

# SOCIAL TOOLS NEWSLETTER

OCTOBER 31, 2012

The following is from an unpublished manuscript titled "Social Tools" by Franklin H. Ernst Jr., M.D. and from a paper titled "Self-Rekidding" by F.H Ernst Jr., M.D.

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## SPECIAL POINTS OF INTEREST:

There are four types of social tools.

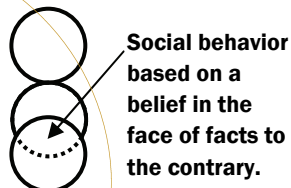
- Management of Self
- Dealing With Others
- Tickets, Talents, Hellos, Education, Trades, Techniques
- Money

## SOCIAL TOOLS SELF REKIDDING

The following is a continuation of the previous newsletter.

### SELF-REKIDDING AND THE GAMES PEOPLE PLAY

Self-rekidding refers to repeated episodes of (emotional) contamination of Adult reasoning by Child. Self-rekidding is played out in the Games People Play.



Self-Rekidding and Facts

Figure No. 25

Self-rekidding comes in two varieties:

- 1) "Emotionalizing" and
- 2) "Intellectualizing."

### EMOTIONALIZING and Games People Play

With the emotional variety of self-rekidding, the person will be at ready to exhibit an emotional display if his views are questioned, are crossed.

Some of the games in which emotional self-rekidding occurs are shown in the following examples.

One man told his friend "You should stop drinking." When politely told to mind his own business, the irritated retort was: "I'm telling you this for your own good." The game - **I'm Only Trying To Help You (ITHY)**.

"Things are a mess here" is a line in a game of **Ain't It Awful (AIA), You're Awful (I'm Awful)**. Other phrases indicating the game of AIA include "I caught myself saying the dumbest thing the other day", "I get confused when ..", "I resent it (you) when ..", "What's wrong with you (me)?"

One woman in group treatment commented one day "I discovered that the thing wrong with me was my Child asking my Adult 'What's wrong with me?' and I decided to stop it." She concluded treatment a few weeks later with concurrence of the group and the psychotherapist.

The game of **Now I Got You, You SOB (NIGYSOB)** will be indicated by a querulous

"I noticed you (they) ...", "I'm offended by ..." A husband not noticing his wife's new hair style was asked "Did you notice anything new about me when you came in." Another asked "Do you know what day this is?" and he frantically scanning his memory banks for THE correct answer (her birthday, their anniversary, her mother is due to arrive tomorrow for a visit?).

**Why's This Always Happening To Me (WAHM)** can be looked for when hearing the lines "You caught me unaware ..." "I hadn't noticed before ..." and in response to the questions, eg about what day is it today is "Of course I remember it's ah -- our anniversary and ..." (You didn't catch me this time)," "I'm dreadfully sorry, it slipped up on me (**WAHM**)" "Of course I do, it's your birthday", etc.

**Look How Hard I'm Trying (LHIT):** "I could use some help", "We can't all be perfect."

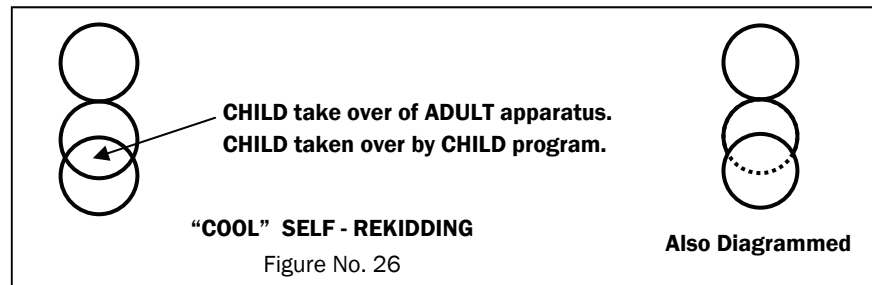
And

**See What You Made Me Do (SWYMD):** "It's not my fault."

## SOCIAL TOOLS - SELF REKIDDING

**INTELLECTUALIZING and Games People Play**

With the intellectualizing variety of self-rekidding the person will seemingly accept consideration of another viewpoint but in an apparently objective (“cool”) manner, offer plausible reasons for not agreeing, not necessarily being disputatious will mobilize an extended array of plausible reasons, often citing authorities there is little likelihood of being able to locate for verification, and go into a compilation of



plausible “reasons” to demonstrate the validity of his point of view, his personal research, his own past writings to contradict the error of the disagreeing party’s viewpoint. The plausible reasons are often filled with esoteric, erudite and arcane phrases

and polysyllabic words. But the reasons lack verifiability, require taking it on “faith”, both the accuracy and the meaning of what “Intellectualizer” has said. And on and on.

**BEHAVIOR AND FILLING TIME**

Behaviors can be classified according to their actions and effects on their social surroundings, i.e. **Parent, Adult and Child**. This is also referred to as Structural Analysis of Behaviors.

Behaviors can also be classified according to how the person is filling his time, what he is doing with his time. This classification of behaviors is referred to as the methods for Structuring Time. For purposes of this writing there are six classes:

- 1) **Withdrawal**,
- 2) **Rituals**,
- 3) **Pastimes**,
- 4) **Activities**,
- 5) **Games**, and
- 6) **Intimacy** .

Rituals, Pastimes, Games, and Intimacy are four different levels of stroking intensity between parties. Withdrawal and Activities are focused on time spent while being relatively alone and/or with other people.

Activities can be further classified into Parent (eg home maintenance including caring for children), Adult (eg on the job work, driving, personal book-keeping, reading, writing letters), and Child (eg sport entertainment, concerts, TV, play). Either the adapted Child or the Parent will take out the garbage, do the dishes and laundry.

There is the class of Self-Rekidding activities, too. These are not games. The writing of an article by the Self-Rekidding person is an activity. The act of the Intellectual self-rekidding person writing and publishing an article is a self-rekidding activity. To this point, in this chapter on Self-Rekidding, we have stayed primarily with the structure of the behavior, ie Child contaminated Adult.

Games have been referenced periodically, for example earlier in this text. A game involves social transactions (conversational exchanges) between two or more people with concealed motivation, a gimmick and a payoff.

What about the Self-Rekidding that is evident in a lot of writings by behavioral scientists, political scientists, and the pseudo scientist writings in journals of other fields, in the printed “news media” with its slants, angles and spins, and in many books?

The self-rekidding people who write these materials (for reading) have structured this time of theirs in an ACTIVITY; writing in support of a belief, or in order to support someone else’s belief or the propaganda being pushed by the one paying the writer.

**DEFINITION OF A GAME IN TRANSACTIONAL ANALYSIS THEORY**

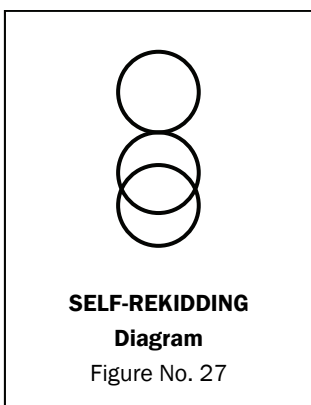
Definition of a game?  
 “A repetitively carried out series of transactions with concealed motivation, ulterior transactions, a gimmick and a distinct payoff.”

(“**Games People Play**”, Eric Berne, M.D., 1964.)

**THE GAME OF INTELLECTUAL**

“Intellectualizing?”  
 Not if you’re a TA buff!  
 “Why not call it playing a game of Intellectual?  
 He plays Intellectual instead of using his intellect. Like a person playing a game of Alcoholic instead of calling it alcoholism.” (Personal Communication from Eric Berne, M.D. in 1962 at his San Francisco Transactional Analysis Seminars, SFTAS).

The diagram most fitting to show the social behavior central to the game of Intellectual, for purposes of this writing is the “Cool” Self-Rekidding diagram:



**GAME**

The game of Intellectual itself is played with another, a reciprocally stroking party to prove a pre-decided “truth”, a preconceived construct (belief) of the intellectual person, to dispute an authoritative person, to proclaim the “superiority” of Intellectual’s Intellect, the “truth” he knows. It is played to convince legislators to be in favor of or against a piece of proposed legislation and especially during budget hearings to plead for (more) funds for specific programs and/or agencies.

The gimmick of the Intellectual is in the name of the game, ie “(I can prove) my Intellect is better than yours.” Most of those in the behavioral sciences have exchanged strokes with those who speak the language of Psychologeze.

In past ITAA Conferences the game has been played to Transactional Analysis audiences.

**The game of Intellectual is carried out repetitively with repetitive serial plausible social transactions, concealed motivation, ulterior transactions, a con, a gimmick and a distinct payoff.**

**GAME**

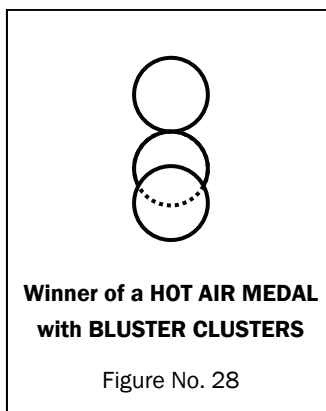
This **game of Intellectual** was alluded to in a feature article in an early issue of the Transactional Analysis Bulletin which eulogized Langley

Porter Neuropsychiatric Institute’s (LPNPI) beloved Guy Hamilton Crook, PhD. (TAB - Transactional Analysis Bulletin 1:3, July 1962, Editor, E. Berne).

Bulletin Editor commended to reader’s attention one of Guy’s methods for dealing with players of the game of Intellectual. Guy gave them, player’s awards. Among the Medals and Decorations for Psychotherapists “are”:

- Aggressional Medal
- Digressional Medal
- Hot Air Medal (with Bluster Clusters)
- Expert Trifleman
- Supervisors Meddle
- Obfuscation Decorations

This writer would add that the diagram for one of these awards be drawn as next.



The self-rekidding people who write these materials (for reading) have structured this time of theirs in an ACTIVITY; writing in support of a belief, or in order to support someone else’s belief or the propaganda being pushed by the one paying the writer.

SOCIAL TOOLS - SELF REKIDDING

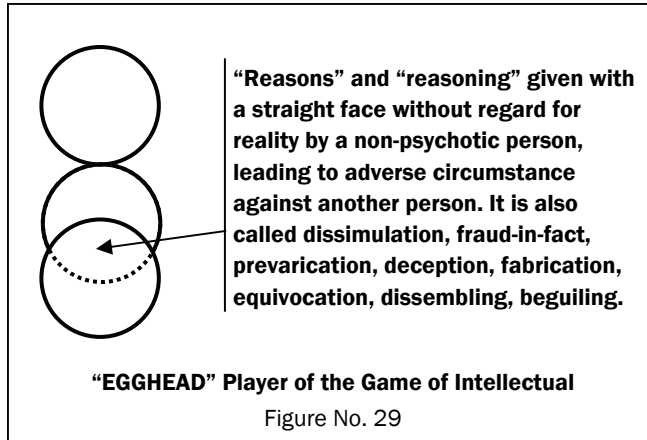
**THREE HANDED GAME**

Intellectual is a three handed game. The players are:

- 1) Intellectual,
- 2) Party being convinced, contended with, and
- 3) Sponsor, Intellectual's backer – the party with power, money, votes, influence. This third party is more obvious in the examples of the Environmental game, a relative of the Intellectual game, ie moneyed non-profit conservation foundations.

**EGGHEADS**

President Roosevelt hired PhD employees to “dream up” programs, speak, write, lobby Congress and the country for various social engineering programs being pushed then. Initially, the term “Egghead” was applied to these people with PhDs. What they espoused was without regard for reality, speaking from their “ivory towers.” Credence to what they said was supposedly based on them having their PhD degrees. They were also called “armchair theorizers”, “intellectualizers”, “intelligentsia”, “hot air specialists”, and by some obscenities, too. Faking the findings of laboratory tests in biological courses in school was called “dry labing it (the test, the research results).”

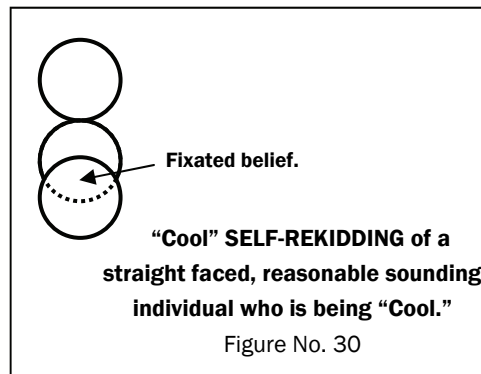


Roosevelt’s favorite Economist of the times was John Maynard Keynes. He was a superstar at making it sound plausible for government to spend money it did not have. For example he played the variant of Intellectual, the game of Economist. He encouraged more borrowing from the duplicitous International Moneychangers as they incrementally own more and more “mortgages” of the (private) property of more nations.

During WWII these “Eggheads” moved over into controlling civilian rationing and administering the draft law. They were in charge of dealing with shortages of draft quotas; allocating civilian personnel for building tanks, aircraft, and ships; rationing civilian supplies: sugar, tires, and gasoline, etc. Wasn’t it Alan Cranston, the Intellectual, who was in charge of civilian rationing then? Wasn’t he later the U.S. Senator of California? Who was his father?

**THESIS OF THE INTELLECTUAL GAME**

The thesis of Intellectual is “I can prove with my superior Intellect, from my own facts (researched by me and my colleagues, my writings, my other speeches) that I have something important to tell you (require you, order you to do, mandate you to carry out) that will benefit you.” The basic premise of Intellectual player is a steadfast, firmly fixed belief, such as: “I know what I’m talking about, writing about.” Efforts to get the person to differentiate between this belief and mutually verifiable, measurable data on the same subject are unsuccessful.



Intellectual is a three handed game.

The players are:

- 1) Intellectual
- 2) The party being convinced
- 3) The sponsor, the “intellectual’s” backer, the person with the power, money, votes, influence.

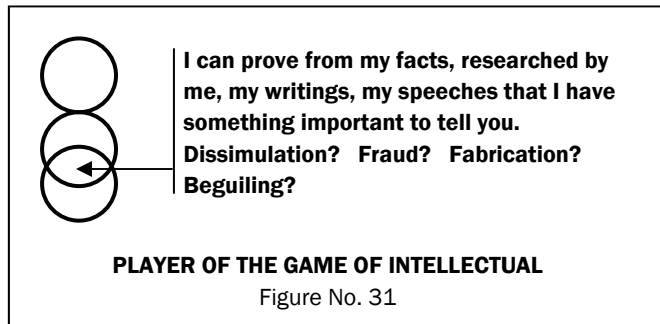
**THESIS**

The thesis of Intellectual is “I can prove from my own facts (research by me and my colleagues, my writings, my other speeches) that I have something important to tell you (require you to learn, order you to do).” (Fig. 31)

One such player known to the writer regularly can prove whatever his thesis-of-the-day is. He routinely has a churlish smile hanging on his face. He has been in TA since before the Annual Eric Berne Memorial Award for Scientific Theory was FOUNDED.

**ANTITHESIS**

The antithesis to Intellectual is “Your views (facts) differ from mine. I’ll check it out for myself (with my sources).” (See Figure 32) When a party has been adversely affected by an agency and/or court ruling, it may decide to gather its own data and submit those new findings at another hearing, stating for example: “Based on our (new) findings the spotted owl not only is not an endangered species, but in fact from our herein verified



and confirmed data, this species is over running the forests of the Northwestern USA.”

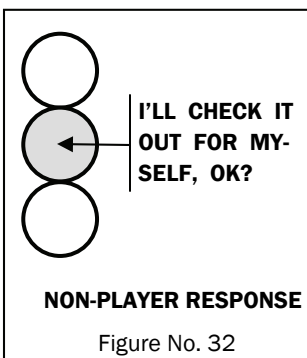
Or, as in another example, an adversely affected party found another source of data: “The (Chinook) salmon in the Columbia River are not only not an endangered species, but hundreds of thousands are being clubbed to death, killed by United States Fish and Game employees and Washington State Fish and Wildlife Services (employees). This is according to Washington’s State Senator Ferguson.” (“The Free American”, New Mexico, 2002.)

**DEGREES OF THE GAME OF INTELLECTUAL**

First degree Intellectual includes the instances where the player espouses his thesis: “It has been said, reported, I said it, I wrote it, I researched it, and it has been found to be true, I found this to be true beyond any (personal) doubt.” The person stroking the Intellectual player does so voluntarily. The volunteer may have

his own point to prove but, for example, advancement in his career which is not on the line. The volunteer can differ, question, dispute with Intellectual but will be responded to with a repeat of and reconfiguration of the previous plausible sets of Intellectual’s phrases and “reasons”, more personal “research” data and obscure literature citations which support the original premise and conclusions (opinions) of this Intellectual. After two or three runs at disagreeing with this Intellectual player based on other sources of information and views, and still coming to the same result, the other discussant may become exasperated at Intellectual and respond emotionally while Intellectual looks on in disdain (Intellectual’s payoff). Or the other discussant may just let the matter die on the vine for a mutual GNW payoff with Intellectual. “What I’m telling you I have already backed up and proved with my own research. It would be good for you to listen to me and act on what I have said.” In first degree Intellectual, responsive action by listener is voluntary without personal Adult loss.

The thesis of Intellectual is “I can prove from my own facts (research by me and my colleagues, my writings, my other speeches) that I have something important to tell you (require you to learn, order you to do).”





## SOCIAL TOOLS - SELF REKIDDING

Second degree Intellectual is played in situations where one of the parties has volunteered into a setting, and stands to lose or gain something of Adult value to himself. For example, such is the case of a candidate who has applied to take an examination before a "peer" board for advancement in his education or career field. While the social object of such an examination is to insure a specified level of competence, not unusually in reaching for his PhD, a candidate may well run into an examiner who is out to enforce his own personal set of "scientific beliefs" onto the candidate and/or prevent the candidate from acquiring the degree if Intellectual's "findings" are disregarded. This can be done by asking certain very specialized, unexpected questions.

Second degree Intellectual was repeatedly observed by writer during the early years after Eric Berne's death. This occurred at the oral exams of the International Transactional Analysis Association. Those on the Examination Boards then, did this. Many excellent candidates for first level advanced member status were denied because of the Board's actions. Writer periodically asked himself then if Eric Berne, M.D. and founder of Transactional Analysis, himself, if living, could have passed some of

those examinations for advanced member status in ITAA.

Second degree Intellectual is played also by some members of specialty medical examination boards, eg Internal Medicine, Pediatrics, Psychiatry and Neurology, and others.

There are those occasions when a bright precocious candidate is found arguing with his Examiner. In those instances the candidate's payoff to his game usually will be failure in his examination, ie he will achieve a (temporary) get-away-from payoff, a dismissal, a "try again later."

Third degree Intellectual is played, for example, by members of land use hearing boards. In these cases the other party is mandated to be present and/or have actions taken against him that may be detrimental to him; there is a the third degree player(s) on that Board. Such has been witnessed at city planning commissions, an Army Corps of Engineers hearing, and in one case, for example, about a private property owner who drained a mosquito infested breeding area on his land. If such landowner had already drained his private swamp and later this was found out about, landowner could be subject to fines, if not loss of his own land, even imprisonment.

The vague matter of "Wetlands" issues will be brought up by those hearing boards, and matters of health are disregarded.

In the second degree game the party coming to the Board of Intellectuals comes voluntarily. In the third degree game the party coming to the Board of Intellectuals is coercively brought before the Board, subpoenaed. Or in the case of the northwest USA private property owners, who lost the use of their private property to the spotted owl, gun carrying enforcers from the US Department of Agriculture and US Department of the Interior came and forced them, the landowners off their land; blocked them from using their land. Consequences: many a bankrupted lumber mill owner in the northwest. Eviction of the People. Eminent domain for some owls?

### LEGISLATIVE

The Intellectual game is played by legislators. And it is played by members-of-the-public testifying at legislative hearings, especially during budget hearings.

At budget hearings government agencies and special interest groups are often seen pleading with legislators for funds from the pool of tax money. Those pleading for

In the second degree game, the party coming to the Board of Intellectuals, comes voluntarily.

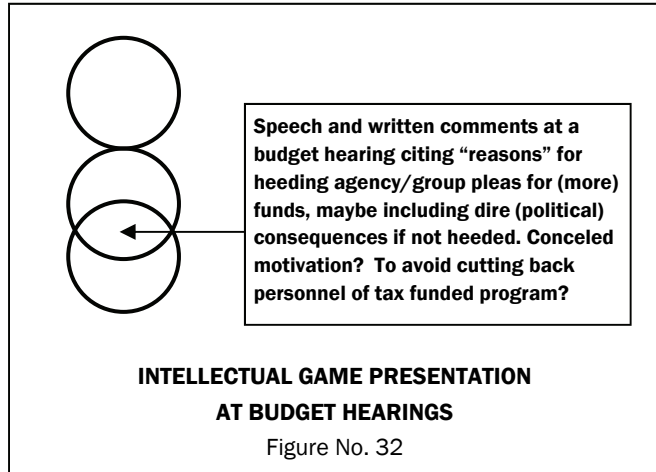
In the third degree game, the party coming to the Board of Intellectuals is coercively brought before the Board, subpoenaed. Or in the case of the northwest USA private property owners, who lost the use of their private property to the spotted owl, gun carrying enforcers from the U.S. Department of Agriculture and U.S. Department of the Interior came and forced them, the landowners off their land; blocked them from using their land. Consequences: many a bankrupted lumber mill owner in the northwest, Eviction of the People. Eminent domain for some owls?

money may select their best salesman to be their spokesman, perhaps bring a lawyer, a lobbyist, a person gifted at persuading others. These people will be effective players of Intellectual. Often they can be heard citing dire consequences to the community if such funds are not forthcoming. Writer witnessed this annually at County budget hearings when the Department of Community Mental Health would argue its case and promise dire consequences for the county citizens if the mentally ill in the county were not "properly cared for", by their then "already stretched thin staff."

**ENVIRONMENTAL GAME**

Game of Environmental is a close relative of Intellectual. The players in this game seek, for example, to have a new species declared "endangered" in an area of public or private land, and then have the land itself be declared an "Endangered Species Habitat" (off limits for private economic activity).

The game of Environmental is also played with "Wetlands" (mosquito breeding lands). In this game, a group of like minded people (party #1) investigates an area of land, looking for a plant or animal species it could label as "endangered", eg the "salt water harvest mouse." When it finds a species, it will privately make

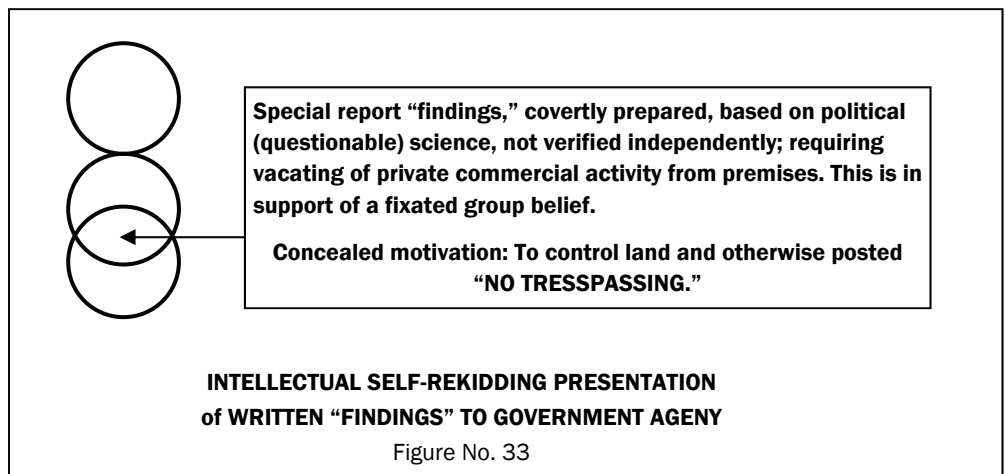


its own finding, AND privately (often covertly) produce a lot of private numbers and paper to support its claim that the species is "endangered." Then party #1 produces a document certifying this private research, and presents the privately certified document to eg the EPA (party #2). Shortly after the EPA accepts and finds in favor of the endangered species in question, it notifies the property owner (party #3). Owner has a short period of time to draft its own responsive report, to respond before he loses the use of his private property. The (private) prop-

erty owner can contest the agency "finding" in court (party #4). The private party is often surprised and caught off balance, has little time before the agency implements its ruling against any (former) human life sustained by the productive economic activity on that land. (It is nearly impossible to defend against those groups and individuals with deep monetary pockets, game players 1, 2, and 4. Equal Protections?)

When talking to a player of the Game of Environmental, one has to be careful to avoid subjects related to the

Those who don't avoid encounters with Intellectual/ Environmental player soon find that they are embroiled in this player's game if any aspect of player's belief system is touched on, with the payoff (for the non-believer) of being stymied (over-talked) or dismissed after any presentation of his own. This type of sequence is similar to the experience when dealing with social racketeers. Social racketeers are people displaying socially coercive feelings.





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

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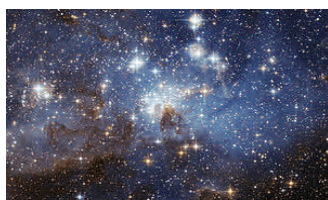
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"Reach for the stars."

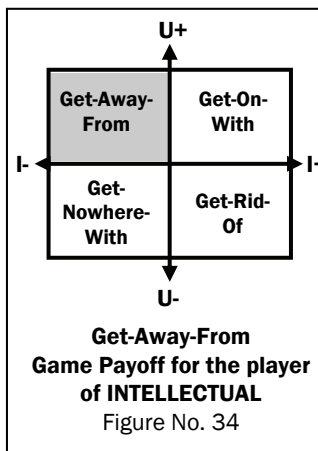
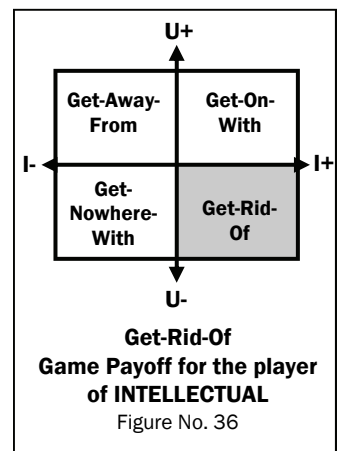
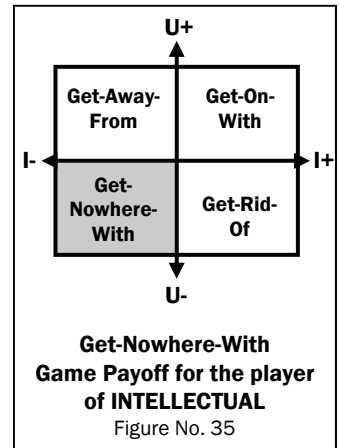
Environmental player's set of personal beliefs, about the environment. If this dictum is not adhered to, a person often gets bogged down in listening to a recitation of Environmental's particular beliefs ending in a Get-Nowhere-With payoff in the game, with him. This is a three handed game, occasionally a four handed game similar to **Big Store**.

- 1) Intellectual/Environmental party,
- 2) Persuaded (Coerced) party,
- 3) Backer of Intellectual, eg EPA.
- 4) A 4th party may be Big Stick (politician, legislator, judiciary).

In the case of general society, the Intellectual player, who is out to prove "the truth" of his view, may occasionally be vanquished (take a Get-Away-From payoff) in his game. For example he storms off from the premises where he became enraged.

But more often, the Intellectual/Environmental player at the least stymies (has a Get-Nowhere-With payoff with) his fellow game player, (his opponent). In instances where his backer has the votes (contributes to political campaigns), money, power, muscle to prove Intellectual/Environmental "has in truth" "proved his point," then he is the vanquisher. He has a Get-Rid-Of payoff in his game vis-a-vis his opponent. For example, runs the owner off of the (sacred) wetlands property.

To date, writer has not witnessed, or read reports of any Get-On-With payoffs to the game of Intellectual/Environmental. The fact is, the vast majority of social encounters of non-believers with the Intellectual/Environmental players end by the non-believer cutting his losses short as soon as he can, by terminating his own verbal transactional contribu-



tions in the particular encounter. Those who don't avoid encounters with Intellectual/Environmental player soon find that they are embroiled in this player's game if any aspect of player's belief system is touched on, with the payoff (for the non-believer) of being stymied (over-talked) or dismissed after any presentation of his own. This type of sequence is similar to the experience when dealing with social racketeers. Social racketeers are people displaying socially coercive feelings.