



# THE ENCOUNTERER

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

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For Better Control of Your Own Destiny and Getting- Well of Personal Deflation and Inflation: Selectively give 25 individuals a named hello each day. By named hello, say the person's name when hallowing him, "Hi Jim". In the acts of selectively giving out 25 named hellos a day among those you greet you increase your value to them. You are giving each one an extra external verification of his personal worth. Within a few days of starting this you will be getting back no less than 80% of the number of hellos given, many with your name attached. AND you will like it! As it becomes your program to give these 25 ( or even 50) a day to people of your choice then it comes to be less important whether you say it first as the stimulus- initiator or the other guy is 1st & you are the response-initiator. As you become less demanding on getting your own name back you will be discerning more clearly who could be an authentic friend and who is out to work you for their own ends. For some as you start getting up near 50 a day you might consider including a few from your enemy list sometimes to see how it goes.

Comparatively, a barely perceptible grunt, nod or raised hand would have stroke value of one. A clear vocal "Hello" or "Hi" without a name would be worth ten units of stroke value. And by the same token the impact of a named hello, "Hi Sarah", would be worth 100. In other words by comparison, a barely noticeable greeting is a penny's worth, a vocal hello is a dime's worth and a named hello greeting is a dollar's worth in stroking economy terms. The ultimate greeting to a person a named Happy Birthday, eg "Happy Birthday John" would be 1000 or \$10.00. But this as a surprise opening greeting could be expected to be thrown-up on.

A named hello is a "natural" stroke and takes little education to appreciate. A dollar given instead, would itself be stroking but the meaning of that kind of stroke would involve much more learning, be that much less natural a stroke. There is a cult who says and would have you believe that names and saying them to a person is not important, but they probably caught this from trainers who call them and refer to them by name, whether by birth name or an adopted one.

Beginning this program of 25 named hellos a day will lead you to be more in charge of your

life. You will be more actively deciding who your friends are going to be. You will be doing more of the picking and leaving less time for being picked. Students who name their hellos to 90% of their classmates are routinely in the 90th percentile of their classes both academically and socially. This is regardless of race, creed, color or gender and whatever the status of any "Affirmative Action" program extant.


It is proposed that if this  $\mathcal{P}$  were adopted as part of the National Physical Fitness Program and pushed as hard as daily exercise (running in a circle) there would be at least as much added improvement in the general level of health, eg a drop in days off work for illness. It is estimated when 25% of the population over 4 yrs. old has taken up this  $\mathcal{P}$  there will be a flattening out, a stabilizing of the current economic escalator of inflation. AND it would lead to a dramatic reduction in the millions of productive man-hours lost to strikes each year. If given the choice-- Why strike when you are already getting a dollar value and also a hi natural value for your time & efforts? For those who say "You can't feed, clothe, house without the dollar." I agree. When, however, an "either-or" adds "but you can live without hellos." I would argue back, "OK, so you want to be the first to go out tomorrow not talk to anyone at all, all day long?" The initial part of any talking contains the greeting whether it is specified or not. It IS the hello. In any case, in the meantime, you using this program will be able to count on a life of greater personal value and health.

The acts of discriminatingly giving named hellos or not to specific, selected persons can be one name of the most powerful social tools at any one's disposal. There are other social tools such as special skills, talents, good looks, and money but none are as universally available as this tool, the legitimately amplified hello greeting, the named hello! You forget a person's <sup>name</sup> the 2nd or 19th time you see him? Ask him for it! He'll remember it when you don't. Or you can always go for an embarrassed instead. You give a named hello to someone who doesn't know your name the first time. He will by the third. This  $\mathcal{P}$  is an activity with both a prompt and a relatively enduring return with mutual satisfactions.

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.



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## RETURN POSTAGE GUARANTEED

### 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