



# THE ENCOUNTERER

An Information Service of The Golden Gate FOUNDATION for GROUP TREATMENT, INC.

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P. O. Box 1141, Vallejo, California, 94590

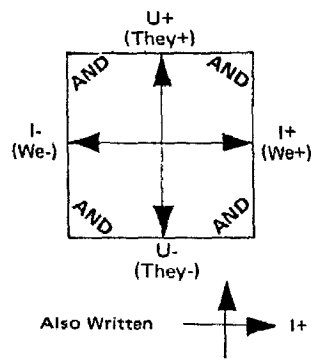
Editor, F H Ernst Jr MD

September 12, 1973

Vol 2, No 34

## FORMULATION: ALPHABET OF BEHAVIOR – Letter No. 2:

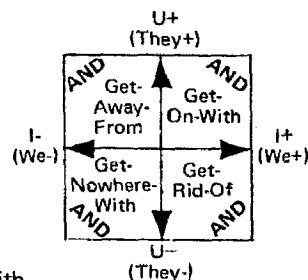
Grid for Get-On-With: The OK Corral: Each social, transactional event ends with some amount of *I AM OK with myself* (WE ARE OK with ourselves) or *I AM (we are) NOT OK with myself* AND *YOU ARE OK with me* (THEY ARE OK with us) or *YOU (THEY) ARE NOT OK with me*. This can be depicted with Cartesian (orthogonal) coordinates. The horizontal line is the "I" line. *I AM OK with myself* goes to the right, like reading, "I am going ahead." *I AM NOT OK with myself* is shown to the left, "I am going backward," regressing, slipping behind. The up-and-down line is the "YOU" line. *YOU ARE OK with me* is shown as going up, "You are up with me, you are big to me, I put you up, build you up." *YOU ARE NOT OK with me* is shown with the arrow point going down, "I put you down."



For man, the social animal, the **AND** is the most important and the unique factor in his stroking equations. "After you've encountered OP what are you going to do with him?"

Each of these 4 methods of resolving an encounter with another results in its own unique form of social operation taking place.

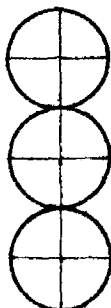
- I+ AND U+ = Get-On-With
- I+ AND U- = Get-Rid-Of
- I- AND U+ = Get-Away-From
- I- AND U- = Get-Nowhere-With



Therefore, when the operation (GOW, GAF, GRO, GNW) is known, then the vectors at play can be read from this letter of the ALPHABET OF BEHAVIOR. Deductively, then, by figuring back, a GAF operation, such as storming out of the house, will mean that *I AM NOT OK with myself* AND *YOU ARE OK with me*.

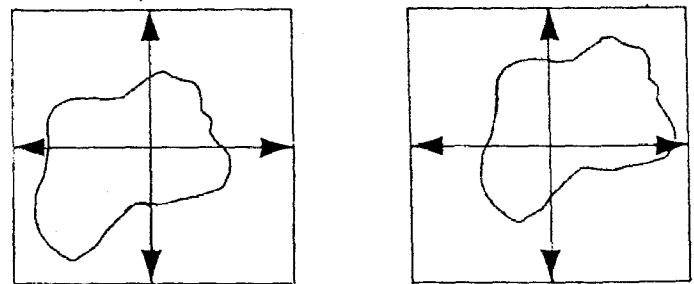
Each ego state is able to handle a full range of social encounters (EB). The extension of this is that each of the 3 ego states has its own OK Corral.

In a day's time, a person (especially the well and adjusted) will use each method of resolving encounters at least once. "You just don't have the time to get-on-with every event and every person you meet." The well person, the winner, has a reduced frequency and a reduced intensity of his non-get-on-with encounters. (See The E No. 16.)



The Grid for GOW is to describe that whatever the event and whatever the method of solution used for an event, it will be done within the person's lifetime. A lifetime has a finite number of seconds. Being a people is to be a time-bound organism. While it is stimulating, even euphoria producing, to conceive of the potential residing within ourselves (the variables for getting on with, times for intimacy, inventive creativeness, spontaneity, resourcefulness, capacity for learning, etc.) it is a fact that the tissues and organs of the person are built, are so constructed as to deal with and survive a finite number of seconds, usually between 1.5 and 3.0 billion.

THE CORRALOGRAM is a way of defining how a person's social operations are coming out during a week, a day, a year, or a decade. Sample CORRALOGRAMS:



Note all 4 quadrants are enclosed here. This is to say that it is within the interval of the person's unique state of awareness (a lifetime) that he will do what he is going to do, will do what he was scripted and/or decided to do. Crusade, invent, hide out, lead, remain steadfast, whatever; it will be done in just that, ONE LIFETIME!

SUCCINCTISM: "You know" decoded when said by the Child: "You know, don't you, that I know what I'm talking about, don't I?" If said by the Parent it is, "You know, don't you, that I know what I am talking about, don't I!"

The variability of outcome for transactions using this phrase can be seen. It is a phrase inviting trickeration, loaded with potential for the duplex. It isn't a phrase used very often by (potential) winners.

CONFERENCE: Weekend of March 2, 1974. The Golden Gate Foundation for Group Treatment, Inc., announces its first annual Spring Conference in suburban San Francisco. Circle your calendar now and plan to attend.

Conference Convener – F.H. Ernst, Jr., M.D.

Conference Director – J.L. Ernst, B.A.

Conference Chairman – Alan Peek, B.A.

An Official TA 101 will be given just prior to the inception of the conference under the directorship of Jennie Lou Ernst. Those interested in presenting a paper, workshop or participating on a panel are invited to submit your proposals. TA presentation opportunities for those going for advanced membership in the I.T.A.A.

Deadline for proposals: November 15, 1973.

Information: P.O. Box 1141, Vallejo, CA 94590.

Telephone: (707) 644-7529.

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The FOUNDATION for GROUP TREATMENT, INC., is a nonprofit organization, founded to provide opportunities to professionals working with groups to increase their effectiveness and efficiency. THE ENCOUNTERER, the news service of the FOUNDATION has reports and notices of current developments in this field.

Associations of group treatment professionals are invited to use THE ENCOUNTERER to notify others of their activities.

Interested Associations and Institutions are asked to apply for THE ENCOUNTERER on a continuing basis.

A list of other publications is available from the FOUNDATION upon request.



# THE ENCOUNTERER

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### GLOSSARY OF TERMS AND ABBREVIATIONS USED IN THE ENCOUNTERER

- A** Adult, "Level-head", objective, ego state.
- ANGLE** — 2nd move of a game, also called Maneuver-1. Angle also refers to a facial attitude (often occurring with the 2nd move of a game).
- C** Child, Childhood, "the Kid" ego state.
- CON** 3rd move of a game, formerly called Maneuver-2
- E** THE ENCOUNTERER
- EB** Eric Berne
- EGO STATE** — A quality of feeling-reasoning with its related behavior; a state of mind.
- G** Gimmick; trick, wrinkle, 4th move of a game.
- GAF** Get-Away-From: the DEVOLUTION life solution of I-am-not-OK-AND-You-are-OK.
- GNW** Get-Nowhere-With: The OBVOLUTION life solution of I-am-not-OK-AND-You-are-not-OK.
- GOW** Get-On-With: The EVOLUTION life solution I-am-OK-AND-You-Are OK.
- GRO** Get-Rid-Of: The REVOLUTION life solution I-am-OK-AND-You-are-not-OK.
- GW** Get-Winners, Get-Well, Getting Well, usually synonymous with GOW life solution.
- H** Hook; come-on, engagement, 1st move of a game.
- OK CORRAL** — The Diagram of (a) the life positions, solutions to intimate relationships and (b) the in-operation manner of resolving encounters each day.
- OP** Other Person
- P** Parent, Parent ego state; to be differentiated from Adult ego state.
- P-O** Pay-Off: Ulterior (latent) motive, reward, 5th move of a game.
- R<sub>x</sub>** Prescription, prescribed, therapeutic advice, treatment recommendation.
- SCRIPT** — Life-story; map of a person's life, often resembling a fairy-tale.
- SOBA** — SOB-Authority, Silly-Ole'-Boy-Authority.
- SOBA-HUNTER** - Person with an "authority problem," a crusader; a revolutionary.
- SUCCINCTISM** — Concise graphic formulation.
- TA** Transactional Analysis founded by Berne. It is:
1. A theory of social behavior.
  2. A theory of personality structure.
  3. A method of (group) psychotherapy treatment.
  4. An organization.
- It embraces and is not contradictory to psychoanalytic theory and practice.
- THE E** — THE ENCOUNTERER
- THWITS** — "To-Hell-With-It's", Having a case of the