

Special points of interest:

"When an imaginary line is drawn across the eyes which is parallel to the horizon the person is more than likely listening with a reasoning, objective view of the situation, is portraying a reality-oriented view, is assessing the particular event in order to get the facts. "

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More than a Christmas Story



Matthew 2:9 (KJV of the Bible)

⁹When they (the three wise men / "Magi") had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was. ¹⁰When they saw the star, they rejoiced with exceeding great joy. ¹¹And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh. ¹²And being warned of God in a dream that they should not return to Herod, they departed into their own country another way.

¹³And when they were departed, behold, the angel of the Lord appeareth to Joseph in a dream, saying, Arise,

and take the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him. ¹⁴When he arose, he took the young child and his mother by night, and departed into Egypt: ¹⁵And was there until the death of Herod: that it might be fulfilled which was spoken of the Lord by the prophet, saying, Out of Egypt have I called my son.

¹⁶Then Herod, when he saw that he was mocked of the wise men, was exceeding wroth, and sent forth, and slew all the children that were in Bethlehem, and in all the coasts thereof, from two years old and under, according to the time which he had diligently inquired of the wise men. ¹⁷Then was fulfilled that which was spoken by Jeremy the prophet, saying, ¹⁸In Rama was there a voice heard, lamentation, and weeping,

and great mourning, Rachel weeping for her children, and would not be comforted, because they are not.

¹⁹But when Herod was dead, behold, an angel of the Lord appeareth in a dream to Joseph in Egypt, ²⁰Saying, Arise, and take the young child and his mother, and go into the land of Israel: for they are dead which sought the young child's life. ²¹And he arose, and took the young child and his mother, and came into the land of Israel. ²²But when he heard that Archelaus did reign in Judaea in the room of his father Herod, he was afraid to go thither: notwithstanding, being warned of God in a dream, he turned aside into the parts of Galilee: ²³And he came and dwelt in a city called Nazareth: that it might be fulfilled which was spoken by the prophets, He shall be called a Nazarene.

"If It Weren't For You"

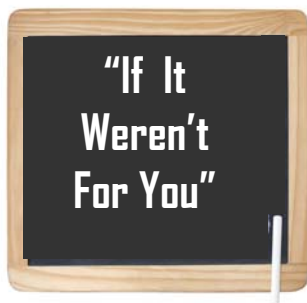
King Herod may very well have played "If-It-Weren't-For-You." I venture to say he probably played other games, too, among them "Ain't-It-Awful," "Why-Is-This-Always-Happening-To-Me?," and "Now-I-Got-You, -You-S.O.B."

In "Who's Listening" FH Ernst Jr, MD

writes about ways to defuse the intensity of some of these games. On page 129 he writes: *duet-talking has been used to abort the full anger potential of the games of "Uproar" with assertiveness, "If-It-Weren't-For-You," "Ain't-It-Awful," "Why-Is-This-Always-Happening-To-Me?" "Now-I-Got-You, -You-S.O.B.," etc. It is specifically use-*

ful in the handling of stammering--stuttering.

Leveling one's head is another technique for getting a handle on game playing. On page 138 of "Who's Listening" Dr. Ernst writes: *What does an angled countenance convey? What does "tilt" on a person's face mean? In the*





The following is from "Who's Listening - Transactional Analysis of the Listening Activity" by F. H. Ernst Jr., M.D., page 141.

Ferris in a prison therapy group coined the term "my Adult locators," referring to his eye-glasses. He had been in several different groups and locked up for many years. He had no prospects, as far as he could tell, of being released in the near future; nevertheless, he "glommed onto using my eye glasses as my Adult locators" within 3 months and 25 group sessions. Then he began to note that he could interrupt his own repetitive sequence of (1) a laughing remark, (2) righteous anger at someone followed by (3) a provocative statement and then (4) a remark and/or physical attitude meant to infer to the second person: "You don't know what you're doing," or "you don't know what you're talking about," for a game of "If-It-weren't-For-You." With this (4) in the above sequence, he would have a head angle of twenty-five to thirty degrees to the side and head tipped back ten degrees. The sequence usually ended in a pouting silence. After having located this sequence and found the usefulness of being able to have his own "Adult locators," Ferris could be asked by therapist or other patient at Move No. 1, No. 2, or No. 3 as above, "What's your angle?" And he would be able to interrupt this, his program for earning either a get-nowhere-with or a

listening (moving) person, it means that when an imaginary line is drawn across the eyes which is parallel to the horizon the person is more than likely listening with a reasoning, objective view of the situation, is portraying a reality-oriented view, is assessing the particular event in order to get the facts. When an angle with the horizontal is measured by an imaginary line across the eyes, this means that one view of the situation carries more weight for the person than another. (internal) view of that same situation. When the angle is present, it may be that there is a partial withdrawal from the situation to some related fantasy, or it may be that the angle is for cheering on of the speaker, or for the jeering of the speaker. Persons who are "square shooters" and listening with a level attitude are predictably giving a reasoned quality of attentiveness to the situation and are quite likely also influencing the situation toward reasoning. These references to angles and levels have to do with which ego state has the executive (Adult or non-Adult).

In her twentieth session, Holly was level most of the time. Her eyes were pinking intermittently. About every 3 to 8 seconds her head moved to one angle or another. Periodically she held up her Parental pointing finger to tell of events between herself and her husband, to tell about their children, and to tell about her own background. Her choice of words and voice tone remained objective. There was a lack of impassioned pleading. She returned to the leveled countenance for 6 to 20 seconds at least once every 20 seconds during that session. At first glance, it looked as if she might be trying to persuade the therapist, that she was expounding on the right,

correct and only true way of raising children as contrasted to her husband's lack of good quality child-raising techniques. Looking carefully and listening closely to her descriptions, it became apparent that not only was she looking, watching, listening, and carefully assessing how she was being listened to by the therapist, but further she was also listening to herself and, assessing how she might be influencing the resolution of events in the home.

Particularly she wanted to get well of intermittent hives. She knew her "If t Weren't For You" and "I'm Only Trying To Help You" alienated Howie into playing his complementary "Yes, (Holly), You're Entirely Right," his variant of "(Holly)-You're-Always-Right." In the past, her payoff event for these game sequences had been either to (1) yell and scream him out of the room, out of the house (Get-Rid-Of payoff) or he'd go to sleep for a Get-Away-From for himself or (2) she'd go quiet, as would he, and they would "put each other on silence for hours or days" for a mutual Get-No-where-With each other quality of payoff. First he and then she had come to recognize that after this latter event had gone on for twelve or more hours then the chances of her breaking out with giant hives would greatly increase. Although previously a hard "Cool it, Man" player (frigid woman), they infrequently locked onto this game now for a mutually repelling set of payoffs.

"But," she continued in this twentieth session, "sometimes I get to telling him about how I want to go live closer to my family" (head tilted 15 degrees), "and how much my mother and brother want to see our children," (head brought up to an 8 to 10 degree tilt) "and I can just see him

start to go blank. Then he goes to bed. Night before last" (head level, eyes pink), "Suzie, our oldest, got sick again and started fussing, so by the time I got to bed I wanted to talk some more, to tell him I shouldn't have brought it all up," (head to side 20 degrees, pink eyes) "and that he was right, that we probably shouldn't go to live near them. But I'd gone too far already. He just said, 'Yes, yes, you're right. You're entirely right. You're entirely right, dear,' and he rolled over and went to sleep."

"I thought to myself (leveled face, clear eyes) right then, 'Hey, this is it. I wonder if I'm going to get hives tomorrow. I hope not, but I may.' You know, I could see then, he didn't say my name once after I started all this stuff up to try to get him into a corner" (angling of her face for 6 seconds). "Then yesterday morning I got the hives bad. I started to itch all over. The lotions wouldn't work. When he came home for lunch he began to call me 'Holly,' to say my name to me." Then (leveling again, pinkened eyes), "I saw he wasn't mad, he did care. He did want me." (head now way over 25 to 30 degrees) "You know, (smiling and coming upright) my hives got well by that night, by supper time." (Leveling) "I guess then it's my Parent who gets on him" (finger up and pointing with an 5 to 10 degree tilt to her face) "and feeling hurt, that he's so inconsiderate and unwilling to listen to me or hear me out on my views." (Smiling, shaking her head side to side, then leveling and going ahead.)

During the twentieth session, she was watching carefully for information as to what she could learn, for what she could pick up about her own behavior from therapist and for more information on how she herself (her Adult) could better keep track of when her

game-playing self was adversely affecting the outcome of the events at home. This was predominantly ADULT. For more than 50 percent of the total number of seconds in that session, she was on-the-level.

Characteristically, when a patient or other person in a group is actively angling and someone inquires, "What is your angle about?" the angled person will laugh, then level, and within a few seconds discontinue the activity he had previously been embarked on as if to say, "Aw shucks, you caught me." This single act of "leveling" the head and then holding this level for 30 seconds will, with rather good regularity, lead the way toward a rearrangement of the internal way of thinking with corresponding modifications of the rest of the expressive behavior, such as tone of voice, the setting of other muscles of the body. Several persons have also told of having alternative views of a situation come to mind. Putting it differently, the person's own ADULT becomes more available to him. ...

If during the demonstrating of leveling, the person's elbows can rest on some level surface, such as the arms of a chair, a table, or his knees, there will be the added information about where a physical, horizontal "level" is. Several people, in order to be able to assume their own level with minimal conspicuousness in social settings, have practiced leveling in front of a mirror, with one hand cupped under the chin, to then be able to verify for self what it feels like (with their own body muscles) to be leveled.

Ferris in a prison therapy group coined the term "my Adult locators," referring to his eyeglasses. He had been in several different groups and

locked up for many years. He had no prospects, as far as he could tell, of being released in the near future; nevertheless, he "glammed onto using my eye glasses as my Adult locators" within 3 months and 25 group sessions. Then he began to note that he could interrupt his own repetitive sequence of (1) a laughing remark, (2) righteous anger at someone followed by (3) a provocative statement and then (4) a remark and/or physical attitude meant to infer to the second person: "You don't know what you're doing," or "you don't know what you're talking about," for a game of "If-It-weren't-For-You." With this (4) in the above sequence, he would have a head angle of twenty-five to thirty degrees to the side and head tipped back ten degrees. The sequence usually ended in a pouting silence. After having located this sequence and found the usefulness of being able to have his own "Adult locators," Ferris could be asked by therapist or other patient at Move No. 1, No. 2, or No. 3 as above, "What's your angle?" And he would be able to interrupt this, his program for earning either a get-nowhere-with or a get-away-from pout. Instead he could often exchange it for a mutual laugh with the other person. He found that his eyeglasses were so very reliable for himself that he was able to discontinue the procedure of putting his hands to his face to get his own level. His "Adult locators" now allowed him to play his game as far as he wanted to. He next became adept at listening for his own tone of voice. He wore his glasses regularly. He would listen for his tone or he could look over the rims of his glasses and catch himself in his game (just) before he would have, for example, told the persons important for his release to "Kiss my ass." After six months of being in the

group, he secured his release.

At this writing, 30 months after release, Ferris continues to be outside of prison. He writes back every once in a while saying, "I'm watching my angle, Doc." He became enthusiastic about "Adult locators" to the extent of persuading his best friend to wear eyeglass rims without lenses. For Ferris, his (potent) "Adult locators" still continue to be both effective (protective) and efficient (permission to not be rebellious) for him with his continued social rehabilitation (cure). For the first time in the last 10 years of his 28-year life, he has been "trouble free" for thirty sequential months.

This procedure of leveling can be and has been called "a trick," "educating the patient" and other similar terms. It has been haughtily referred to as "training" and "just plain educating the patient." The fact continues to be repeatedly reaffirmed that leveling has afforded many persons a chance to obtain relief from symptoms. It has offered the opportunity to people to locate a psychological and physical attitude with which and from which a significant percentage have been able, within a short period of time, to be more in charge of their behavior, to be better able to organize their feeling experiences on a realistic basis. Once objective thinking can be initiated and feeling states sorted, that is, once the Adult ego state can be separated from "troubled Kid" and activated, then the control and management of the internal distress is well under way to being taken care of. The leveling procedure could be called, "not letting a patient work through his problems" and has been called "artificial," but for those treaters, whether "artists" or "scientists," who are intent on successfully reducing

get-away-from pout. Instead he could often exchange it for a mutual laugh with the other person. He found that his eyeglasses were so very reliable for himself that he was able to discontinue the procedure of putting his hands to his face to get his own level. His "Adult locators" now allowed him to play his game as far as he wanted to. He next became adept at listening for his own tone of voice. He wore his glasses regularly. He would listen for his tone or he could look over the rims of his glasses and catch himself in his game (just) before he would have, for example, told the persons important for his release to "Kiss my ass." After six months of being in the group, he secured his release. At this writing, 30 months after release, Ferris continues to be outside of prison. He writes back every once in a while saying, "I'm watching my angle, Doc." He became enthusiastic about "Adult locators" to the extent of persuading his best friend to wear eyeglass rims without lenses. For Ferris, his (potent) "Adult locators" still continue to be both effective (protective) and efficient (permission to not be rebellious) for him with his continued social rehabilitation (cure). For the first time in the last 10 years of his 28-year life, he has been "trouble free" for thirty sequential months.



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"Game Codes—Newsletter of Games People Play"

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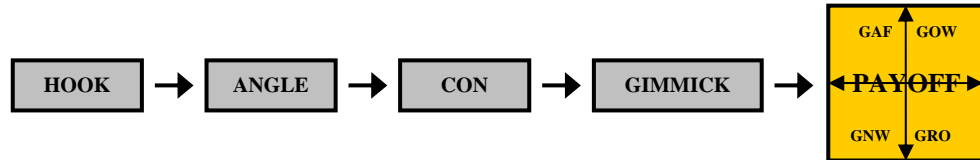
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"Mastery of the universe is proportional to the symbols man has by which to represent his universe."

A game is defined as a recurring set of transactions with ulterior transactions, concealed motivation, a gimmick, and a payoff. Eric Berne, M.D. used a particular variation of the duplex transactional diagram to represent the ulterior aspects of a game. Berne added the concept of switch in 1966 and introduced "The Game Formula." $\text{Con} + \text{Gimmick} = \text{Response} > \text{Switch} > \text{Payoff}$. The "Ernst Game Diagram" as described by Franklin H. Ernst Jr., M.D. in his paper "The Game Diagram" shows the phenomena of the variableness of a game and number of variations without contradicting "Berne's Game Formula." The Game Diagram" has five moves: Move #1-Hook, Move #2-Angle, Move #3-Con, Move #4-Gimmick, Move #5-Payoff. Diagrammatically it looks like this:



the distress of the ill individual and are intent on aiding their patients in overcoming and reducing suffering, then the objective is to use all those methods which will provide relief.

Persons with intermittent panic attacks as the reason for entering treatment have referred to leveling as "When I held it for a while it was like a temporary sanctuary that I could find." "It was a refuge from my panic." "I did what you said to keep it (symptoms) from taking over."

"Leveling" as a procedure has been taught and used by several known athletes with success in their sports. In treatment, leveling is often introduced as early as the middle of the first session. Factors taken into account in introducing leveling this early include a patient being alternately level and then angled two or three times early in the first session; a person who is initially objectifying (vs. objecting to, e.g., "there's no reason at all for me to be feeling that way") his present situation.

These patients by their behavior are indicating the accessibility of the different qualities of personality structure within themselves. A patient can be asked early if he wants to have more control of himself, be more in charge of his own internal switch that turns his trouble on and off as a part of a get-well contract. Answering affirmatively, then the patient can be shown the leveling procedure and how it aids in organizing, in securing an organized approach, even though sometimes only briefly. They can be shown how it aids in setting aside agitated and disorganized forms of behavior.

The procedure for locating the level position of the head is described to some patients as being a method to better locate an objective viewpoint, an unbiased view of the situation at hand. Since "bias, prejudice and opinion" are ordinarily thought of as "being bad," there is some increased leverage in introducing it with this terminology.

Square listeners are "straight shooters." Leveling with a person, being on the square, both in the physical and the psychological sense, regularly induces increased confidence with and from the other person.

On-the-level is quite regularly humorless. In one instance, a student who had just seen a demonstration of "leveling" as "Adult-locating" tried it the same evening at a dinner party. Introduced to her guests with "I have a new trick I have just learned," she invited her guests to follow her example by placing their hands on the sides of their heads to level their faces. The very considerable amount of fun which was being had by the guests and the hostess up to that point for the previous 30 jocular minutes vanished within 30 seconds and remained absent until one of those present began to "angle" himself "in fun" again.

Game Codes -
 Newsletter of Games People Play

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