



# Transactional Musings

Volume 3, Issue 11

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## Encounter continued

From **The Encounterer, Vol. 1, No. 20**

Pam in group: "Doc! I noticed myself doing something funny, real funny the other day" and then laughing while her eyes were reddening with chagrin and pathos. She continued: "I was whipping on my son, Bobby, spanking him while I was telling him at the same time 'There, now this will teach you to lose your temper!' as I kept on hitting him. Even

knowing what I was doing, I could not stop myself from doing it then! And that's how I have been teaching him to have a temper." The patient also reported accurately that this simultaneous duality of awareness was her Parent (ego state) being in charge (having the executive) and her Adult being the observer. The fact of having this increased objectivity, and after this event,

augurs well for the improved resolution of this mother-son pair of games: "Uproar" when the two of them are alone in the house, and then when other family members are within audible distance, the two of them, Pam says, are playing "Kick-Me" (son), "Look-How-Hard-I (Mother)-Am-Trying" and inviting "helpful arbitration" from the third party.

*The very earliest differentiation between being OK or NOT-OK in an infant is to "learn" when he is good and when he is bad. Good and bad are decided on the basis of the limits the child can go to and be considered good. These are limits the infant can go to, BUT NOT exceed. If and when he goes past the limits of "acceptability," THEN HE IS BAD, He/she IS-NOT-OK.*

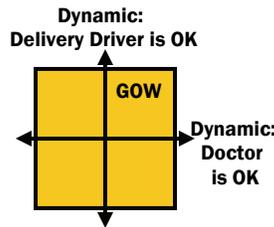
## Accommodating Another Person

**Showing Consideration**

By Franklin H. Ernst Jr. MD (October 1987)

This afternoon as I prepared to drive out of the parking lot at the Louisiana Street Living Center a young black man had just parked the firm's food van in the driveway, blocking my exit. His parking stall was taken. As he was getting out of the van he saw me in my car and could see my plight. I made a motion to him asking for a way out. He nodded, understandingly, got back into his van and moved it into another, still unauthorized position, but leaving me room to exit. As I drove past him I waved and smiled a thank you, AND he returned it with a smiling

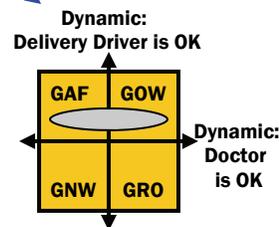
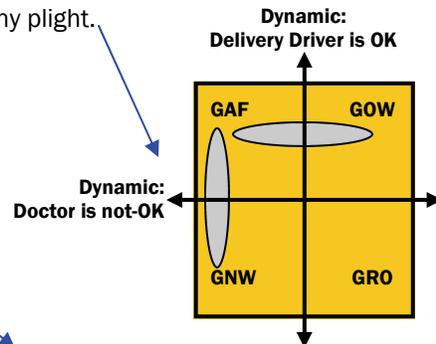
you're welcome gesture. THIS WAS a GET-ON-WITH action of appreciation on my part AND an act of personal consideration for me on his part.



### The Social Transactions:

Delivery Driver dynamic: "Driver IS-OK." He had authority from management to be there and to pick up the food trays, (wherever he could park). The parking lot is part of the facility.

Doctor Dynamic: "Doctor is not-OK." The Doctor can't leave. I had no way to get out of the lot. And the delivery driver saw me in my car and could see my plight.



### Special points of Interest:

"The patient also reported accurately that this simultaneous duality of awareness was her Parent (ego state) being in charge (having the executive) and her Adult being the observer.

"Going beyond certain limits can result in damage to the infant's self. It is not long before good is also contrasted to EVIL, and the D EVIL.

### Inside this issue:

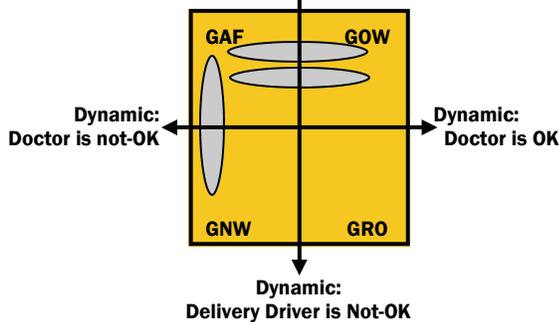
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While it is true the doctor had his rights, and the place could not be open without a physician to care for the management's charges (the patients), i.e. that the doctor could have reported this employee for blocking the driveway (Delivery Driver IS-NOT-OK), another choice was made. The doctor made a motion to the delivery man asking for a way out.

Doctor Dynamic: "Delivery Driver IS-OK"  
 "(Would you) please let me out?"

**Doctor Grid**

Dynamic: Delivery Driver is OK

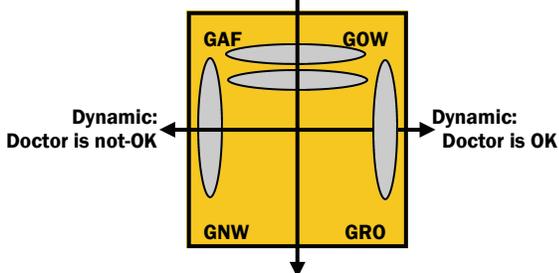


The delivery van driver nodded understandingly, got back into his van and moved it into another, still unauthorized position, but leaving me room to exit.

Van Driver action (dynamic): "Doctor IS-OK."

**Doctor Grid**

Dynamic: Delivery Driver is OK

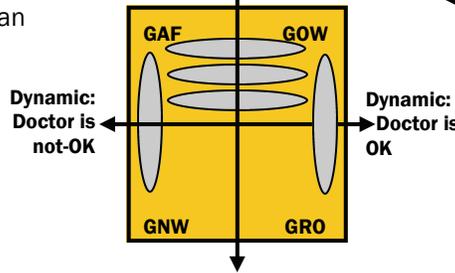


As I drove past him I waved and smiled a thank you.

Doctor action (dynamic): "Van Driver IS-OK"

**Doctor Grid**

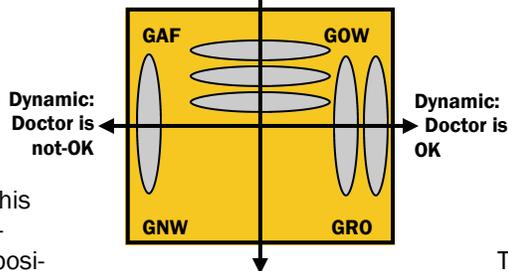
Dynamic: Delivery Driver is OK



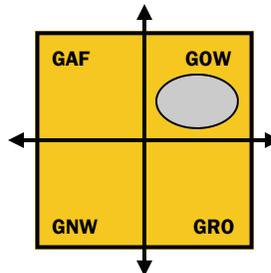
AND he returned it with a smiling "You're welcome" gesture.

Delivery Driver dynamic action: "Doctor IS-OK"

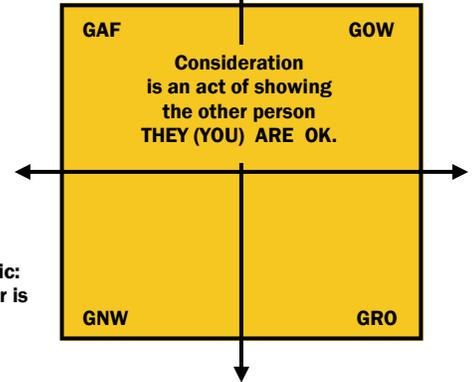
Dynamic: Delivery Driver is OK



Operational outcome of these social transactions: GET-ON-WITH.



THIS WAS a GET-ON-WITH action of appreciation on my part AND an act of personal consideration for me on his part.



The very earliest differentiation between being OK or NOT-OK in an infant is to "learn" when he is good and when he is bad. Good and bad are decided on the basis of the limits the child can go to and be considered good.

These are limits the infant can go to, BUT NOT exceed. If and when he goes past the limits of "acceptability," THEN HE IS BAD, he/she IS-NOT-OK.

The limits are set on two scores:

Don't hurt others - don't bite mother's nipple.

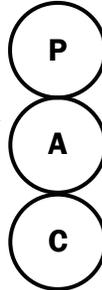
Going beyond certain limits can result in damage to the infant's self. It is not long before good is also contrasted to EVIL, and the D EVIL.

It is proposed here that there is a special highly organized area in the brain of humans where GOOD and BAD (actions, thoughts, concepts, ideas and views) are located, clearly differentiated. While there are nuances among people about what is GOOD and what is BAD, it is the very, very rare individual

who parries the question "Are you being good?" "BEING GOOD", besides being an abstract concept for some, it IS also concrete, solid and CLEAR to most.

The fact of this differentiation of "good and bad" having a specialized highly organized representational area in the brain could be likened to other known areas in the brain for specialized handling of symbolization. The best known one is the highly concentrated, organized for words, "Broca's

embryo logically. One of these is very likely the identifiable qualities of the human to organize, adapt to and handle the widest variety of social experiences with one of three, discreetly different, basic manners: in a childlike manner, in a matter-of-fact manner or in the manner of a parent. It is here proposed that the "stacked circles" of E. Berne have an equivalent corresponding central nervous system - brain



good. "I am right!" means others will talk to me, respect me, give me OK strokes, will stroke me, think I am reliable, give me quality recognition. "I am right!" means I have every right to expect you to believe me, believe that I am not a liar, a thief or worse.

"I am right!" means WHAT I DID, WHAT I SAID was GOOD. I DID GOOD means I AM GOOD.

"I AM RIGHT!" means I AM-OK, I DID OK. It means I was NOT (being) BAD.

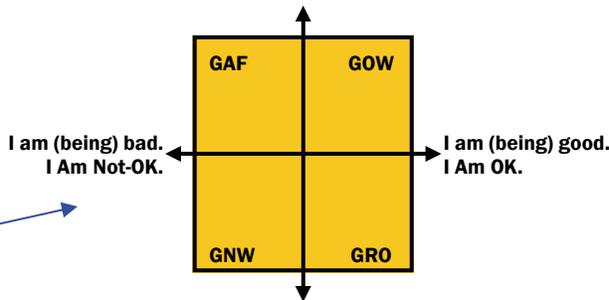
For some people, insistence on "being OK" is the same as if it were a question of "being right", of "being good!"

As we grow, and become older we come to realize that what is "Good" for you may not exactly correspond to what "Good" is for me. At the same time it turns out that, within the majority of the real people in the world, good and evil are clearly differentiated and mutually recognizable from person to person. Good and Bad and WHAT is good and WHAT is bad are called our CORE VALUES. Except for the invisible bureaucrats, people rarely change their core values, their value system through life. If they violate their core values they appropriately feel they have been bad. This is called guilt.

**I did wrong = I did not OK.  
I am bad = I am being Not-OK.  
I am right = I did OK.  
I am good = I am being OK.**

Being good or bad are not the only ways of being OK or NOT-OK. Early on, for example, ownership also comes to be associated with OK or NOT-OK. This is MINE! "Get off my property!" even heard

**This differentiation of "good and bad" having a specialized highly organized representational area in the brain could be likened to other known areas in the brain for specialized handling of symbolization.**



area." Rats, and therefore presumably humans, have a highly organized center for locations (so they can find their way home after "out foraging"). Humans can readily recall faces years after, maybe not names, but faces yes. This quality of recall bespeaks the central nervous system having a high degree of organization for this function... In fact this is the kind of pre-wiring and organization of the central nervous system that is akin to what instincts are. Instincts are (external) specific STIMULUS rigorously defined RESPONSE. But within these parameters of instinct even bees have the clear capacity to adapt their individual responses (see Scientific American Jan '87, 256:1, 74).

There are probably other standard (social) operations of the human condition that are pre-wired developmentally,

- equivalent mapping and organization of the neuronal complexes involved.

**GOOD and RIGHT BEING and/or DOING BEING GOOD and BEING RIGHT**

"I am good." This is a state of being.

"I have been good. I was good." This means a past state of being. More usually it means that while DOING SOMETHING in the past I was being good.

For many on the globe it is almost a matter of life or death establishing whether or not "I am right!" "I was right, wasn't I?" Not a question, but a statement.

What's at stake here that a person will put his life on the line? When I am right others will listen to me, believe me, accept me that I AM-OK, I am



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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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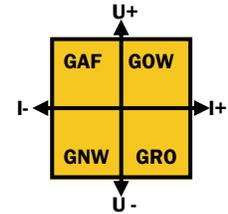
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from 4 year olds, scolding a playmate on the premises of the family property. Another would be the child learning, and then assisting a parent in a duty around the home. Good and bad get associated with continence, bowel and bladder training. Intrinsically, continence is not a requisite for being good. But it turns out to be a lot neater and since we are

educated-trained that it is better to be continent at considerable effort by our parents we pass this training and expectation to train on down the line to our children. Being respectful of others is OK in some families. In some they are praised (told they are good) for being audacious, showing more initiative, less deference to others.

Actually the value of what makes for mutual OKness in a social situation can vary widely from one time and place to the next time and place.



**P Respect**

**A** It is not until you can show respect that you can expect to receive respect!  
**C** This is in reference to PAC. FHE Jr, MD

**Parent - Child**

Clean disciplining and clean nurturing. FHE Jr, MD  
 When this real grown Parent is nurturing it will be by giving "You Are-OK" unconditional & free OK strokes.

"Dirty disciplining" comes about when the (usually toy) Parent is giving (only) "You Are-Not-OK" strokes to the Child: "You're stupid, You dumb shit, You moron, idiot," and other "put-down" epithets.

"Dirty nurturing" takes place when the Parent is telling the Child that they, (his) Parent is Not-OK. "I treated you so bad (when you were a child)", "I feel so guilty for what I did to you (then)," "It hurts me more than it hurts you (before or while the punishment takes place)", and other similar Not-OK Parent exclamations or actions as a Parent.



**Being a Good Child. "I Am OK"**

What is described above as happening inside one set of stacked circles, one personality structure, can also be drawn out as transactional events between two people: one from his Parent, and the other one from his Child.



**"Clean" disciplining Parent.**



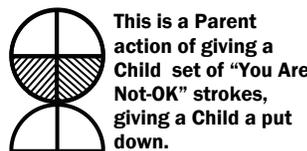
**Compliant good Child doing right to get an OK from Parent.**



**"Clean" nurturing Parent giving the Child free "You are OK" stroking.**



**An "I am OK" Child who has been told by Parent they are good.**



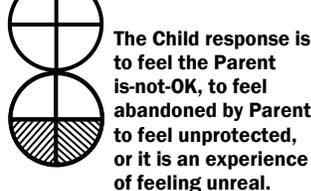
**This is a Parent action of giving a Child set of "You Are Not-OK" strokes, giving a Child a put down.**



**The Child complementary reaction is to experience that "I Am Not-OK."**



**This is a Parent telling a Child "I (Parent) Am Not-OK."**



**The Child response is to feel the Parent is-not-OK, to feel abandoned by Parent, to feel unprotected, or it is an experience of feeling unreal.**

