

THE ENCOUNTERER

An Information Service of the Golden Gate FOUNDATION for GROUP TREATMENT, INC.

© 1975, Golden Gate Foundation for Group Treatment, Inc. P.O. Box 1141, Vallejo, California, 94590

Editor: FH Ernst Jr, MD

February 28, 1975

Vol. 2, No. 37

NOTICE: Transactional Analysis 3 day conference in suburban San Francisco, April 25-27, 1975. 2nd Spring Conference of Golden Gate Foundation for Group Treatment, Inc., at the Holiday Inn, Fairfield, CA on I-80. \$15 pre-registered, \$20 on-site. Continuing education college credit available for official TA 101 class. Write: FH Ernst Jr., MD -- GGFGTI, P.O. Box 1141, Vallejo, CA 94590.

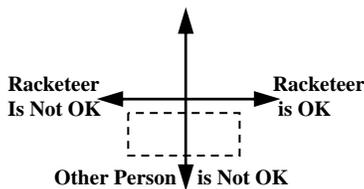
FORMULATION: Psychological Rackets (Continued from *THE ENCOUNTERER*, No. 36). In social transactions, rackets are to be distinguished from games. A game is a social activity which regulates intimacy. It is one of the six ways of structuring time. Repetitively carried out, its elements are a seemingly reasonable opening objective, concealed motivation, ulterior transactions, gimmick (with a switch as part of this artful stratagem) ending with a payoff. A payoff is a bright, vivid "moment of truth" when another one of your inside selves gets to come alive, when another set of feelings AND physiology gets to be exercised. Of and in themselves (contrary to some doctrinaires), games are not bad, are OK (see *TA Bulletin* 9:35, 84-86, July 1970), the payoff being the element to selectively control. The strokes of games furnish the psychological bread of life and games structure between 30% and 60% of people's lives. The payoffs of games, the denouements, can be classified into four varieties: Get-On-With, Get-Away-From, Get-Rid-Of and Get-Nowhere-With. (Figure 1).

Figure 1

GAF	GOW
GNW	GRO

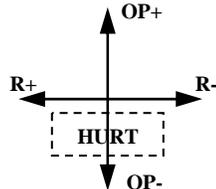
RACKETS are different. *Phenomenologically*, a racket is a repetitively displayed emotion with fraudulent, coercive and intimidating qualities which brings about the outward consent of the victim. *Operationally*, a racket is an emotional display lacking authenticity, preventing other emotional displays AND victimizing the recipient's choices to either inaction (GNW) or avoidance (GAF). *Pragmatically*, a racket is a specialized display, which places a burden on the other person. In the criminal protection racket, the victim purchases protection from "the protector"-predator.

Figure 2 OP is OK



The General Racket Diagram

Figure 3



The Specified Racket Diagram

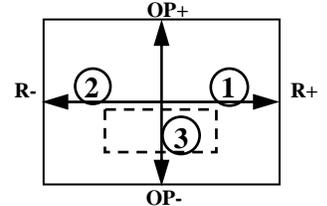
Analysis of stimulus and response reveals that these specialized displays clearly and distinctly convey to the Other Person that OP is *not* OK (Figure 2). In the case of a racketeer repeatedly claiming "You hurt me," "That hurt me," it is depicted operationally by Figure 3.

This, the Racket Letter of the Behavioral Alphabet, shows a

very specialized form of "put down," "You are not-OK with me" strokes. Rackets may be called emotional blackmail and the gifted put-down artists awarded the order of the brown (tan, beige, or chocolate) tongue with brown leaf clusters.

The build-up to a racket is done by going through a specific set of steps. These steps are, 1) One or more (Positive Conditional) "I am OK" strokes by racketeer, e.g., "I couldn't have said it better." "I am so glad to be here!" (vs "with you!"). These are followed by, 2) one or more sequential strokes that contradict those before; (Negative Conditional) strokes that say "I am not-OK," "This old dress?" "I'm not really qualified to judge that!" This second step usually elicits reassurance from the intended prey; e.g. about-to-be-victimized saying "Why, that dress is a most attractive one." 3) The victim instead finds himself snarled up and contradicting racketeer, as he finds himself receiving (Negative Unconditional) "You are not-OK" strokes, accused of arguing, of lack of understanding and classed as a disagreeable person; this is exemplified by racketeer escalating the intensity of his declaration of personal not-OKness with "But (you don't understand) I am *too* a mess," "This dress is *too* old," "I *am not* at all qualified to judge," thus showing OP how OP, in his act of disagreeing is a disagreeable person, even causative of racketeer's feeling even more not-OK. OP has been dumped into not-OKness by racketeer. In racketeer's logic OP has earned the not-OK strokes being given to him. The racketeer steps are shown in Figure 4.

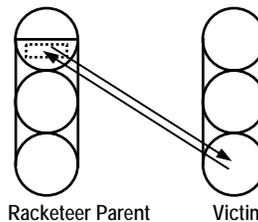
Figure 4



Racketeers do not recycle back through the first two steps mentioned above. Instead they stay with their steady stream of specialized OP — strokes until OP surrenders or retreats.

A racketeer coming from his Parent-self is diagnosed by the transactional response of OP coming back from the Child (Figure 5). The Child racketeer can be diagnosed by noting the social response coming back from Other Person's Parent-self (Figure 6).

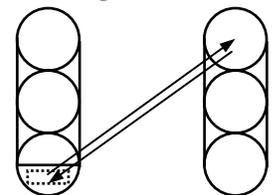
Figure No. 5



Racketeer Parent

Victim

Figure No. 6



Racketeer Child

Rx for GW of a racket: "Give more free OK's to other people AND accept more of the free OK's given to yourself," e.g., "Say 'Thank You!', whether or not you feel like it." "Stop cutting off all these OK's coming to you; quit arguing so much with the giver about your unmerits and giver's poor judgment in complimenting you."

The FOUNDATION for GROUP TREATMENT, INC., a non-profit organization was established for the purpose of providing clinicians of all schools and disciplines using group treatment methods with opportunities for increasing their effectiveness and efficiency toward the professional treatment objective of the patient getting well.

The Encounterer is the news service of the FOUNDATION. It will have notices of interest, current developments in this treatment field, and clinical reports.

Associations and Societies of group treatment professionals are invited to use THE ENCOUNTERER to notify others of their meetings and activities. As a service of the FOUNDATION, non-profit facilities and organizations involved with group treatment are invited to apply for THE ENCOUNTERER on a continuing basis.

This single sheet news service will include:

1. CLINICAL INFORMATION:

- A. ENCOUNTERS, vignettes, applicable to treatment.
- B. FORMULATIONS of theoretical and a practical nature.
- C. "Rx for GETTING WELL."
- D. OTHER sections as this publication evolves.

2. NOTICES of coming talks, seminars, meetings for learning, teaching, training.

3. REPORTS on events of interest to group treatment professionals.

Individuals who want to receive THE ENCOUNTERER may do so by making a \$2.50 donation for which they will receive 20 issues of this periodical in a year.

Glossary of Terms and Abbreviations Used in THE ENCOUNTERER

A	Adult, "level-head," objective, ego state	P-O	Pay-Off: Ulterior (latent) motive, reward. 5th move of a game.
C	Child, childhood, "the Kid" ego state	PSI	Pounds per square inch
CPM	Cycles per minute	Rx	Prescription, prescribed, therapeutic advice, treatment recommendation.
CPS	Cycles per second	SCRIPT	Life-Story: map of person's life, often resembling a fairy-tale.
E	THE ENCOUNTERER	SOBA	SOB Authority, Silly-Ole'- Boy-Authority
G	Gimmick: (trick, wrinkle) 4th move of a GAME.	SOBA-HUNTER:	Person with an "authority problem"; a Crusader; a revolutionary.
GAF	The DEVOLUTION Life Solution of <u>Get-Away From:</u> I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where-With:</u> I-am-not-OK-and-you-are-not-OK.	TA	Transactional Analysis. Originated by Berne. It is: 1. A theory of (social) behavior 2. A theory of personality structure 3. A method of (group) psychotherapy treatment 4. An organization It embraces and is not contradictory to psychoanalytic theory and practice.
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK	THE E	THE ENCOUNTERER
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of:</u> I-am-OK-and-you-are-not-OK.	THWIT's	"To Hell With It's", Having a case of the ...
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.	VOL	Volume
H	Hook: (come-on, engagement) 1st move of a GAME.		
M	Maneuver: (angle, con) move of a GAME.		
No	Number		
P	Parent, Parent ego state; to be differentiated from Adult ego state.		