



Transactional Musings

Volume 1, Issue 2

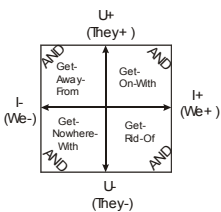
February 12, 2010

Special points of Interest:

- Each of the three ego states has its own OK Corral
- The Corralogram is a way to measure, represent, define how a person's social operations are coming out over a period of time.

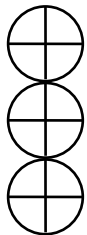
The OK Corral - Grid for What's Happening

The OK Corral—Grid for Get-On-With was presented in The Encounterer, Vol. 2, No. 34, 9-12-1973, published by the Golden Gate Foundation for Group Treatment, Inc. F.H. Ernst Jr., M.D. wrote the following:



This diagram shows the OK Corral—Grid for Get-On-With

“Each social, transactional event ends with some amount of *I AM OK with myself* (WE ARE OK with ourselves) or *I AM* (we are) *NOT OK with myself AND YOU ARE OK with me* (THEY ARE OK with us) or *YOU (THEY) ARE NOT OK with me*. This can be depicted with Cartesian (orthogonal) coordinates. The horizontal line is the "I" line. I AM OK with myself goes to the right, like reading, "I am going ahead." I AM NOT OK with myself is shown to the left, "I am going backward," regressing, slipping behind. The up-and-down line is the "YOU" line. YOU ARE OK with me is shown as going up, "You are up with me, you are big to me, I put you up, build you up." YOU ARE NOT OK with me is shown with the arrow point going down, "I put you down."



Each of the three ego states has its own OK Corral.

“For man, the social animal, the AND is the most important and the unique factor in his stroking equations. "After you've

encountered OP what are you going to do with him?"

“Each of these 4 methods of resolving an encounter with another, results in its own unique form of social operation taking place.

- I+ AND U+ = **Get-On-With**
- I+ AND U- = **Get-Rid-Of**
- I- AND U+ = **Get-Away-From**
- I- AND U- = **Get-Nowhere-With**

“Therefore, when the operation (GOW, GAF, GRO, GNW) is known, then the vectors at play can be read from this letter of the ALPHABET OF BEHAVIOR. Deductively, then, by figuring back, a GAF operation, such as storming out of the house, will mean that I AM NOT OK AND YOU ARE OK.

“Each ego state is able to handle a full range of social encounters” (Eric Berne, M.D.). The extension of this is that each of the 3 ego states has its own OK Corral.

“In a day's time, a person (especially the well and adjusted) will use each method of resolving encounters at least once. "You just don't have the time to get-on-with every event and every person you

meet." The well person, the winner, has a reduced frequency and a reduced intensity of his non get-on-with encounters. (See The Encounterer No. 16.)

“The Grid for GOW is to describe that whatever the event and whatever the method of solution used for an event, it will be done within the person's lifetime. A lifetime has a finite number of seconds. Being a people is to be a time-bound organism. While it is stimulating, even euphoria producing, to conceive of the potential residing within ourselves (the variables for getting on with, times for intimacy, inventive creativeness, spontaneity, resourcefulness, capacity for learning, etc.) it is a fact that the tissues and organs of the person are built, are so constructed as to deal with and survive a finite number of seconds, usually between 1.5 and 3.0 billion.”

The Corralogram

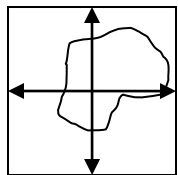
F.H. Ernst Jr., M.D. also wrote in Vol.2 No.34 of The Encounterer: “**THE CORRALOGRAM** is a way of defining how a person's social operations are coming out during a week,

a day, a year, or a decade. Note: (see diagrams at left) all 4 quadrants are enclosed here. This is to say that it is within the interval of the person's unique state of awareness (a life-

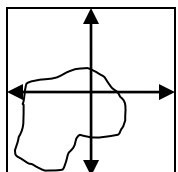
time) that he will do what he is going to do, will do what he ... decided to do: crusade, invent, hide out, lead, remain steadfast, whatever. It will be done in just that, ONE LIFETIME!”

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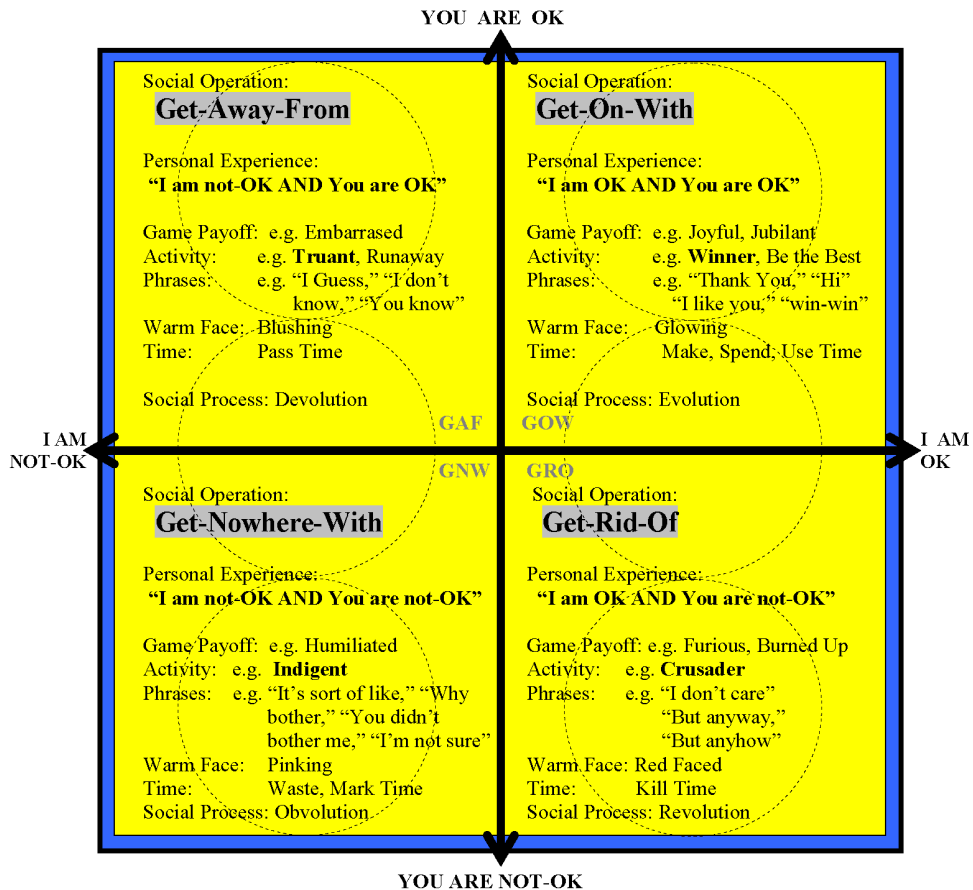
Corralograms





The OK Corral: Grid for What's Happening "poster"

TRANSACTIONAL ANALYSIS in the OK CORRAL: Grid for What's Happening



Transactional Analysis in the OK Corral: Grid for What's Happening, poster © 2008

Franklin H. Ernst Jr., M.D.



There are four kinds of social operations: Get-Away-From, Get-On-With, Get-Nowhere-With, Get-Rid-Of.

On the back side of the 8-1/2" x 11" poster is printed the following text:

Transactional Analysis in the **OK CORRAL: Grid for What's Happening**. This is the diagram for classifying the outcomes of the events in your life:

Get-On-With, Get-Away-From, Get-Nowhere-With, or Get-Rid-Of

YOU CAN CHOOSE how you want a situation to come out BEFORE the end of it. Not all events can end in a get-on-with. To have a get-on-with for some events, you can choose to have

other events come out in one of the other three ways. You cannot get-on-with everybody and everything. Healthy people use each one of the four ways at least once a day.

One person's get-on-with is also the other person's get-on-with.

One person's get-away-from is the other person's get-rid-of AND vice versa.

One person's get-nowhere-with is the other person's get-nowhere-with.

The arrow points on the four sides of the grid show there are four kinds of strokes a person can give: "I Am OK," "I AM Not-OK," "You Are OK," "You Are Not-OK." One person strokes the other, gives words (gestures and/or touches) to move (stimulate) the other, AND MORE: to move the other person to the extent that first person gets words given back, to complete one transaction. Whatever else, while transactions are continuing, the parties are negotiating the answer to the psychological-business questions of "What are we going to do with each other?" and "How is this going to come out?" For the persons involved, the ending will come out in one of the four corners of their respective OK Corrals when they have arrived at a psychological-level form of (mutual) agreement about each person being OK or Not-OK.

"I Am OK" is drawn to the right. For example: "I am going ahead."

"I Am Not-OK" points to the left. For example: "I am going backward."

"You Are OK" points up. For example: "I look up to you; think well of you; admire you."

"You are Not-OK" points down. For example: "I look down on you; think poorly of you; give you a put down."

When used for named people, insert the first person's name at the ends of the horizontal axis and the other person's name at the ends of the vertical axis.

People form alliances, friendships. The "I Am OK (or Not-OK)" becomes a "We" after "I" and "You" have negotiated to become a "We;" "You" recruit "Me" or "I" recruit "You," either way. The "We" are now dealing with others. The others can be a "You" (singular or plural), "He," "She," Named Person, "They" or Named Group. Then the "We" are listed on either end of the horizontal axis instead of "I" and the other party on either end of the vertical axis.

"You Are OK" Strokes: for example "Either way (you take

it), you are OK with me!" "It's on me!" "Treat is on me!"

"I Am OK" Strokes: for example "Either way (you take it) I AM OK!" "It's on you, if you will be OK with me or not!"

"I Am Not-OK" Strokes: for example "It's because of me!" "It's my fault!"

"You Are Not-OK" Strokes: for example (the jeers, put downs and psychological rackets) "It's because of you!" (It's ALL MY FAULT means "It is your fault!") All four kinds of strokes are useful.

Transactions of games are built on combinations of the four kinds of strokes: they will usually include more than one stroking (dynamic) arrow in the transactions given and received.

SOCIAL PROCESS is the long range trend of a person's or a group's life.

In closing:

The strokes a person exchanges during his/her encounters with others (encounter by encounter) have consequences.



Medicine

"Mastery of the universe is proportional to the symbols man has by which to represent his universe."

Writings on the OK Corral: Grid for What's Happening

There are several titles written by F.H. Ernst Jr., M.D. on this topic. Among them are:

"Transactional Analysis in the OK Corral: Grid for What's Happening" (text).

"Getting Well With Transactional Analysis: Get-On-With, Getting Well and Get (to be) Winners."

"Coercive Feelings: Psychological Rackets in the OK Corral."

"Fourth Millennium of the Alphabet and the Transactional Analysis Diagrams. The PAC's Meet the ABC'sers."

"The Game Diagram"

"Handbook of Listening: Transactional Analysis of the Listening Activity"

"The Encounterer", edited by F.H. Ernst Jr., M.D., has a lot of material on this topic, too.

All of these written materials and others are available as free downloads at the web site:

[www. ListeningActivity.com](http://www.ListeningActivity.com)



Chemistry



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Personality Functions "poster"

Published and copyrighted in 1973, the Personality Functions "poster" (artwork) shows the three ego-states: Parent-Adult-Child.

The Parent nurtures (feeds, cheers on, comforts, caress) and disciplines (sets limits and gives a sense of reality,

prohibits-trains, teaches good -bad, right-wrong.)

The Adult computes: (is business-like, objective, organizer, lists) . The Adult listens, measures, thinks (reflects, figures" , talks, takes action.) The Adult is level-headed.

The Child is Natural (imaginative, spontaneous, "gives himself away"). The Child has the ability to adapt. The Rebel Child that defies, fights" is a "bad child." The Compliant Child believes, memorizes, "Good Child."

