

Game Codes – Newsletter of Games People Play

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Special points of interest:

Genesis tells of Jacob, his sons, and the people they dealt with. The consequences of their lives with each other are well documented. Look at, and reflect on a central theme in these stories, the games they play with each other.

In his book "Games People Play" Eric Berne M.D. defines games as one way people occupy their time. Berne writes about a well-known situation described in the Bible: "the wary Joseph refused to be inveigled into a game of 'Rapo,' whereupon Potiphar's wife made the classical switch into "Let's You and Him Fight," an excellent example of the way a hard player reacts to antithesis, and the dangers that beset people who refuse to play games. ..."

In his monograph "The Game Diagram" Franklin Ernst Jr., M.D. describes that all games are concluded in one of four ways: Get-On-With, Get-Away-From, Get-Rid-Of, Get-Nowhere-With.



Inside this issue:

Genesis of
Games People Play

Genesis of Games People Play

Moses

Moses wrote Genesis telling the stories of creation, Adam & Eve, Abraham, Isaac, Jacob, and Joseph.

One particular series of stories about Joseph stands out. Jacob, his father, did very well and yet, at times, seemed to fall short. He loved Rachel very much, but had to gain the favor of Laban who tricked him into marrying his other daughter, Leah, first. There were a series of seven years and conditions placed on Jacob. Each time Jacob would get-on-with life and prospered. Jacob had many offspring, twelve sons and one daughter. They were Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Asher, Issachar, Zebulon, Joseph, Benjamin, and Dinah. He loved them all, very much.

Jacob is the father of a great people. He protected and preserved people. And everything he touched flourished and prospered. His faith in God is legendary.

Joseph had a deep respect for his parents, Jacob and Rachel, and he loved them dearly. And Joseph had an excellent ability to reason, observe, and think. He reflected, and made adjustments to his own behavior. He was always looking for ways to improve how he managed himself, and

how he dealt with others. He learned to be aware of his surroundings, and learned from his mis-steps. The games that Joseph and his brothers play start when he was a youthful boy. He had dreams, as all people do, and was envied by his brothers.

Joseph plays out several games over and over again throughout much of his life, and as a consequence of the various outcomes, he brings his father, brothers, and their families together to join him in Egypt, thus surviving the seven year famine. The Games People Play is written in the Bible and these stories are filled with the same Games People Play today. We will focus on only a few of these games. Among them are WAHM ("Why Is This Always Happening To Me"), Kick Me, NIGYYSOB ("Now I Got You, You SOB"), and LHHIT ("Look How Hard I'm Trying").

"Genesis of
Games People Play"
by
F.H. Ernst Jr., M.D.

Available as PDF file at
www.ListeningActivity.com



In The Beginning

Moses wrote about the ground rules laid out by God. God created the universe, the planets. Then God said let there be light and darkness. God then said "Let there be an expanse between the waters, and let it be a division between the waters and the waters. ... And God named the expanse the Heavens." God then commanded that the waters below the Heavens be collected in one place and let dry land appear; he called the dry land Earth and the accumulated waters He named Seas. God then said let the Earth produce seed-bearing vegetation. God further said let the sun and the moon appear in the expanse of the Heavens so that there is a division between day and night; and let them serve to mark the seasons, periods, and years. God then said let there be creatures in the waters and birds in the sky. And God blessed them to be fruitful and multiply upon the Earth. God then said let the Earth produce animal life according to its species; and He made all the species of the Earth. God then said "Let Us make men under Our Shadow; ... so He created men under His own Shadow, creating them in the Shadow of God, and constituting them male and female"; and God said "Be fruitful and multiply so as to fill the Earth and subdue it, and rule

The following is from "Games People Play" pgs 17-19.

"As people become better acquainted, more and more INDIVIDUAL PROGRAMMING creeps in, so that "incidents" begin to occur. These incidents superficially appear to be adventitious, and may be so described by the parties concerned, but careful scrutiny reveals that they tend to follow definite patterns which are amenable to sorting and classification, and that the sequence is circumscribed by unspoken rules and regulations. These regulations remain latent as long as the amities or hostilities proceed according to Hoyle, but they become manifest if an illegal move is made, giving rise to a symbolic, verbal or legal cry of "Foul!" Such sequences, which in contrast to pastimes are based more on individual than social programming, may be called GAMES. Family life and married life, as well as life in organizations of various kinds, may year after year be based on variations of the same game."

"To say that the bulk of social programming consists of playing games does not necessarily mean that it is mostly "fun" or that the parties are not seriously engaged in the relationship. On the one hand, "playing" football and other athletic "games" may not be fun at all, and the players may be intensely grim; and such games share with gambling and other forms of "play" the potentiality for being very serious indeed, sometimes fatal. On the other hand, some authors, for instance Huizinga include under "play" such serious things as cannibal feasts. Hence calling such tragic behavior as suicide, alcohol and drug addiction, criminality or schizophrenia "playing games" is not irresponsible, facetious or barbaric. The essential characteristic of human play is not that the emotions are spurious, but that they are regulated. This is revealed when sanctions are imposed on an illegitimate emotional display. Play may be grimly serious, or even fatally serious, but the social sanctions are serious only if the rules are broken."

"Pastimes and games are substitutes for the real living of real intimacy. {see footnote} Because of this

over the fish of the sea, and the birds of the skies, and over every living animal that moves upon the Earth." God then said I have given food for you and all animals upon the Earth. God then rested in the seventh day/age after the Host of the Heavens as well as the Earth were completed. God blessed the seventh day.

Afterwards

Genesis 2:7, God afterwards formed Man from the dust of the ground, and breathed into his nostrils the life of animals; But Man Became a Life-Containing Soul.

Genesis 2:8, God then planted a garden of Eden; and out of the ground He caused all the trees that were beautiful and good for food, as well as the Tree of Lives in the center of the Garden; and the tree of the Knowledge of Good and Evil.

Genesis 2:15, God made the man the keeper of the garden of Eden, to take care of the garden.

Don't Do Not OK Things

Genesis 2:17, And God said to the man he could eat the fruit of the garden. But DO NOT eat the fruit of the tree of the Knowledge of Good and Evil.

Genesis 2:20, And the man with the Living Soul named all the animals. But it was no comfort to be with them.

Genesis 2:23, So the Ever-living God made woman from the rib of man. And the man said, "this form is bone of my own bone, and flesh of my own flesh. This shall be named 'woman,' because she was taken from man."

"You Made Me Do It"

Genesis 3:1, The most wild of the field, the Serpent, tempted the woman.

When Serpent asked the woman, "Is it true you shall not eat of every tree of the garden?" She replied, "We may eat of the fruit of the garden, except do not eat of the fruit of the tree in the center of the garden; and He said if we do we will die." And Serpent answered, "You will not die; but God knows that your eyes will be opened and you will be like God, acquainted with good and evil."

The Serpent and the woman played with each other. She, the woman was hooked, there was an angle, then a con, a Gimmick, and finally the payoff with the resultant consequences.

Genesis 3:6, So the woman perceiving that the fruit of the tree was good and would make her smart picked it and ate it. She also gave some to her husband to eat. Both of them woke up and realized they were naked. They covered themselves with fig leaves.



Genesis 3:9, The man and woman hid themselves from the Lord. When the Lord asked, "Where are you?" Adam replied, "perceiving I was naked I hid myself."

Genesis 3:11, The Lord asked, "Who told you that you are naked?" Have you eaten the fruit which I commanded you not eat?"

Genesis 3:12, And the man replied, "The woman whom You gave me, she gave of the tree, and I ate it."

Genesis 3:13, "Why did you do that?" the Lord asked the woman. And the woman answered, "The serpent deceived me and I ate it."

A Game People Play

"The devil made me do it."

Consequences

Genesis 3:17, Then the Lord said to Adam, "Because you have eaten the forbidden fruit I will remove you from the garden and from now on you will have to work another piece of land with your sweat."

Genesis 3:20, The man then gave to his wife the name of Eve, because she was the mother of all life. The Lord made clothes for them.

Genesis 3:22-24, The Lord Ever-Living consequently expelled Adam from the Garden of Eden, in order to cultivate the ground from which he was taken.

Genesis 3:22-24

²²And the LORD God said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever: ²³Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken. ²⁴So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life.



Games People Play

Games are a way people structure time. Games are a way people have of interacting with each other and are

the life giving energy of life. Playing games with people is a way that people give and get strokes. Strokes sustain people.

Children are children.

Each person has had an earthly parent "en loco parentis"; and the job is to preserve and protect. And each person has an Adult with the ability to observe, think and reason. And each person has experienced childhood; has a Child-self with feelings and beliefs. And a Child has played with his siblings and friends. So also with grownup people, too. Once a Child, always a Child inside a person, now as a grownup with an Adult and Parent.



The Child is the Child. The Adult is the Adult. The Parent is the Parent. Each exists in each individual person. But the Child of a person can be tricked and the Child in a person can take over his own Adult thinking, contaminate clean Adult thinking and influence situational breaking of rules, commands. And in some, they have been persuaded (Tempted) to give up their internal Parent; that parent lacks integrity. Always, always honor thy parents, as said in the Books of Genesis and Matthew.

People structure their time on earth in many ways: 1) Withdrawal, 2) Rituals, 3) Pastimes, 4) Activities, 5) Games, and 6) Intimacy. Rituals, Pastimes, Games and Intimacy are four different levels of stroking intensity between parties. Withdrawal and Activities are focused on time spent being relatively alone and/or with others.



Games are not bad. They provide life energy. In his book "Games People Play, The Psychology of Human Behavior" Eric Berne, MD describes on page 19 "... The most gratifying forms of social contact, whether or not they are embedded in the matrix of activity, are games and intimacy ...; significant social intercourse most commonly takes the form of games" On page 48 Berne says: "A game is an ongoing series of complementary ulterior transactions progressing to a well-defined, predictable outcome. Descriptively it is a recurring set of transactions, often repetitious, superficially plausible, with a concealed motivation; or, more colloquially, a series of moves with a snare, or "gimmick." Games are clearly differentiated from procedures, rituals, and pastimes by two chief characteristics: (1) their ulterior quality and (2) the payoff" Berne goes on to say on page 49: "As far as angular transactions are concerned – games which are consciously planned with professional precision under Adult control to yield the maximum gains - the big 'con games' which flourished in the early 1900's are hard to surpass for detailed practical planning and psychological virtuosity."

"What we are concerned with here, however, are the unconscious games played by innocent people engaged in duplex transactions of which they are not fully aware, and which form the most important aspect of social life all over the world. Because of their dynamic qualities, games are easy to distinguish from mere static attitudes, which arise from taking a position."

Games Defined

A game is defined as a recurring set of transactions with ulterior transactions, concealed motivation, a gimmick and a payoff. Berne used the particular variation of the duplex transactional diagram shown here to represent the ulterior aspects of a game.

Game Moves Identified

Game moves are now named as follows:

- Move #1 - **HOOK**
- Move #2 - **ANGLE**
- Move #3 - **CON**
- Move #4 - **GIMMICK**
- Move #5 - **PAYOFF**

Studies of ulterior transactional events of games have revealed each game has four distinct moves (stages) prior to payoff. Game moves can be played over and over again.

ADULT

The act of **identifying, naming, and numbering** the ulterior transactional events of a game has the effect of aiding the person in gaining **Adult** control of his social-psychological, duplex-level activity.

Game Moves Identified and Payoff

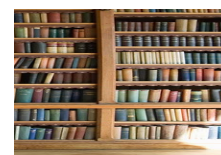
There are four distinct moves (stages) prior to a payoff: Move #1 is the Hook. Move #2 is the Angle, Move #3 is the Con. Move #4 is the Gimmick. Move #5 is the Payoff.

The Payoff is of four types: a **get-nowhere-with**, a **get-away-from**, a **get-rid-of**, a **get-on-with**.

they may be regarded as preliminary engagements rather than as unions, which is why they are characterized as poignant forms of play. Intimacy begins when individual (usually instinctual) programming becomes more intense, and both social patterning and ulterior restrictions and motive begin to give way. It is the only completely satisfying answer to stimulus-hunger, recognition-hunger and structure-hunger. Its prototype is the act of loving procreation... "

"The solitary individual can structure time in two ways.: activities and fantasy. An individual can remain solitary even in the presence of others, as every schoolteacher knows. When one is a member of a social aggregation of two or more people, there are several options for structuring time. In order of complexity, these are: (1) Rituals, (2) Pastimes, (3) Games, (4) Intimacy, and (5) Activity, which may form a matrix for any of the other. The goal of each member of the aggregation is to obtain as many satisfactions as possible from his transactions with other members. The more accessible he is, the more satisfactions he can obtain. Most of the programming of his social operations is automatic. Since some of the 'satisfactions' obtained under this programming, such as self-destructive ones, are difficult to recognize in the usual sense of the word 'satisfactions,' it would be better to substitute some more non-committal term, such as 'gains' or 'advantages.'"

** Footnote by FH Ernst Jr., MD : "Games, pastimes, ritualistic behaviors, work activity, AND the four classes of intimacy are all REAL LIVING. There may not be unreal intimacy, except as one has as a partner an unreal person, one going through the ritual and/or compliantly carrying a sham show of intimacy while at the same time doing it under external orders. This latter could be seen as playing through a deception performed under orders as a procedure. "*





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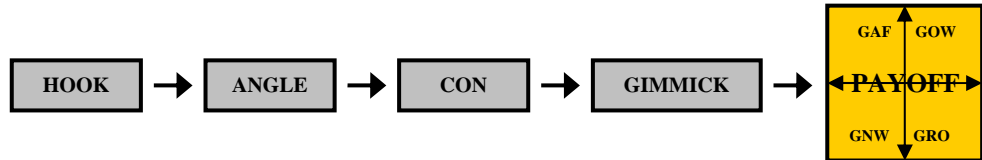
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"Mastery of the universe is proportional to the symbols man has by which to represent his universe."

A game is defined as a recurring set of transactions with ulterior transactions, concealed motivation, a gimmick, and a payoff. Eric Berne, M.D. used a particular variation of the duplex transactional diagram to represent the ulterior aspects of a game. Berne added the concept of switch in 1966 and introduced "The Game Formula." $Con + Gimmick = Response > Switch > Payoff$. The "Ernst Game Diagram" as described by Franklin H. Ernst Jr., M.D. in his paper "The Game Diagram" shows the phenomena of the variableness of a game and number of variations without contradicting "Berne's Game Formula." The Game Diagram" has five moves: Move #1-Hook, Move #2-Angle, Move #3-Con, Move #4-Gimmick, Move #5-Payoff. Diagrammatically it looks like this:



The following listed monographs by F.H. Ernst Jr., M.D. describe in detail Game Moves and Payoff: "The Game Diagram," "Getting Well With Transactional Analysis / Get-On-With, Getting Well, and Get (to be) Winners," "Transactional Analysis in the OK Corral: Grid for What's Happening," "Handbook of Listening—Transactional Analysis of the Listening Activity."

Among the games written in Genesis are WAHM ("Why Is This Always Happening To Me, To Us"), Kick Me, "Look How Hard I'm Trying" ("It's For Your Own Good"), and NIGYYSOB ("Gotcha", "Now I Got You, You SOB").

GAME MOVES

Game = "Why's This Always Happening To Me" (WAHM)

- i) Move #1: HOOK: Gather in notice of self, while pretending not to notice.
- ii) Move #2: ANGLE: Turn to notice other party (stroke him back) (noticer) as if surprised.

- iii) Move #3: CON: Turn back away from other party (noticer) while still holding their attention. (huffy?)
- iv) Move #4: GIMMICK: "Why's this always happening to me", I get had again in life; I hope it doesn't show that I got had, I hope, I hope, I hope. Being HAD.
- v) Move #5: PAYOFF = all four types of payoff have been witnessed: Get-Away-From (GAF), Get-Rid-Of (GRO), Get-Nowhere-With (GNW), Get-On-With (GOW).

Game = Kick Me

Kick Me is the third degree version of WAHM. A first degree game is one played lightly, without an intensive or extensive buildup to the payoff, and doesn't leave either player hard-up and aching at its conclusion. A second degree game is played for a big payoff, but of a reversible quality. A third degree game has reference to the maximized intensity of payoff, often one which is irreversible.

Game = "Gotcha", "Now I got you, You Son of B ..." (NIGYYSOB)

- i) Move #1: HOOK: I noticed (about you).
- ii) Move #2: ANGLE: I take offense at what you said, did to me, at what I noticed. You're offensive.
- iii) Move #3: CON: I'm offended. You offend me.
- iv) Move #4: GIMMICK: "Gotcha." "Now I got you, you SOB."
- v) Move #5: PAYOFF: all four types of payoff have been witnessed: mutual pleasure for a Get-On-With (GOW), Get-Rid-Of (GRO), Get-Away-From (GAF), Get-Nowhere-With (GNW).

Game = "Look How Hard I'm Trying" (LHHIT)

"Even if nothing got done, happened. Look how hard I'm trying. I deserve your praise."



To be continued

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