

# SOCIAL TOOLS NEWSLETTER

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The following is from an unpublished manuscript titled "Social Tools" by Franklin H. Ernst, Jr., MD and from a paper titled "Self-Rekidding" also by F.H Ernst, Jr., M.D.

**INSIDE THIS ISSUE:**

<b>SELF REKIDDING</b>	<b>1</b>
<b>CHILD CONTAMINATED ADULT</b>	<b>2</b>
<b>WHY DECONTAMINATE THE ADULT ?</b>	<b>3</b>
<b>SELF-REKIDDING IS TO DECEIVE ONESELF</b>	<b>3</b>
<b>MONEY HANDLING AND SELF-REKIDDING</b>	<b>4</b>
<b>TO QUESTION AUTHORITY</b>	<b>4</b>
<b>SELF-REKIDDING "REASONING"</b>	<b>5</b>

## SOCIAL TOOLS - SELF - REKIDDING

### SELF REKIDDING

#### "NOBODY LISTENS TO ME"

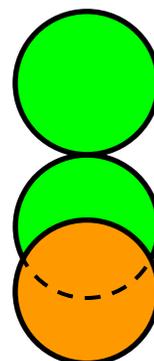
Dexter came for treatment to get well of "Nobody listens to me." It soon became evident in group that people did listen to him when he was matter-of-fact. When, however, someone expressed doubt about what Dexter was discussing, he would begin to push the point, at times leading to arguing with the person who might then turn away from him.

As Dexter came to recognize this sequence of events, he (his Adult) got better at heading off his Child at making another attempt to prove it. It? "That nobody listens to me" as long as his Child "worked it just right." His Adult came to

clearly recognize that his Child saw events differently. Neither the therapist nor Dexter saw a need then to "change" Dexter's Child. His Child kept his belief. Effectively Dexter's Adult was now in charge at work and in his home life. People did listen to him.

Dexter's Adult was successful in persuading his Child to discontinue inappropriate "self-rekidding." After he left his psychotherapy he ran onto Transactional Analysis articles on the Activity of Listening. He gained more personal benefit from reading.

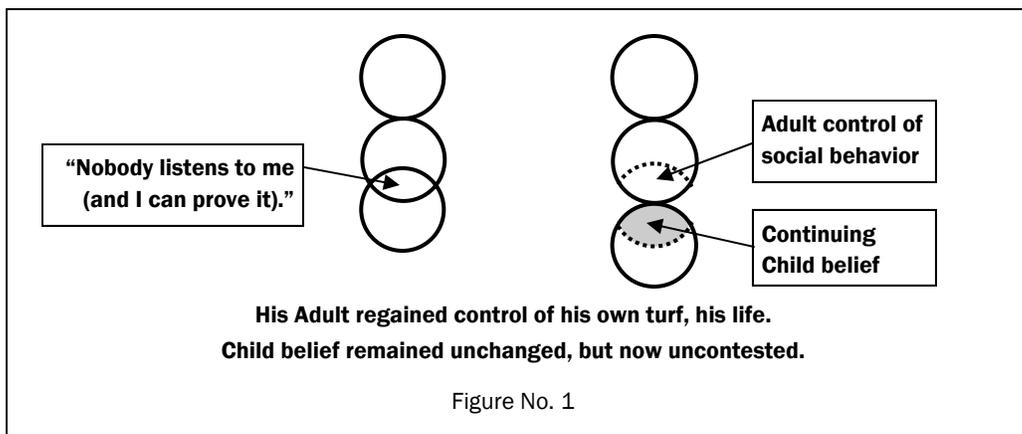
This was diagrammed as shown in Figure No. 1.



**SPECIAL POINTS OF INTEREST:**

There are four types of social tools.

- Management of Self
- Dealing With Others
- Tickets, Talents, Hellos, Education, Trades, Techniques
- Money



**SOCIAL TOOLS - SELF REKIDDING**

**CHILD CONTAMINATED ADULT**

Eric Berne's introduction of Transactional Analysis to his readers enabled them to begin understanding the importance of Parent-Adult-Child. Since the earliest days it was understood by students of transactional analysis that the first job with a patient, a student, or for that matter anybody, is for him to be able to reliably identify and access his own Adult. The next is for his Adult to recognize his own Child self and become able to separate his Adult from his Child. Following this, the third task, is to focus on that portion of the person's behavior where the Child persists on intruding into a person's own Adult reasoning (process and behavior). Put differently, this job of decontaminating a person's Adult is to identify the circumstances

in which **his Child (being permitted by his Adult)** keeps on contaminating his own Adult. The Child self of a person can and does, in specific circumstances, "borrows" reasoning to "substantiate" a strongly held emotional belief. This is called "His Adult is kidding himself." These are instances where a person persists in using his reasoning apparatus in order to justify emotionally based behavior with seeming reasoning.

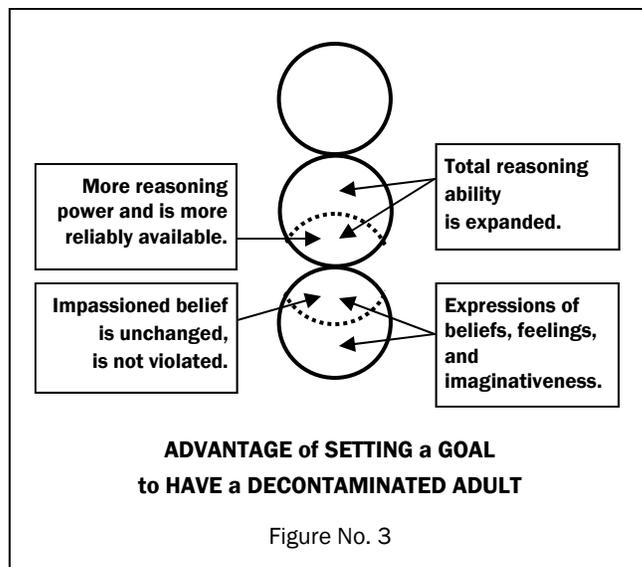
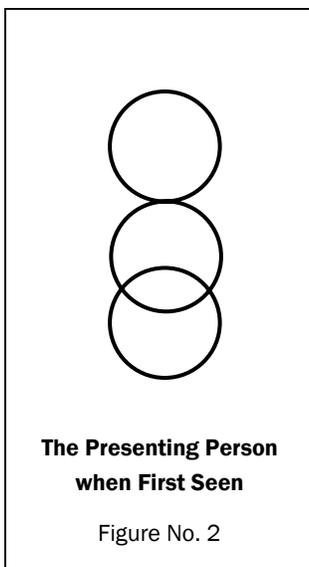
Writer had cases where the solution to the "problem" (for which a person came into treatment for) resulted when the person's own (now stronger) Adult gained awareness and control of his own Child intruding into his Adult. "The better a person can objectify that his Child has his own beliefs, and Child self wants to keep

them, as distinct from the Adult, the less the person will be inclined "to kid himself." "The better you can keep your circles separated, but in touch with each other, the better you'll do in life."

"Get to know yourself."  
 "Be honest with yourself."  
 "Be friends with yourself."  
 The following drawings (diagrams) show this.

The goal, is not to suppress this Child; the goal is to show the alive, vibrant Child that his own Adult, now grown up, can find better solutions to the problems first encountered when the person was little. As a Child his solutions then were appropriate. But his circumstances are different now. He is a grown up. He can use different strokes now for his life situations, if he wants to do so, "if he wants to be more Adult."

The purpose of achieving decontamination of the Adult is not to dissuade the person about the reality of his Child belief. Decontamination enables the person to better regulate when Child behavior may appear; to appear at more socially appropriate occasions, and to keep the Child energized as is, so that the zest the belief provides to his overall life, is not diminished.



**WHY DECONTAMINATE THE ADULT ?**

The purpose of achieving decontamination of the Adult is not to dissuade the person about the reality of his Child belief. Decontamination enables the person to better regulate when Child behavior may appear; to appear at more socially appropriate occasions, and to keep the zest the belief provides to his overall life, is not diminished. Often decontaminating one's Adult leads the person to privately reassessing himself, talking to, and

reasoning about matters with his own Childself as an OK person in his Child's own right. The person talks with himself about the reasons, of his own, for why he does things.

When these Child beliefs intrude into the Adult, they are often expressed in the form of Social Rackets. In these Social Rackets, it is the element of "It's you (who is) making me cry (angry, scared, confused,

etc)", "It's because of you ... (reasons)" in the expression of the feeling that identifies the expression as a racket (blackmail, coercive feeling). This is diagramed in Figure No. 4.

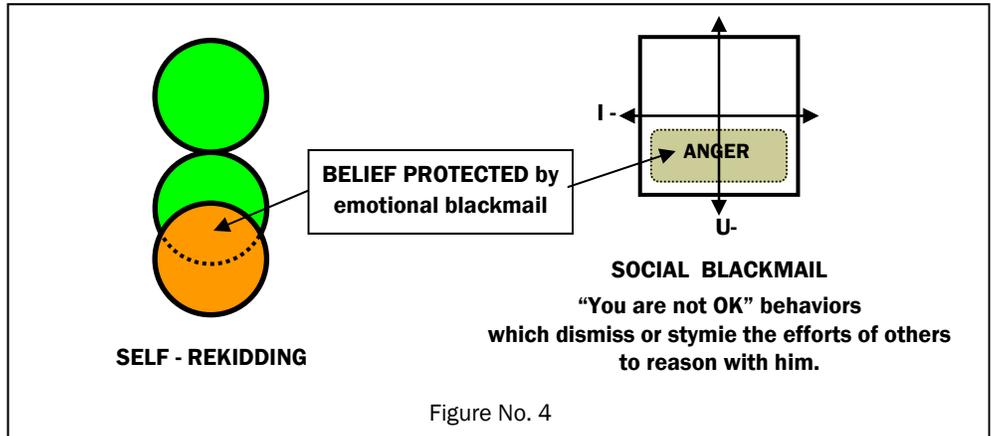


Figure No. 4

**SELF-REKIDDING IS TO DECEIVE ONESELF**

Eventually, this variant of the Parent-Adult-Child (PAC) diagram was dubbed the self-rekidding diagram to emphasize the problem. It has reference to those who remain persistent in pressing their beliefs onto others despite facts to the contrary, and the resulting alienation of friends.

The word "kid" is both a noun slang term for child and a verb "to deceive, to perpetrate a hoax." People do kid themselves at times. This self-rekidding colloquialism describes the person whose Child does have a strongly held, emotionally charged set of beliefs about what is for him a "truth." And when he is corrected about this belief, he disputes and disagrees in

the face of objective, verifiable data to the contrary. Such a person in fact, when seen, will be vigorously marshalling more "personal facts" and "reasons" in support of his belief. When this occurs, it is evident that this believer's Childself is moving in on his own probability estimating Adult.

His Child is contaminating his Adult reasoning apparatus. He is deceiving himself. The repeated doing of this is called self-rekidding. Impassioned reasoning contains more than factual, objective reasons. This is symbolized by the drawing below, Figure No. 6.

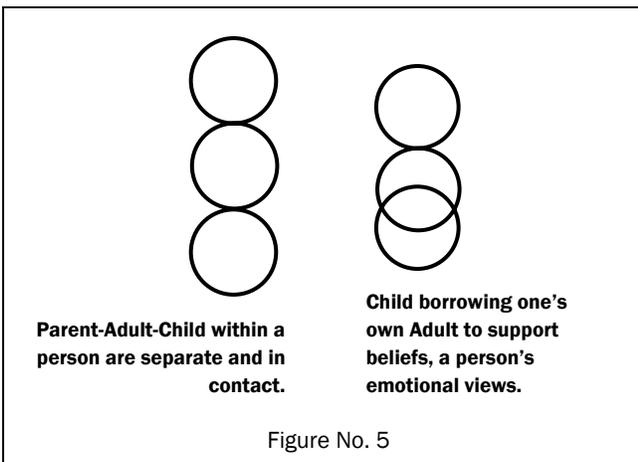


Figure No. 5

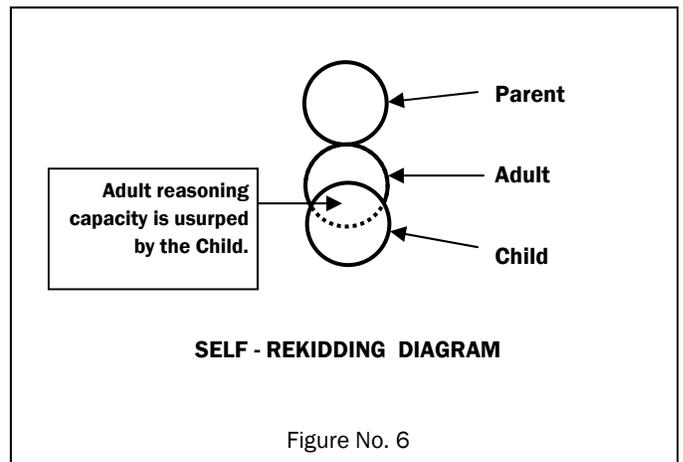


Figure No. 6

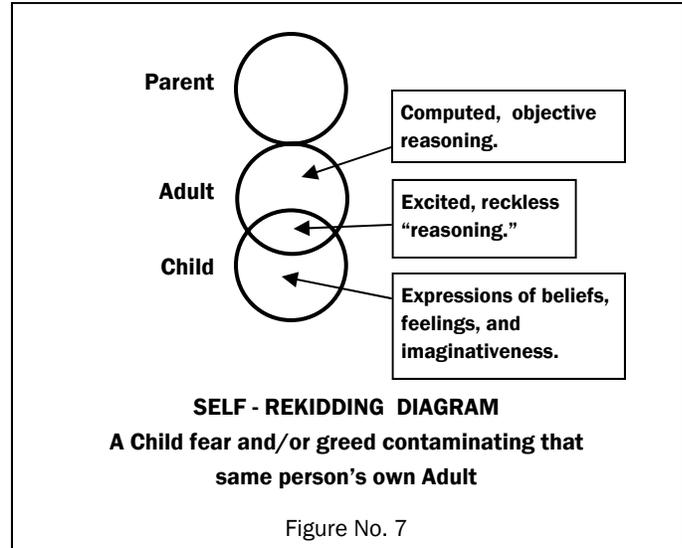
**SOCIAL TOOLS - SELF REKIDDING**

**MONEY HANDLING AND SELF-REKIDDING**

Those who have repeatedly been “taken to the cleaners” financially, have not learned from personal experience about personal limiting of “blind spots.” They have a financial blind spot in their ability to manage self. Many people buy high and sell low.

This is an example of “self-rekidding.” This particular person, for reasons of greed,

having money ahead in the stock market becomes gullible (suggestible) and is often easily persuaded to buy more stock, another stock near its top, believing they can make a (financial) killing rather than selling high. However, when the value of the investment goes down sharply, they sell. This is repeated many times. You know - “A fool and his money are soon parted.”



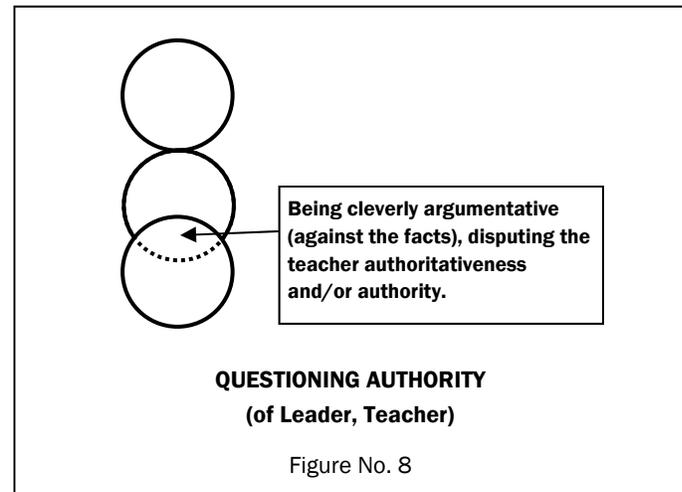
**TO QUESTION AUTHORITY**

There are some bright young people who have been turned onto mischievously questioning (challenging) teacher authority in their classrooms and other authoritatively knowledgeable individuals. They have learned how to pick on minutia to show the teaching person he doesn't know what he's talking about. They are

called by various colloquialisms, eg “a smart mouth, smart a..,” and can be diagrammed as next.

There are two general meanings for authority:

- 1) the “boss”, the one in charge and
- 2) the person who speaks knowledgeably on a subject, is authoritative.



**References**

“Handbook of Listening: Transactional Analysis of the Listening Activity”, 2nd edition, by F.H. Ernst, Jr., M.D., Addresso'Set Publications, Vallejo, California. © 2008.

“Coercive Feelings - Psychological Rackets in the OK Corral”, by F.H. Ernst, Jr., M.D., Addresso'Set Publications, Vallejo, California. © 2008.

“Self-Rekidding”, by F.H. Ernst, Jr., M.D., Addresso'Set Publications, Vallejo, California, California. © 2009

**SELF-REKIDDING  
“REASONING”**

Self-rekidding describes a person who goes to considerable lengths to devise plausible reasoning structures in support of a belief. Some people will engage in debates, engage in heated arguments to defend a particular personal belief as being factual.

A fact is a phenomenon. It is a piece of information which can be matter-of-factly, dispassionately verified by others.

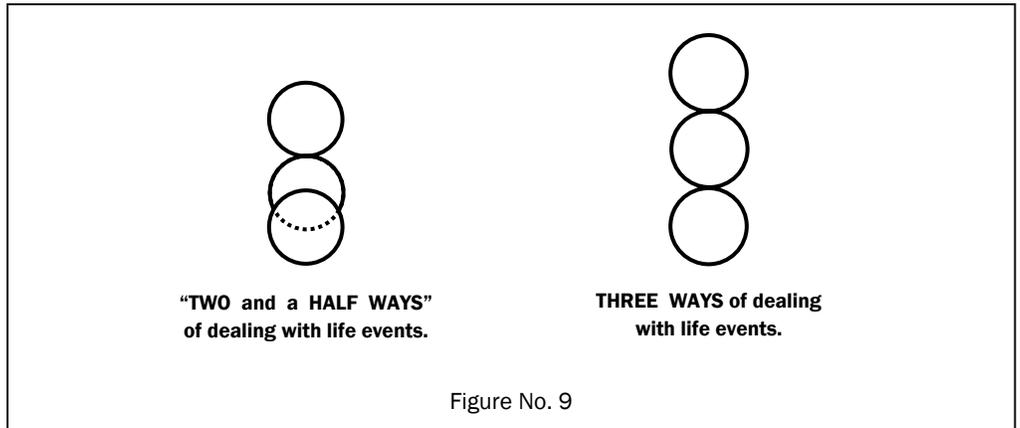
A belief is a personal view, often emotionally defended.

Beliefs, facts, thoughts, personal views, opinions. “I believe”, “I feel”, “I think”,

“I wonder if”; each of these ways of viewing events is valuable, has its place in life. The self-governing of these in the presentation of oneself can be

typified by the expression “Get a handle on your own self-rekidding.”

“Keep your circles from overlapping (too much).”



**EMOTIONALLY CHARGED  
BELIEFS ABOUT  
PERSONALITIES**

In the case of talk about a “personality” about which two parties are in agreement, the event is harmonious. In a discussion where one of the talkers is trying to persuade the other person about the “personality” of someone not present, such as in a telephone call, then the persuader may get impassioned and start animatedly citing the “facts” to “prove his

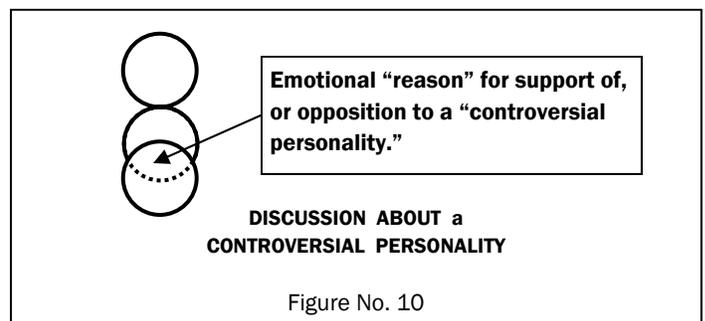
point” to his non-agreeing friend on the other end of the line.

In a dissenting discussion of “a controversial personality” the intensity of emotional displays will pick up. AND the “discussants” will also be taking care to pull in more and more (emotionally laden, sometimes slanderous) “facts”, each in order to back up his own belief about the third “personality.”

A “controversial personality” by definition is a person

toward whom intensely held, divergent, strong personal convictions are directed by members of the public.

Would you call Jose Canseco, of baseball fame, a controversial person?



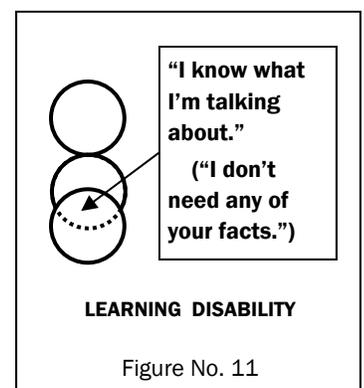
**INTELLIGENT GROWNUPS  
WITH A  
LEARNING DISABILITY**

Many a person in such controversial discussions is insistent that: “I know what I’m talking about.” Putting it differently, there are a few people who do not become enraged to the point of unreasoning when told: “You

don’t know what you’re talking about.”

Another “fact” maintained by some is: “I know what I’m doing!” And again, given any hint of being told “You don’t know what you’re doing” they will almost automatically shut down all other reasoning in favor of “disputatious reasoning” that they do too, know

what they’re doing. When the reasoning of a person is shut down in favor of disputing, he has a learning disability for the time being. Learning is an Adult function with the Child being compliantly cooperative. Disputing has more to do with defiant (rebel Child) “emotional self-rekidding reasoning.”



**SOCIAL TOOLS - SELF REKIDDING**

**BABE RUTH**

Recall the movie about Babe Ruth? As a major league pitcher it looked like his career was about to end. He and some friends were sitting in a restaurant booth discussing the problem. From the next booth a woman piped up to tell them she knew what the problem was. Apparently eager to learn, they invited her to join them. She did.

She told Ruth he was telegraphing his pitches to the batters. And she told him and his friends how he was doing it. Ruth blew up at her. He was outraged at her for telling him he didn't know what he was doing. She had shown him what the problem was. She left.

Eventually Ruth calmed down, and within a short period of time caught on to what she had told him, what he was doing. He corrected it (his pitching problem), for his

own benefit and that of teammates. And Boston baseball fans were again delighted.

Ruth's initial reaction was not "Oh thank you ma'm for your careful observation and evaluation, and all your help in going to the trouble of studying my work and then telling me and showing me." NO!

Something inside him responded, almost as if his life was on the line. Maybe it had been on the line sometime in the past, BUT that was not the case when he was in that restaurant.

It was not necessary to learn the origin of his

reaction. What was needed, was for him to join up with the present day information he had just been given. In fact, as any fan of Ruth remembers, he continued to be almost routinely defiantly argumentative or brawling with anyone who said or even hinted to him "You don't know what you're doing!"

For practical purposes Ruth had a temporary learning disability about his pitching. It was, we were told, almost career ending before he corrected his problem. He later moved to the Yankees as an outfielder and daily batter.

The behavior of District 1 Supervisor was a social behavior racket. The behavior was aimed at coercively forcing the woman employee out of her position; attempting to force the other Supervisors to concur with her personal view of the county employee.

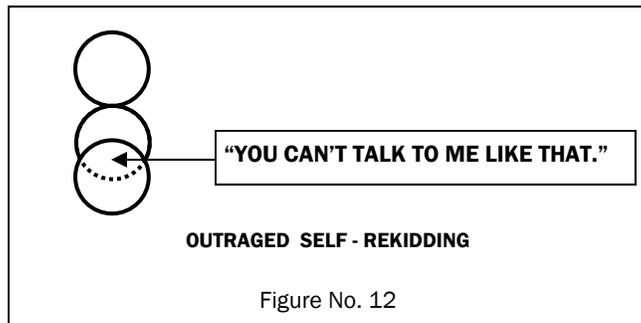


Figure No. 12

**A TEMPER TANTRUM TAKES OVER A COUNTY GOV'T MEETING**

On July 5, 1995 a few taxpayers attended a "semi-private meeting" of the local County Board of Supervisors. At the start of the meeting a question was raised by a County Supervisor as to the legality of holding the meeting. County Counsel Dennis Bunting (Attorney for the

Board of Supervisors) was brought in, asked, and he answered with a NO "... This is not a legal meeting ... ." The questioning County Supervisor and County Counsel both left the meeting then. The meeting continued. So what was happening?

About two hours into the meeting another County Supervisor's vocal volume began to dominate the meeting,

This behavior was disruptive and increasingly abrasive for the purpose of the meeting. The stated purpose: a "Goals and Objectives Setting Meeting." However, "the Supervisor from District No.1," as witnessed by the writer and others episodically personally attacked an attending participating county employee. That Supervisor was dramatic with her slanderous words, and

harangue. This episodic, repeated behavior of haranging went on and on for those two hours.

The behavior of District 1 Supervisor was a social behavior racket. The behavior was aimed at coercively forcing the woman employee out of her position; attempting to force the other Supervisors to concur with her personal view of the county employee.

According to California Government Code all public meetings are to be advertised, published with an itemized agenda listing the matters to be considered by the governing body. And the right of a member of the public to speak to each individual matter as it came up on the agenda is normal. The July 5, 1995 all-day "semi-private meeting" of the Board of Supervisors in question was called by the County Administrator, M.D. Johnson. Was this a fictional meeting? Instead, both the County Administrator and Board Chairman declared it was "illegal" for any member of the attending public to speak to any matter, at all then, while THE "County Goals and Objectives" (public policies) were being decided, ie plans for County expenditures of tax funds were being discussed.

Remember, the County Counsel had declared this to be an "illegal" meeting and had walked out with another

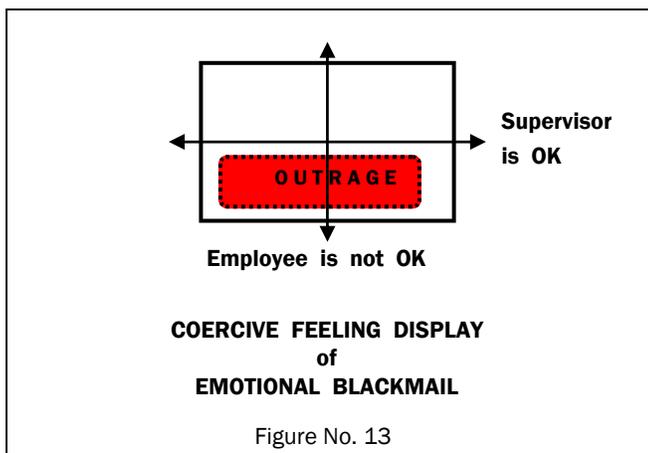


Figure No. 13

Supervisor. The intent was clear, looking at this in retrospect. So the intent seems to have been to ram thru "goals and objectives," not allow public input, and intimidate the public by verbally brow beating a county employee, working in her capacity as a county employee then.

After one such temper outburst by the mad Supervisor, a fellow Supervisor finally asked for her agreement to "stay on the policy issues, to set personality issues aside, that the public forum was not the place for discussion of personalities." The "berater" agreed for the moment, but within three minutes was back at it, grinding her axe. The other supervisors did not disagree or agree with her "personality" views. They did want to get done with their assignment, as assigned by the County Administrator. "Berater", however, was unable to disengage from a degrading recitation against the employee. For the

balance of the day, she repeatedly kept on returning to her "personality policy."

At another Board of Supervisors meeting, a few months later (this one where members of the public-at-large were permitted by law to air views divergent from the elected county leader of the governing body) the same "berater" Supervisor, now the Chairman of the Board of the Supervisors, had the County Sheriff personally "arrest" two members of the public-at-large. These public-at-large speakers were speaking at an appropriate time, as agendized, on an agenda matter. BUT these two speakers expressed a point of view that the Chairman of that Governing Board had declared (unilaterally) to be an "illegal" topic to address. Those two people were not disorderly; they were not disruptive. They firmly opposed the view of that particular "berater" supervisor. As the presiding officer, she apparently (believed) had special "arresting" privileges, and could order gun carrying

personnel (who went along with this) to remove another personality airing a view she disagreed with, and that she had therefore decided was "illegal."

It was clear during her July 5, 1995 vindictive "personality" orations, that this elected governing Supervisor believed she had the right and duty to express her feelings about the matter. Her sense of duty to the expression of her emotional issue had taken over her reasoning apparatus, AGAIN. Her ability to stay with what she had agreed to was gone. Her ability to objectively reason had become unreliable, eclipsed. For the balance of the meeting, her reasoning about County Public Policy could not be counted on. A fixed focus of attention on personal feelings and a belief about a "personality" had set aside her ability to reason about County "issues." There were other days, too. At no time, however, was that Supervisor incompetent.

**Unreliable  
for the time being? Yes!**  
**Incompetent?  
Absolutely not!**



**Mastery of the Universe is Proportional to the Symbols Man Has by Which to Represent His Universe.**

**ADDRESSO'SET PUBLICATIONS**

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**"Reach for the stars."**

During that two hour interval we saw that elected county Supervisor using a blend of "reasoning-feeling" about her discrediting behavior, as she was attempting to justify her display of bullying slander, defamation.

The surprise during that incident was not that two of the elected county governing representatives seemed quite cowed and intimidated beyond words. More surprisingly was that one of the other three supervisors in attendance then, did what it took to attempt to bring the event under some measure of orderliness so that some business could be carried out.

The business-like Supervisor began to periodically ask her, "berater", to "set personalities aside" so that the Board could deal with the issues. Each time she, "berater," would agree - for

a while. Eventually the other two Supervisors began to tentatively join in by encouraging her, "berater", to "set it aside." But they seemed more focused on avoiding any shrilling being directed at themselves from "berater" Supervisor than they were in taking care of County business. Instead, they appeared socially paralyzed when the skirted "screecher" cranked up with her temper tantrum. Or maybe they were worshipping an event in the temple of her sacred temper. In any case, the success of the social blackmail by the temper tantrum was evident.

**The hired, non-elected group psychotherapy expert presiding over this elected body's public policy discussions did let the screeching temper display stay in control of the meeting.** As the event unfolded, the "berater" defamer-slanderer continued

unable (unwilling) to control her expression of personal antagonism. The non-elected group psychotherapy expert ("consensus" facilitator) leading that group session apparently was also inactivated from making any of the appropriate, known interventions.

"Floor plan" of the behavior seen is diagrammed below in Figure No. 14.

This **elected person in authority had a feeling that she was duty bound to agitate** against some others, **setting an example of disrespect of the rights of others.** Her behavior then was of **disrespect for the representative governing authority she represented.** She did this in other meetings, too, in the years before, as a City Council(woman).

to be continued

