



Transactional Musings

Volume 1, Issue 7

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Special points of Interest:

- Parent thinking provides an (almost) instantly available responsiveness to a situation of danger or temptation.
- Getting a handle on ones own P-A-C diagram will better enable the person to handle provocation. Use more Adult.
- Banking - "Federal Reserve" style.
- Episodes of adolescent unreality.
- The British are coming: Oil, Banking, War.



Third Circle / the Parent - Part 4

Third Circle -The Diagramed Parent: Eric Berne's Most Significant Contribution
by F.H. Ernst Jr., M.D.
Part 4

"The Parental ego state gives a person his personal sense of being at home with himself and provides a home for his/her family.

"If 'self-reparenting' were a valid form of parenting, that person would provide a different sense of hominess for himself and for others around him.

"Parent thinking is sometimes called parametric thinking, i.e., *right or wrong, yes or no, good or bad, should or should not, black or white, always or never*, etc. It is thinking which excludes shadings of meaning. It is a pre-set style of "thinking" which provides an (almost) instantly available responsiveness to a situation of danger or temptation. This

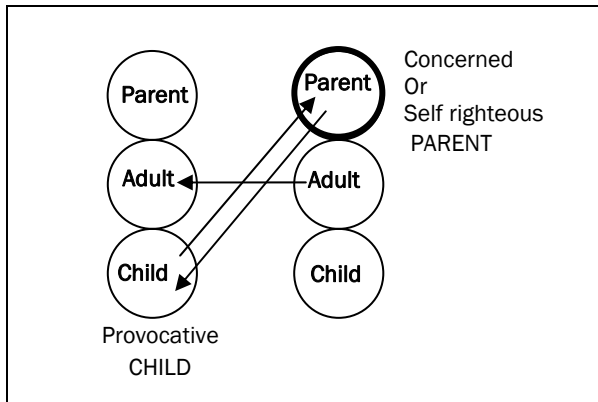
latter (Parent thinking) is quite different "thinking" from "what is the best solution for this situation that I can come up with, given a moment to think" (Adult). This Parent "thinking" is contrasted to (Adult) evaluating of a multi-factored event and making a decision on the basis of gradations of time, physical properties, continued unfolding of emotions (in the other and/or the self), which is how his Adult thinks.

"After the person is able to differentiate his Parent

from his Adult, then he is better able to identify the effect which his own or another person's Child ego state has previously been evoking or provoking in his Parent or the other person's Parent. This awareness of becoming provoked is contrasted to being unaware of having been provoked.

"A provocative Child may stimulate the other person's "concerned" or "righteous" Parent to take the executive.

See Diagram here



"An individual's Parent, for practical purposes does not change. As a person gets older he does modify how he handles situations requiring 'social orderliness (discipline).' ... An individual is able to temper his judgments with more Adult."

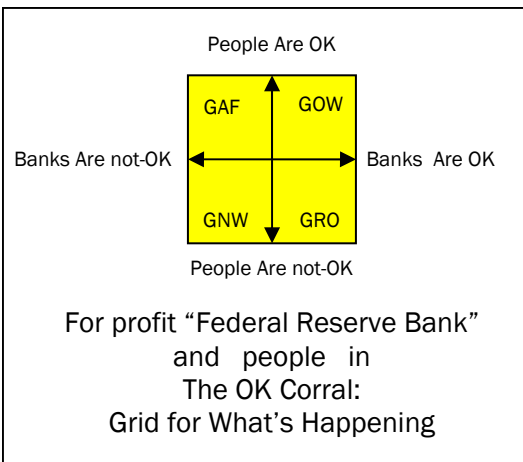
The game of "BIG STORE" in action and played by banks.

More get-nowhere-with, limited freedom for the U.S. people. More gov't funneled, centrally planned, limited, permitted opportunities. Narrowly permitted "incentives" for get-on-with allowed and taken away. Ever more regulatory sprawl.

Banking - Federal Reserve style

When the U.S. Congress "bailed out" several "Too Large To Fail Banks" in the fall of 2008 to the tune of \$891 Billion dollars (or there about) the people reacted. ENOUGH. Being treated as if we are children or ignorant is provocative. And when the US Treasury fudged in what it was telling, then it became clear that Congress was not in charge, was the fool. Up to that point the people went along with the spin about the economy. Since then the people have

watched in horror as one industry after another has been crushed, or favored with special privileges. It has become very clear that banking is "Not-OK," AND Congress is not taking care of business. The banks and bankers get their special deals with gov't "intervention." And money is being manipulated by banks while agencies "turn their, or is it the other cheek." Some rules are followed, others ignored, new ones made up.



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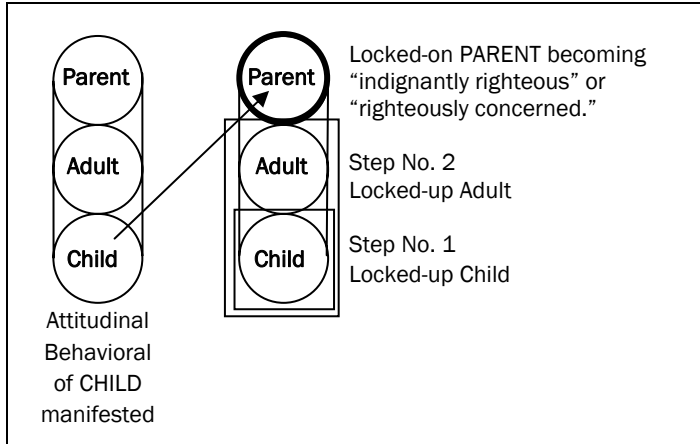
Third Circle / the Parent - Part 4 cont.

It is a combination of the external (biological parent) person and the internal Parent ego state of the adolescent who aids the adolescent's Child in handling the central problem of the adolescent time of life. The central problem for the adolescent is the almost invariable, intermittent appearance of transient feelings of unreality, de-realization, depersonalization, body image distortions, etc. This central aspect of adolescence has received almost no attention in the literature to date. These episodes of adolescent unreality are caused by two sets of facts:

- a. A time lag of the adolescent's ego state boundaries (and internalized views) in catching up with his own changing physical body size, height (eg., growing 15" in one or two years), physical strength and sexual characteristics.
- b. The rapidly and drastically changing quality of stroking coming to him/her from others; i.e., father's stop tickling and wrestling with pubescent daughters. A continuation of this topic leads to a discussion of ego state (boundary) changes and a more extensive treatment of the subject of biologically-physiologically determined significant time intervals, i.e., thirty seconds, six weeks, 28 weeks, 18 months, seven years, etc. in a person's life experiences.

"The diagram at the right shows how a person can be led to shut-off or shutdown his objectively assessing Adult and (also) become a set-up to exclude his Child from coming out. This offers, for example, an explanation of how, with couples, one member may have caused the other person's Parent to become a locked-on Parent and thus look so very mean in its disciplining Parent state after that same person's Child had first been provoked. This is also the situation of the housebound mother with small children who has had to lock-up her own Child-self (within herself) all day long while she is being a real mommy to her own biological children. The Child inside herself may be able to postpone for twelve hours her own coming out for fun (or to be bitchy or coy) but her Child self "ain't gonna stay locked up forever." She can be expected to eventually become progressively more frantic (or other) if her Child-self is not otherwise entertained.

"The following was heard in group from Tom who was coming to get well of "I feel awful and you better do something quick." In fact, Tom diagrammed the key transactions of himself for his group to see. Exuberant as a new father: "I'm more of an expert than Lynn (his wife) in feeding the baby applesauce. The important thing for me is to have Tina (baby) eat the applesauce. The important thing for Lynn is to have Tina stay clean. So Tina eats for me but won't eat for her mother. I went home the other night from group and I made a booboo (mistake). I crossed a transaction. Lynn came-on all shook up, saying: 'I don't know what I am going to do. She (Tina) just won't eat for me. She wouldn't eat a thing for me tonight.' Lynn sounded as if she wanted me to help her but she didn't ask for help; so I told Lynn 'Well, now,



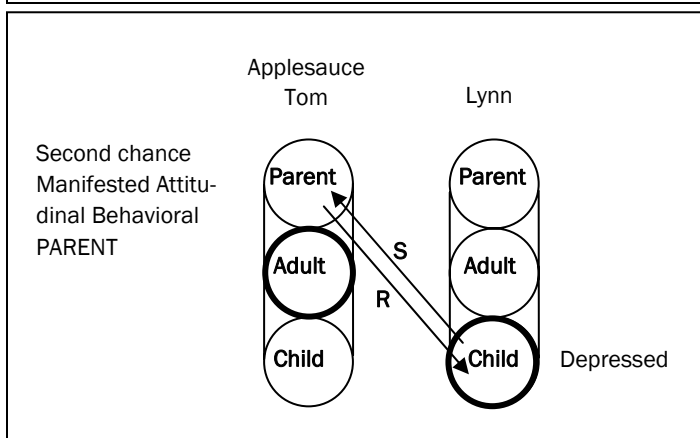
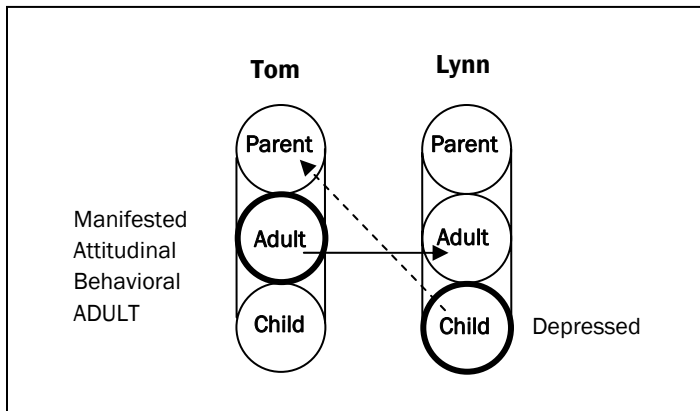
dear, the reason she won't eat is because ...' and I gave her the whole story about the difference between her wanting to keep the baby clean and me getting a kick out of getting the food in, even though our baby had applesauce all over herself. I gave Lynn all the correct information but that wasn't what she wanted. I saw Lynn's face fall and she went 'ohhhhhhhh'."

"But in a little while she gave me a second chance. Like she

hadn't heard what I'd said before. She told it all over to me again just the same as the first time, and then I told her different. I told her, 'Oh, Wow, that's too bad. Here let me feed her, and I started to feed Tina.'

"My wife felt good, Tina got fed and we were all happy. I knew better than to cross a transaction by giving her my Adult so when I saw her face fall, I figured 'Oh-oh, I better not again.'

Continued on Page 4



Proverbs KJV

Proverbs 3

“The Results of Virtuous Life”

¹My son, forget not my law; but let thine heart keep my commandments: ²For length of days, and long life, and peace, shall they add to thee. ³Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: ⁴So shalt thou find favour and good understanding in the sight of God and man. ⁵Trust in the LORD with all thine heart; and lean not unto thine own understanding. ⁶In all thy ways acknowledge him, and he shall direct thy paths.

⁷Be not wise in thine own eyes: fear the LORD, and depart from evil. ⁸It shall be health to thy navel, and marrow to thy bones. ⁹Honour the LORD with thy substance, and with the firstfruits of all thine increase: ¹⁰So shall thy barns be filled with plenty, and thy presses shall burst out with new wine. ¹¹My son, despise not the chastening of the LORD; neither be weary of his correction: ¹²For whom the LORD loveth he correcteth; even as a father the son *in whom* he delighteth.

“The Wealth of Wisdom”

¹³Happy is the man *that* findeth wisdom, and the man *that* getteth understanding. ¹⁴For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. ¹⁵She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. ¹⁶Length of days is in her right hand; *and* in her left hand riches and honour. ¹⁷Her ways are ways of pleasantness, and all her paths are peace. ¹⁸She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her. ¹⁹The LORD by wisdom hath founded the earth; by understanding hath he established the heavens.

“How God Founded the World”

²⁰By his knowledge the depths are broken up, and the clouds drop down the dew. ²¹My son, let not them depart from thine eyes: keep sound wisdom and discretion: ²²So shall they be life unto thy soul, and grace to thy neck. ²³Then shalt thou walk in thy way safely, and thy foot shall not stumble. ²⁴When

thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. ²⁵Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. ²⁶For the LORD shall be thy confidence, and shall keep thy foot from being taken.

“On Life of Practical Virtue”

²⁷Withhold not good from them to whom it is due, when it is in the power of thine hand to do it. ²⁸Say not unto thy neighbour, Go, and come again, and tomorrow I will give; when thou hast it by thee. ²⁹Devise not evil against thy neighbour, seeing he dwelleth securely by thee. ³⁰Strive not with a man without cause, if he have done thee no harm. ³¹Envy thou not the oppressor, and choose none of his ways. ³²For the forward is abomination to the LORD: but his secret is with the righteous. ³³The curse of the LORD is in the house of the wicked: but he blesseth the habitation of the just. ³⁴Surely he scorneth the scorers: but he giveth grace unto the lowly. ³⁵The wise shall inherit glory: but shame shall be the promotion of fools.

Get well of Not - OK Child

The theory for getting well of a “not-OK Child” is (for the Adult and Parent) to decrease stroking the Child's not-OK behavior. Instead, stroke up the Child's own “I am OK” behavior and stroke up the Child's behavior of giving “You are OK” to others. By contrast, trainers of the “not-OK Child” teach how to protect the “not-OK Child” and how a “not-OK Child” can become even more not-OK. The trainer (“not-OK Parent” and/or “not-OK Adult”) is interested in stroking (up) the not-OK (Child based) activity.

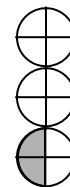
Particularly important in getting well of a “not-OK Child” is for the person's Parent and the person's Adult to keep their

own “I am OK.” This person will need more help (treatment) to keep his Child out of his own Adult; require his Child to stay out of his Adult on predictable occasions and at particular times. This is called decontaminating his Adult.

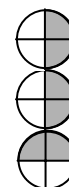
During the 1970's there was much “training” by LCSW (Licensed Clinical Social Workers), teachers, PhD's, M.D.'s, and “radicals” in the art of shrinking the Parent. At some of those seminars that I attended with Dad (in Sacramento and Monterey) I actually witnessed “clinicians” talk about protecting the Not-OK Child. And various techniques

were taught that knocked the Parent, belittled the Parent, put the Parent down. This nonsense (malice) (during the cold war) provoked both Dad and I. I think the malice against the Parent is still being taught, maybe cloaked though.

Dad developed the following diagrams.



This is the diagram of the “I Am a not-OK Child”



This is the diagram of the “Get well of being a not-OK Child”

Putting an OK Corral into each of the stacked circles.

Radicals Against Parents groups were nurtured and fostered, during the Cold War. Many experienced that and many saw that going on at UC Berkeley.

What were, are the universities doing?

See “That Hideous Strength” by C.S. Lewis.



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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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Third Circle / Parent - Part 4 continued

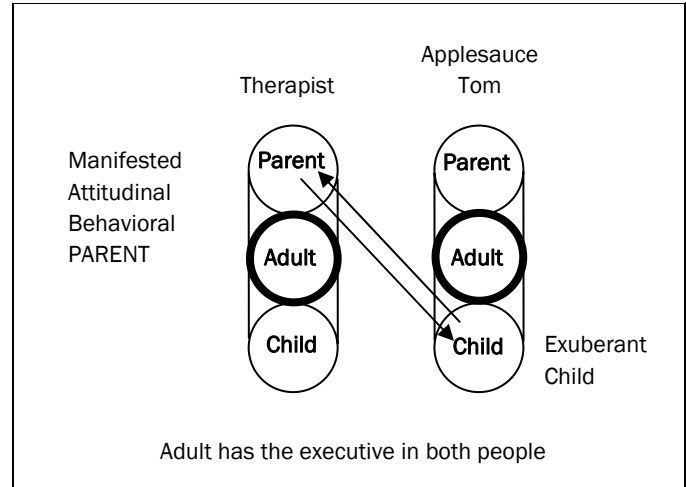
That was her Child all shook-up and what she wanted was an 'Oh Wow!' helping Daddy and so I gave it to her and the baby got fed. Then I thought, hey, she knew what I was doing both times, her (Lynn's) Adult did."

"The therapist added his own Adult programmed Parental "WOW!" to complement and compliment Tom's exuberant Child; for participating in his job-well-done at home with his wife and also exuberantly reporting himself to his group as being a winner with his wife ("I-Am-OK AND You-Are-OK, too, Lynn").

"The act of calling the Parent ego state by name ("that's your Parent") is often (reasonable or not) misunderstood as equating the Parent to being "BAD!" It's sometimes taken as telling the person to get-rid-of, shut off showing his Parent. Very often in transactional analysis groups one of the favorite recriminations of a "cute Kid" in a therapy group is to tell somebody else "that's your Parent" as if it was bad to have this third ego state.

"If Parental institutions are (prematurely) lifted, (taken away) in the treatment of a person. His Child may feel left to his own devices, left with an in-adequately prepared Adult, and the Child may well go "crazy" for an interval of time, i.e. "act out."

"It is good practice to leave the Parent alone during treatment. Instead strengthen the person's Adult and get the



Child separated from the Adult. Identifying the Parent to a person is often not needed at all to get a "cure." A skilled therapist will introduce the patient to his Parent only very slowly and then in a manner so as to keep it available for making for home in the future.

"Similarly, the defiant Child of the adolescent person can often be seen provoking his biologic parent at home into restricting him (her). This is often in order to provoke the biologic parent to control the adolescent when the adolescent is not confident of his (her) own ability to control himself (herself). The Child is checking to determine the strength of the Parent being able to continue to provide (as with institutions) a home for this Child, with his newly emerging, bigger, stronger, physical apparatus which he (the Child and the Adult of the

adolescent together) do not yet have skill at managing. The provoking of the biological parent by the adolescent very often is done to strengthen his (the adolescent's) own internal Parent, to define it better, to locate it, to polish it, and to fill in the lacunae of his own internal Parent from the external parent person at home who does provide the home. It is a combination of the external (biological parent) person and the internal Parent ego state of the adolescent who aids the adolescent's Child in handling *the central problem* of the adolescent time of life.

"When a person with a strong disciplining Parent can access his other behavior options, he can for example, ask a rebel student or an acquaintance: "which part of you is trying to stimulate which part of me?"

To be continued in Part 5

"The British Are Coming"

In mid April, 2010 British Petroleum lost control, of an oil well in the Gulf of Mexico off the southern coast of the State of Louisiana of the United States of America. They, BP are making a huge mess. Some have speculated they received favors from the US agencies to proceed dangerously.

Some have speculated that the US Federal Reserve Bank was modeled after the Bank of England, organized nearly a hundred years ago. It's a mess.

The War of 1812 was settled after the British burned down the President's White House on August 24th, 1814.

It's not real clear what the treaty gave away. A mess? The "Treaty" was signed on December 24, 1815.

On April 18, 1775 Paul Revere rode thru the countryside warning the people "the British are coming, the British are coming."