

# THE ENCOUNTERER

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

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Editor, F H Ernst Jr MD

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**NOTICE:** Transactional Analysis three day Conference in Suburban San Francisco, April 25-27, 1975, Fri, Sat, Sun; 2nd Spring Conference of Golden Gate Foundation for Group Treatment, Inc., at Holiday Inn, Fairfield, California on Interstate-80. Pre-registration \$15.00; on-site \$20.00. Hotel rooms \$15.00 single; \$18.00 double; nearby Motel 6 and three other restaurants. Continuing Education college credit available for official TA 101 given at Conference. Conference Convenor -- F.H. Ernst, Jr., M.D. Information or Program: Write -- GGFGTI, P.O. Box 1141, Vallejo, CA. 94590; Telephone 707/644-7529.

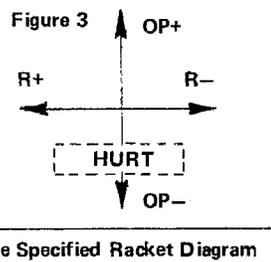
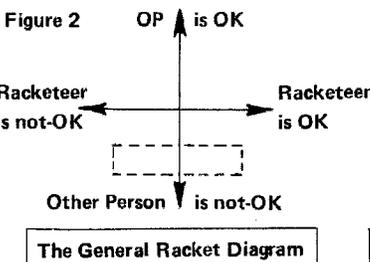
**FORMULATION:** Psychological Rackets (Continued from *THE ENCOUNTERER*, No. 36). In social transactions, rackets are to be distinguished from games. A game is a social activity which regulates intimacy. It is one of the six ways of structuring time. Repetitively carried out, its elements are a seemingly reasonable opening objective, concealed motivation, ulterior transactions, a gimmick (with a switch as part of this artful stratagem) ending with a payoff. A payoff is a bright, vivid "moment of truth" when another one of your inside selves gets to come alive, when another set of feelings AND physiology gets to be exercised. Of and in themselves (contrary to some doctrinaires), games are not bad, are OK (see *TA Bulletin* 9:35, 84-86, July 1970), the payoff being the element to selectively control. The strokes of games furnish the psychological bread of life and games structure between 30% and 60% of people's lives. The payoffs of games, the denouements, can be classified into four varieties: Get-On-With, Get-Away-From, Get-Rid-Of and Get-Nowhere-With. (Figure 1).

Figure 1

GAF	GOW
GNW	GRD

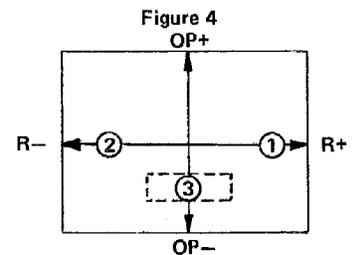
**RACKETS** are different. *Phenomenologically*, a racket is a repetitively displayed emotion with fraudulent, coercive and intimidating qualities which brings about the outward consent of the victim. *Operationally*, a racket is an emotional display lacking authenticity, preventing other emotional displays AND victimizing the recipient's choices to either inaction (GNW) or avoidance (GAF). *Pragmatically*, a racket is a specialized display, which places a burden on the other person. In the criminal protection racket, the victim purchases protection from "the protector"-predator.

Analysis of stimulus *and* response reveals that these specialized displays clearly and distinctly convey to the Other Person that OP is *not OK* (Figure 2). In the case of a racketeer repeatedly claiming "You hurt me," "That hurt me," it is depicted operationally by Figure 3.



This, the Racket Letter of the Behavioral Alphabet, shows a very specialized form of "put down," "You are not-OK with me" strokes. Rackets may be called emotional blackmail and the gifted put-down artists awarded the order of the brown (tan, beige, or chocolate) tongue with brown leaf clusters.

The build-up to a racket is done by going through a specific set of steps. These steps are, 1.) One or more (Positive Conditional) "I am OK" strokes by racketeer, e.g., "I couldn't have said it better." "I am so glad to be here!" (vs. "with you!"). These are followed by, 2.) one or more sequential strokes that contradict those before; (Negative Conditional) strokes that say "I am not-OK," "This old dress?" "I'm not really qualified to judge that!" This second step usually elicits reassurance from the intended prey; e.g. about-to-be-victimized saying "Why, that dress is a most attractive one." 3.) The victim instead finds himself snarled up and contradicting racketeer, as he finds himself receiving (Negative Unconditional) "You are not-OK" strokes, accused of arguing, of lack of understanding and classed as a disagreeable person; this is exemplified by racketeer escalating the intensity of his declaration of personal not-OKness with "But (you don't understand) I am *too* a mess," "This dress is *too* old," "I am *not* at all qualified to judge," thus showing OP how OP, in his act of disagreeing is a disagreeable person, even causative of racketeer's feeling even more not-OK. OP has been dumped into not-OKness by racketeer. In racketeer's logic OP has earned the not-OK strokes being given to him. These racketeer steps are shown in Figure 4.



Racketeers do not recycle back through the first two steps mentioned above. Instead they stay with their steady stream of specialized OP- strokes until OP surrenders or retreats.

A racketeer coming from his Parent-self is diagnosed by the transactional response of OP coming back from the Child of OP (Figure 5). The Child racketeer can be diagnosed by noting the social response coming back from Other Person's Parent-self (Figure 6).

Figure No. 5

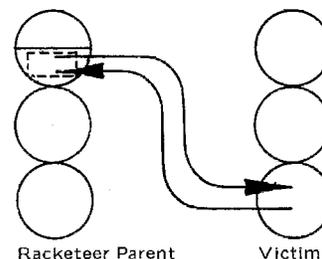
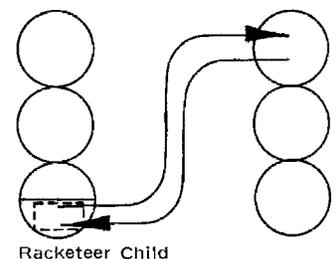


Figure No. 6



Rx for GW of a racket: "Give more free OK's to other people AND accept more of the free OK's given to yourself," e.g., "Say 'Thank You!', whether or not you feel like it." "Stop cutting off all these OK's coming to you; quit arguing so much with the giver about your unmerits and giver's poor judgment in complimenting you."

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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