reducing

Free Child:

Basic=needs and feelings

- + Creative
- + Spontaneous
- + Knows own needs
- Disturbing
- Sloppy
- Proprietary

Adapted child:

Basic= internal and external expectation

- + Obedient
- + Patient
- + Tolerant
- Passive
- Complaining
- Depends

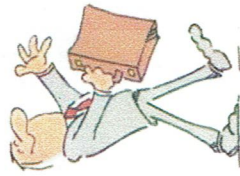
The Winner's Triangle

Assertive

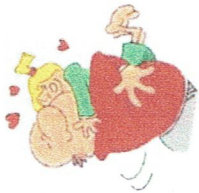
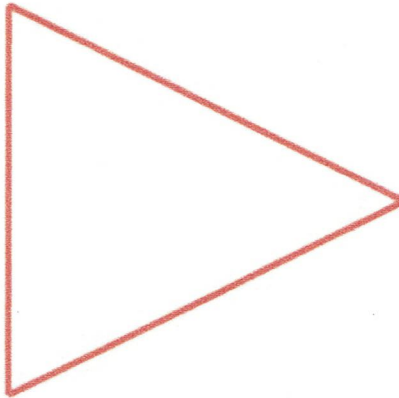
- knows own feelings, needs and wants
- non-judgemental
- uses 'I' messages

Nurturing

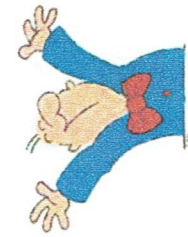
- gives help when asked
- cares and understands
- doesn't need to be needed by others



Accepts others' value and integrity



Accepts others' ability to think for themselves



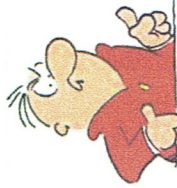
Vulnerable

- shares real feelings
- Accepts Self

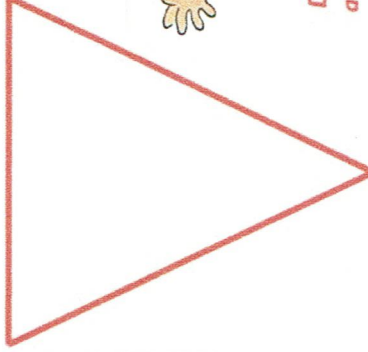
The Karpman Drama Triangle

Persecutor

- aggressive
- angry
- judgemental



Discounts others' value and integrity



Discounts others' ability to think for themselves

Victim

- downtrodden
- helpless
- complains of unmet needs



Discounts Self