



# Transactional Musings

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**Special points of Interest:**

“In order to “reach for the stars” we will need to get a handle on ourselves. These diagrams and others along with the abc’s and language, 1,2,3’s and math, science, medicine, chemistry, physics, engineering, art, architecture, astronomy, music, business, etc., these symbols will assist us in going.”


“We will get to the stars, GOD willing.”

“Persons familiar with “angling and leveling” report that at times “it is a good idea to let yourself become angled by (with) the other person.”

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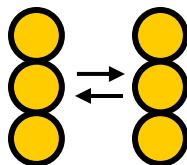
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“Get-a-Level Head” - The Ernst Phenomena continued

 This diagram represents **Parent-Adult-Child**. This symbol, this drawing represents what thousands of words say.

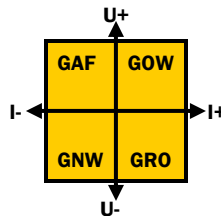
Every person has experienced childhood, has a **Child** inside themselves, has feelings, has beliefs. Every person has an **Adult**: the ability to reason, observe, think. Every person has a **Parent(s)** (or someone acting “in loco parentis”) which preserves and protects, and most people have internalized their Parents, honor them.

The transactional diagram, shown here, shows two people talking, listening to (with)



each other. This particular diagram shows an Adult to Adult exchange of transactions. While this is occurring the individual persons are managing themselves and dealing with the other person.

All transactions conclude in one of four ways: get-on-with, get-away-from, get-rid-of, get-nowhere-with. And this diagram the “**OK Corral: Grid for What’s Happening**” represents those

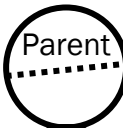
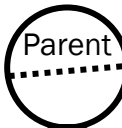
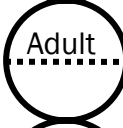
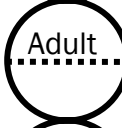




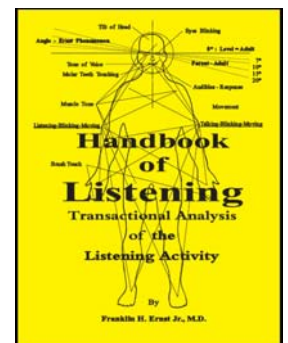
dynamics. The strokes a person exchanges during his/her encounters with others (encounter by encounter) have consequences.

Forty-two years ago modern-day man first stepped on the moon. Since then there have been great strides in technology and advances in space research. The Space Shuttle Program is at an end. So what is next? Are men and women entering a GNW mode, or are we going to get-on-with space exploration? Going into space is uplifting; “To go where no man has gone before.”

In order to “reach for the stars” we will need to get a handle on ourselves. These diagrams and others along with the abc’s and language, 1,2,3’s and math, science, medicine, chemistry, physics, engineering, art, architecture, astronomy, music, business, etc., these symbols will assist us in going.

**TRANSACTIONAL DIAGRAM**

<u>Talking Person</u>	<u>Listening Person</u>	
		<p style="text-align: center;"><b>ANGLING MANUEVERS OF LISTENING and LISTENING ANGLES</b></p> <p>Parent has a 3 - 10 degree tilt of head and eyes. (more angle? - “You better watch out!”)</p> <p>Adult is Level Headed. Head and eyes are level.</p> <p>Child has a 7 - 20 degree tilt of head and eyes, maybe more; indicates defiant or compliant child; fighter, believer, flirter.</p>
		
		



"Game People Play" by Eric Berne, MD continued on page 24

"The position is, then, that at any given moment each individual in a social aggregation will exhibit a Parental, Adult or Child ego state, and that individuals can shift with varying degrees of readiness from one ego state to another. These observations give rise to certain diagnostic statements. "That is your Parent" means: "You are now in the same state of mind as one of your parents (or a parental substitute) used to be, and you are responding as he would, with the same posture, gestures, vocabulary, feelings, etc." "That is your Adult" means: "You have just made an autonomous, objective appraisal of the situation and are stating these thought-processes, or the problems you perceive, or the conclusions you have come to, in a non-prejudicial manner." "That is your Child" means: "The manner and intent of your reaction is the same as it would have been when you were a very little boy or girl."

"The implications are:

1. That every individual has had parents (or substitute parents) and that he carries within him a set of ego states that reproduce the ego states of those parents (as he perceived them), and that these parental ego states can be activated under certain circumstances (extero-psychic functioning). Colloquially: "Everyone carries his parent around inside of him."
2. That every individual (including children, the mentally retarded and

So, by accessing the symbols, drawings, and ideas with his Adult, a person has a better chance of understanding the universe and getting to the stars.

**"Get-a-level Head"** as a procedure has the net effect of making for better lives. By having a more readily available **Adult**, knowing how to access ones **Adult**, an individual can become an observer of his own behavior, i.e. **Parent-Adult-Child** and how he transacts with other people. When individuals use this procedure their lives level out, they become more reliable, their relationships are of better quality, and discerning happenings around them becomes clearer. People, individuals, society benefit from having, "Getting-a-level Head."

Some of the procedures described in the **Handbook of Listening** for accessing Adult are presented here. The following is a continuation (from previous "Transactional Musings") of a section from the **"Handbook of Listening - Transactional Analysis of the Listening Activity"** by F. H. Ernst Jr., M.D., pages 102-119. We continue with him on page 116:

"The measure and test of demonstrating the usefulness of the head leveling procedure to the reader is to ask the reader to carry out the same procedure that has been described above, namely, bring the positioning of his head from an angle so that the two eyes are level with the horizon, and hold this position for 30 seconds. Then go back to an angle of 7 to 10 or so degrees off the horizontal. This is a minimal angle, but can be measured. Hold that angle for another 30 seconds, similar to how the level was held. Then assume a "cocked" head angle of 20 or

more degrees. Note that after about 30 seconds in this second and then this third position a person can expect himself to experience for each, a separate way of living the same social (physical) situation.

New mental pictures, new fantasies will come into mind. The information from the body muscles, body posture and the body position in space, which is conveyed back to the central nervous system from each body attitude, rekindles a different picture which will bring up a different way of perceiving the situation at hand. Different qualities of perceptive awareness and conceptualization become opened up by shifting one's physical attitude (position of head on one's neck). Different imagery inside the person can often be encouraged by this procedure of relocating the position of a person's head (on his neck.)

Another method by which the reader can verify these facts for himself is to alter the position of his head from level to tilt and then back to level when listening or talking with another person.

One group leader reported that by moving his head to the side and bent slightly forward, with horizontal wrinkles in his forehead and perhaps a vertical knotting in the center of his forehead, that a higher frequency of physical and psychological ills came up for discussion among the members of his seminars, i.e., the angle at which he held his head induced an increased or decreased amount of playing "Ain't-It-Awful." Conversely, by reducing the number and frequency of "concerned knots" and wrinkles, and instead bringing his head back to the vertical, he reduced the

amount of "Ain't-It-Awful" (i.e., reduced the expectation of getting "marshmallows"/ platitudes back) from others in his group. There are times, as clinicians know, when it is appropriate to have this above angle-in-mind and a corresponding tone of voice when, for example, the client's suffering is acute and a complimentary, reassuring listening quality response would be most therapeutic. Listening in a sympathetic manner can be internally activated (cathected) and realized by assuming that (physical) attitude.

There are times when it is not appropriate to tilt with the client, but to face the situation squarely in order to enhance the client's own capacity for dealing with his situation. There are occasions when it is reasonable to be angularly persuasive, and other occasions when a reasoning, on-the-level attitude is clinically the best for the patient.

Persons familiar with "angling and leveling" report that at times "it is a good idea to let yourself become angled by (with) the other person."

Example:

Tom told that "now when (my supervisor) gets sore at me, most of the time I sort of hang my head a little and give him, give his Parent, the satisfaction of telling my Child I had done wrong on a job. We sure get along better than when I was fighting him for my rights. And last week I was bombing along on the freeway in my new Charger and got stopped by the constabulary. I decided I didn't want this ticket, so I met the man and bowed down my head, and allowed him to angle me. You know what? I didn't want a ticket, I didn't expect one. I figured out how to not get one that time. I practiced my an-

gles, and it paid off. I felt OK about it and so did the officer.”

**Clinically, each tone quality of voice a person uses has its own characteristic accompanying head-tilt, angle, or level.**

A skillful speaker, whether he is aware of it or not, welcomes seeing the angles of the listening audience members, inasmuch as these angles are indicative and representative of the opportunity to reach the listener, whether it be for good-natured or for more persuasive reasons. Speakers with an angle in mind are interested in persuading the listeners, convincing them, suggesting to them. Most listeners who go to talks and listen to lectures have preconceived ideas in mind. These are the intellectual excitements, opinions or the mischief which keep their interest stimulated.

Theoretical considerations about leveling are multiple: treatment, “get-well-first-and-find-out-why-later,” the reticular activating system, “really feeling like it”, and the kinesthetics of behavior with associated feelings and experienc-

ing and state of mind, and manifest behavior and internal mental experiencing. These do not long remain divergent from each other in the individual. A change of one will bring about some change of the others.

Previous mention was made of the “Harvard Cats” where rotation (“tilt”) of a straight edge anywhere in the field of vision of as little as 5 degrees caused different and separated sets of occipital brain cells to be fired off in the cortex of these animals. (See footnote no. 24, Chapter 5) A speculative extrapolation to homo sapiens from the study about the “Harvard Cats”: Different “tilts” of the head and the visual apparatus stimulate different sets of neurons in the brain of a person, and **also** stimulate a different aspect of personality, for example through reciprocal activation between the cerebellum and temporal-parietal cortex. This is highly speculative. Other factors to consider are the cerebral reticular activating system selectively opening and closing differing qualities of attentiveness and awareness within different areas of mentation; the semicircular

canals for balance and gravity; the cerebellum, whose functioning with personality is very little, if at all, understood: etc.

There is, however, this to say: the kinesthetic sensory nerves in the small muscles at the back of the neck that balance the head on the neck have a great deal to do with locating one’s body position in space and in orienting many other sets of muscles in the performance of precise physical acts. Performers of complicated athletic, artistic feats such as ballet, ice skating, football, skiing, gymnastics, aerial acrobatics, jugglers, entertainers handling “live audiences”, all are quite regularly “keeping a level head” (holding their eyes/head on a perpendicular level) as they carry out complicated, complex performances. The empiric finding is that “level” is much more regularly Adult than any other single criterion known to the writer, and “non-level” is much more regularly non-Adult than any other single phenomenon available for measuring.

## Adult ego state continued

In reading Eric Berne’s description about observing the **Parent-Adult-Child** in children it becomes obvious that children understand the difference of **Parent-Adult-Child**.

In “**Transactional Analysis in Psychotherapy**” Eric Berne, M.D., continues to write about the little boy. See page 192.

“Aaron exhibited the child-like qualities appropriate to his age: an appealing protectiveness toward his little sister; a shrewdness in dealing with people and things, together with various reactions which were his currently available ways of

dealing with pleasure and frustration, and in addition, a regressive phenomena: the resumption of a previously abandoned, archaic mode of reaction by thumb-sucking. These classes of behavior make it possible to draw a structural diagram for this child ... : the **Parental** ego state he maintained when he was behaving “in loco parentis”; an **Adult** ego state which mediated his handling of blocks, games, and people, together with the emotional reactions appropriate to his age; and a **Child** ego state in which he regressed to previously abandoned

forms of behavior. It was the Parent who made him feel uneasy when he was sucking his thumb, and the Adult who, surveying this behavior, realized that somehow it was out of place. In short, the structure of his personality was similar to that of a grown-up. ....”

On page 195 he writes: “... it can be observed that certain people when functioning “qua” Adult have a charm and openness of nature which is reminiscent of that exhibited by children. ...”

to be continued

schizophrenics) is capable of objective data processing if the appropriate ego state can be activated (neopsychic functioning) Colloquially: "Everyone has an Adult."  
3. That every individual was once younger than he is now, and that he carries within him fixated relics from earlier years which will be activated under certain circumstances (archeopsychic functioning). Colloquially: "Everyone carries a little boy or girl around inside him." At this point it is appropriate to draw , which is called a **STRUCTURAL DIAGRAM**.

This represents, from the present viewpoint, a diagram of the complete personality of any individual. It includes his Parental, Adult, and Child ego states. They are carefully segregated from each other, because they are so different and because they are so often quite inconsistent with each other. The distinctions may not be clear at first to an inexperienced observer, but soon become impressive and interesting to anyone who takes the trouble to learn structural diagnosis. It will be convenient henceforth to call actual people parent, adults or children, with no capital letter; Parent, Adult and Child, capitalized, will be used when ego states are referred to.





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

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## Taxes, taxes, taxes, and more taxes

There is a lot of political noise about raising taxes by a few particular elected representatives. This is happening at the national, state, and local levels. Even special districts are getting into the act. The governments they "oversee" are spending more than they take in, "money" that is.

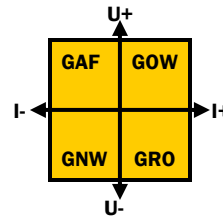
There are two sides. In America it's the Republicans and the Democrats. The Republicans say they want no new taxes; they want a reduction in the size of government. The Democrats say the Republicans want to eliminate Medicare.

There are many others who are involved, too. And then there are the media interpreters, government employees (mostly union members), military personnel, military contractors, and then the working tax paying members of society, and the unemployed underemployed, and children, and college students, and retired, and independently sustaining

individuals, and homeless, and those who have dropped off the "grid."

Noticeably Congress, elected members to the United States House of Representatives and U.S. Senate are responsible for determining how and what to pay for in OUR "constituted" government. The House of (Republican and Blue Dog Democrats) Representatives approved a budget. The U.S. Senate, with Senator Harry Reid at the helm has not been able to approve a budget. Why?

The United States of America federal government is near (now?) a state of limbo, in a lurch, **GNW. Get-nowhere-with.**



Are the elect holding out, blocking real proposals and solutions and funneling events down a pre-

determined path of plausible GOW, without looking at the full spectrum of GOW potential? Are bureaucrats?

Where is good judgment in all of this?

California ?

And so, as we Americans and other people around the world watch to see how this entertaining drama plays out (this is not Adult) over the next several weeks, months, and possibly years, the business of preserving and protecting freedom will be tested. And the credibility, "prestige," and honesty of governments of free people will be strained.

Freedom is not a matter of BIG managed, totalitarian government.

Freedom is a matter of LIMITED government.

Freedom is a matter of self reliance.

## Economic "Game of Intellectual"

I believe most economists have been sidelined. They appear to be in a zone of GNW, get-nowhere-with. I don't like jeering individuals or groups, but when something is stuck, mired in the mud something gotta give.

In the movies of Laura and Hardy there was that famous line: "Another fine mess you got us into Ollie."

Economic theories abound, but jobs go lacking. Investment money

keeps pouring "money" into (Communist) China, industries are fleeing California and the U.S.

There is a lot of self-rekidding about economics. There is a lot of self-rekidding about finance and currencies. Just as there has been a lot of self-rekidding about man-made global warming, so too there is self-rekidding about saving the world from men in Asia called terrorists. This is a lot of GNW, get-nowhere-with,

free knots. It looks like a few particular individuals are getting very, very rich and powerful, And famous as a consequence.

So where are the GOW, get-on-with solutions?

Certainly it is not in the GAF, get-away-from quadrant, nor the GRO, get-rid-of quadrant.

Temporary GNW, get-nowhere-with, leaves the opportunity open for GOW, get-on-with solutions.

Use good judgment, consider alternatives, and look at compromise.