



Transactional Musings

Get-On-With, Getting Well, and Get (to be) Winners

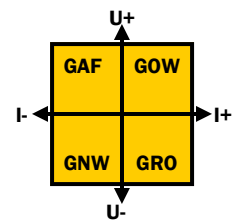
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Special points of Interest:

A life time has 2 to 2.5 billion seconds ...

Parent, the Adult, and the Child, **all three live within the one person**, the same skin, the same physical body.

The term "position" refers to the favored Childhood method of resolving encounters ...



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["Getting Well With Transactional Analysis - Get-On-With, Getting Well, and Get \(to be\) Winners."](#)

by F.H. Ernst Jr., M.D.,
Addresso'Set
Publications, Second
Edition, 2008.

"A life time has 2 to 2½ billion seconds depending on whether a person lives to be 67 or 83 years old. It is within this amount of time that getting well and being a winner in the selected arena of life will occur. Getting well is defined in this paper as getting more efficient use of one's time of life."

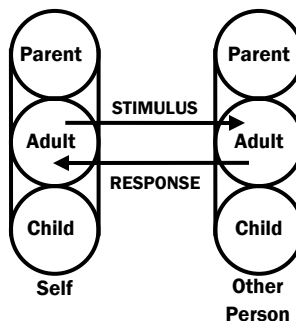
"Each person, in the act of "being a people," is possessed of a variety of conflicting, diverse and divergent qualities of reasoning-feeling. These include the multitude of activities-inactivities with which to spend one's "time of day." Putting it differently, the man who gets the most of what he wants with his time and in his encounters with other persons is the one who (1) has decided on his goals and makes a commitment to these objectives; (2) then specializes in the use of his time toward the end of his perfecting techniques useful in obtaining his goals; (3) uses these techniques and his time to get to his goal; (4) uses the fullest range of the other (personality) qualities within himself at appropriate times and as these latter are adaptable toward his goals and then finally; (5) gives satisfaction to his other life sustaining

drives in a manner and at a time that will least detract from the attainment of his ambitions. In getting-well a person becomes a winner."

"The first business to becoming a winner is the decisive commitment to the goal. In treatment, this is the commitment to the get-well contract."

"The second order of business to becoming a winner is to improve the capacity to sort and classify one's own Adult qualities of self from ones Child self. This improved capacity to sort and classify Adult from Child is requisite for managing self."

"The best method developed to date for organizing personality qualities is represented by the three stacked circles. Paraphrasing Caesar: "Ommia personae est divisa in partes tres." In the terminology of transactional analysis: "He who owns his own (transactional) diagram can better become the master of his own destiny!" This is diagrammatically represented here."



"Whether he is the initial stimulator or the initial responder in the transaction (a "stroking exchange") of an encounter, the "me," in being able to sort and classify, can better determine "what-is-the-best-solution-for-now-for-me."

"The most important business for becoming winners is the decisive **commitment to become winners**. This provides the basis for establishing a hierarchy of priorities among the multitude of private and public objectives each person has in mind. Since it is literally not feasible, let alone possible, to be a winner with each and every situation in a day or in a year, it then becomes a matter of selecting which of the objectives and which of the qualities of transactional outcomes (forms of resolution) will have priority on a given occasion. A person decisively committed to becoming a success and winner with his own family will have his priorities in a different hierarchal arrangement than, e.g., the person with a creative genius for building a new system of transmitting (electric) power or the founder of a new psychotherapy system."



Notes by
F.H. Ernst Jr., M.D.

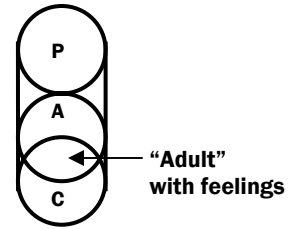
PAC

Notes by F.H. Ernst Jr., M.D.
 "People change from time to time in a day. These changes are more profound than might be apparent, i.e. physical attitudes, facial expressions, gestures, tone of voice, cadence of speech, choice of words, physical gait."

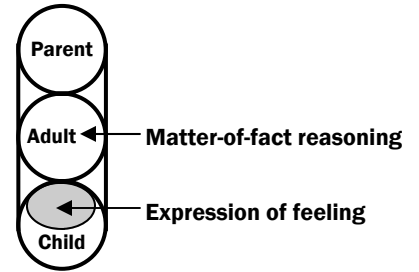
"Once the Child and the Adult have been identified to the satisfaction of the learner, the person can get better mileage from both. Then the

diagram showing the Child invading his own Adult **can be diagrammed** by a second Adult, instead of getting into a screaming match about "That is not My Child! That's my Adult." "It is too, your Child,..."

"Instead, reason at least gets heard "visually" with the visual aid of a chalkboard and pointer."



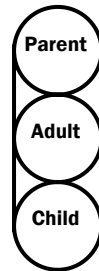
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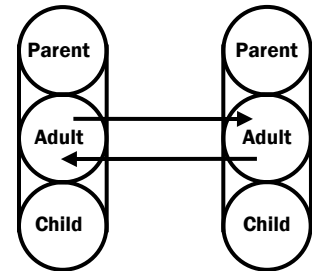
The PAC Diagram Letter

"Berne developed a practical method by which to represent and classify human behaviors based on their origins: Parent, Adult and Child. ^{1, 2} This was the first time the two kinds of grown up inside the person, the Adult and the Parent, had been separated and made understandable for the man-on-the-street. ³ The diagram going with this is called the *Personality Structure Diagram* or simply the *PAC Diagram*."

"This was followed very shortly by devising a method for representing how these classes of human behaviors participate in the conversations between people. This is called the *Transactional Diagram*. ¹"



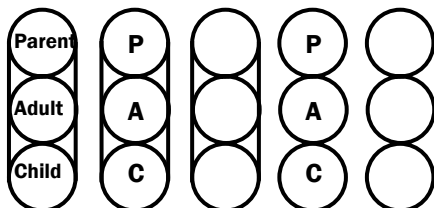
Parent-Adult-Child
Diagram



Transactional
Diagram

- 1) Transactional Analysis in Psychotherapy: E. Berne, MD, Grove Press, NY, 1961
- 2) Ego States on Psychotherapy: E Berne, MD: American Journal of Psychotherapy, Vol. 11: pg 293-309, 1957.
- 3) The Diagrammed Parent Ego State: Eric Berne's Most Significant Contribution, F.H. Ernst Jr, M.D., Transactional Analysis Journal, Vol. I:1, pg 49-58, Jan 1971.

The PAC Symbol



Variations of the Parent-Adult-Child Diagram.
Each represents the same symbolized information.

"The PAC Symbol (diagram) shows the A and the P circles in touch with each other as well as the A and C circles, touching but *not moving in on each other*. This is the ideal. The P, A and C circle are enclosed within a boundary. This represents that the

Parent, the Adult and the Child all three live within the one person, the same skin, the same physical body. With this understood, this symbol (diagram) can be drawn in one of the forms shown. They are "synonymous."



"The Parent is drawn at the top to represent its function being that of protecting the organism, especially the Child. The Child is at the bottom to represent that the Child is the foundation of the person's personality. The Adult is in the middle to represent the value of placing a thinking person between the Parent and the Child."

"These three, the Parent, the Adult, and the Child in a person have been readily taught to people of all ages, 4 to 94. Kupfer reported (*Transactional Analysis Bulletin* 1:4, Oct. 1962) a patient of his who, as a mother at home, had taught her 4 year old daughter, Doris about PAC. Four year old Doris named her own PAC: Parent "Mommy

Doris", Adult "Grownup", Doris's Child "Baby."

"It has been said that the better the individual recognizes that each of these three persons inside himself is real and living along side his other two selves the more mentally healthy he will become."

Arthur's Parent Comes Into Action - notes by FH Ernst Jr., MD

"Arthur was in the bank one winter afternoon when just as he was leaving an elderly woman suddenly dropped to the floor as she approached the bank teller's window. Her head bounced as it hit the mat on the floor." What a sound.

"As a witness, and being nearby, Arthur immediately asked one of those kneeling tending this unconscious person: "Is she breathing?" When he got a affirmative yes nod, he directed another person to "Call 911" and to the security guard who had come over "You're in charge, here", ending with "I'll give you people some room to help. I'll be near if you need additional assistance." It was a medical emergency and his work expertise was not in the medical field."



"By then a nurse in another line had identified herself and was with the woman. Emergency fire truck and ambulance personnel arrived soon."

"Arthur's sequence of acts was prompt and unhesitating. And he did stay close by to make sure the situation was well in hand."

"Later, reviewing the incident with a brother, also familiar with PAC, "It was automatic." Brother asked which

one of Arthur's PAC it was. Arthur's response "My Parent. Mom in me knew exactly and now, what to do. You know how Mom was." Their mother was a nurse and their father had taught Arthur about the desirability to avoid any hands on the injured person if anyone else with medical emergency savvy was in the vicinity."

Turns out the woman would not get into the ambulance. She wanted to go home. But she was very wobbly; she hit her head on the floor pretty hard. The emergency personnel prevailed and insisted she be checked out at the hospital.

Parent and Adult - more notes by FH Ernst Jr., MD

"Those who dig into the Transactional Analysis literature will find some references to Parent intruding into the particular person's Adult. That diagram is not included in this text."

"The Parent of most people includes both their mother and their father. This mother and this father each can be assumed to have had an Adult."

"To diagram a person's Parent intruding into his Adult may in fact be a misleading way to diagram a real thinking, teaching Parent in operation."

"Exceptions? See Berne's diagrams about Mr. Troy, in his book *"Transactional Analysis in Psychotherapy"*, 1961. Mr. Troy is mentioned on pages 34-35, 42,45, 47, 61, 63. "Mr. Troy's ... parental state was so firmly established

that [his] Adult and [his] Child rarely showed themselves. At first he was unable to understand the idea of the Child. He maintained a uniformly judgmental attitude in most of his relationships. Manifestations of childlike behavior on the part of others such as naivete, charm, boisterousness, or trifling were especially apt to stimulate an outburst of scorn, rebuke, or

"Leaving Your Mark"
by FH Ernst Jr., MD
pg 30

"As quoted from a group session, "To us kids who marked on the wall when we were small (referring to siblings and self) marking was damn near worth one free killing by mom." The "Don't-mark-on-the-wall" training program in many homes is pursued often more vigorously than the program of "house-breaking" the child. Numerous are the efforts made by parents to train children to not give-themselves-away, "Don't give your toys away..... Don't let the other kids see that they are getting to you." "Don't let him see he got you mad..... Don't give him the satisfaction," etc. This is the "don't give-yourself-away" training program in operation. Its corollary, "Don't be a stand-out, don't make a spectacle of yourself (or you will get us in trouble)," is usually present also."



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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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chastisement. He was notorious in the therapy group which he attended for his attitude of "Kill the little bastards." He was equally severe toward himself. His object, in group jargon, seemed to be "to keep his own Child

from ever sticking his head out of the closet." This is a common attitude in patients who have had electric shock treatment. They seem to blame the Child (perhaps rightly) for the "beating" they have taken; the Parent is highly

cathected, and, often with the assistance of the Adult, severely suppresses most child-like manifestations."

"There were some curious exceptions to Mr. Troy's disapproving attitude. ..."

Position and "The Professor"

The following is from pg 8 of "Getting Well With Transactional Analysis - Get-On-With, Getting Well and Get (to be) Winners"

The term "position" refers to the favored Childhood method of resolving encounters with the intimates in the particular person's life.

- "How do I handle my mommy?"
- "How do I approach my sweetie, if I can get one?"
- "How will I handle (a potential for) getting an award?"
- "Will I get sick instead of going to collect it?"

This Child position, "favorite" method of concluding personal social events is one of the four categories of social operation. For example a "Get-Away-From" could be his/her favored Childhood method (position) for resolving high value social encounters, e.g. be embarrassed.

The Adult in the Child takes a "position" as a result of that childhood decision. This is diagrammatically represented by Figure No. 1. The "favored life position" is chosen by the Adult in the Child. This Adult in the Child is also called "The Professor."

As the person becomes older, this Child and his "Professor decision" is diagrammed as in Figure No. 2. The social problems, e.g. a psychoneurosis which results from this personally made early-in-childhood decision-with-its position which often brings individuals into psychotherapy as they get older. This position arises out of a very specific important behavior-modifying decision early in

life. Considerable amount of personality resources (libidinal investment) was spent by the Adult of the very young person in his childhood in order to back up his childhood commitment to this decision which then becomes his "Childhood Position". The decision is about what "I will never, ever, again give away about myself to anybody because when I do, then ... happens!"

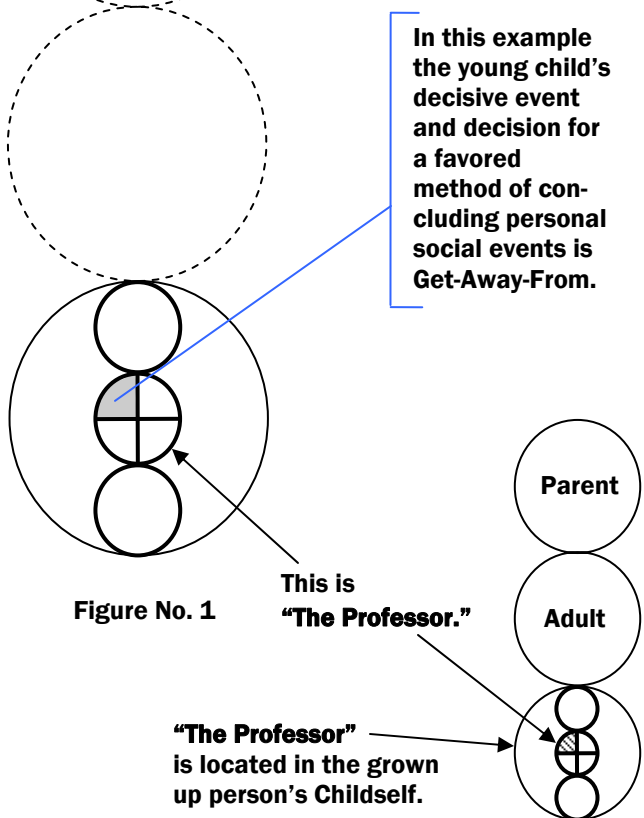


Figure No. 2