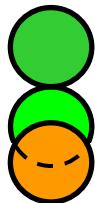




Transactional Musings

"Self Rekidding" Revisited

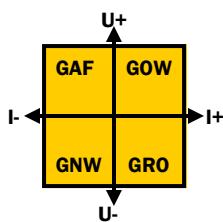


In Self-Rekidding FH Ernst Jr., MD writes:

"NOBODY LISTENS TO ME"

Dexter came for treatment to get well of "Nobody listens to me." It soon became evident in group that people did listen to him when he was matter-of-fact. When, however, someone expressed doubt about what Dexter was discussing, he would begin to push the point, at times leading to arguing with the person who might then turn away from him.

As Dexter came to recognize this sequence of events, he (his Adult) got better at heading off his Child at making another attempt to prove it. It? "That nobody listens to me" as long as his Child "worked it just right." His Adult came to clearly recognize that his Child saw events



differently. Neither the therapist nor Dexter saw a need then to "change" Dexter's Child. His Child kept his belief. Effectively Dexter's Adult was now in charge at work and in his home life. People did listen to him.

This was diagrammed, shown below.

Dexter's Adult was successful in persuading his Child to discontinue inappropriate "self-rekidding." After he left his psychotherapy he ran onto Transactional Analysis articles on the Activity of Listening. He gained more personal benefit from reading.

CHILD CONTAMINATED ADULT

Eric Berne's introduction of Transactional Analysis to his readers enabled them to begin understanding the importance of Parent-Adult -Child. Since the earliest days it was understood by students of transactional analysis that the first job with a patient, a student, or for that matter anybody, is for him to be able to reliably identify and access his own Adult.

The next is for his Adult to recognize his own Child self and become able to separate his Adult from his Child.

Following this, the third task, is to focus on that portion of the person's behavior where the Child persists on intruding into a person's own Adult reasoning (process and behavior).

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June 29, 2012

Special points of Interest:

Child Contaminated Adult

Why Decontaminate the Adult ?

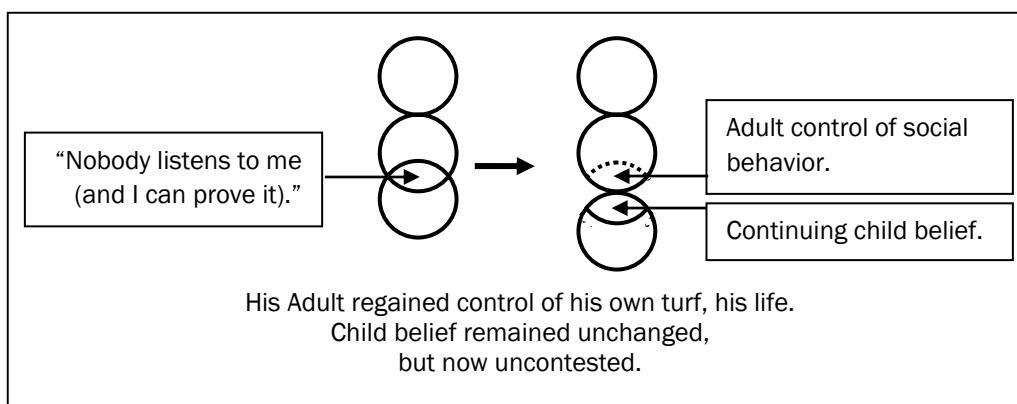
Named Hellos

Rx 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 helloing 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.

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Money Handling and Self Rekidding	3
Illusion and the Fractional Reserve "System"	4





The Encounterer.

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edited by F.H. Ernst Jr., MD

Named Hellos cont.

Rx 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 hellingo 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. . . . 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. . . .

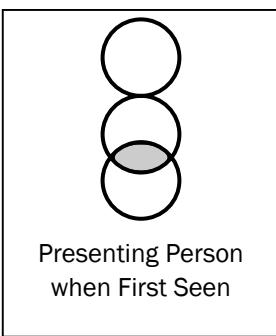
A named hello is a "natural" stroke and

It is proposed that if this Rx 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 Rx 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. . . .

Put differently, this job of decontaminating a person's Adult is to identify the circumstances in which **his Child (being permitted by his Adult)** keeps on contaminating his own Adult. The Child self of a person can and does, in specific circumstances, "borrows" reasoning to "substantiate" a strongly held emotional belief. This is called "His Adult is kidding himself." These are instances where a person persists in using his reasoning apparatus in order to justify emotionally based behavior with seeming reasoning.

Writer [FHE JR] had cases where the solution to the "problem" (for which a person came into treatment for) resulted when the person's own (now stronger) Adult gained awareness and control of his own Child intruding into his Adult. "The better a person can objectify that his Child has his own beliefs, and Child self wants to keep them, as distinct from the Adult, the less the person will be inclined "to kid himself." "The better you can keep your circles separated, but in touch with each other, the better you'll do in life."

"Get to know yourself." "Be honest with yourself." "Be friends with yourself." The following drawings (diagrams) shown here.



The goal, is not to suppress this Child; the goal is to show the alive, vibrant Child that his own Adult, now grown up, can find better solutions to the problems first encountered when the person was little. As a Child his solutions then were appropriate. But his circumstances are different now. He is a grown up. He can use different strokes now for his life situations, if he wants to do so, "if he wants to be more Adult."

why he does things.

When these Child beliefs intrude into the Adult, they are often expressed in the form of Social Rackets. In these Social Rackets, it is the element of "It's you (who is) making me cry (angry, scared, confused, etc)", "It's because of you . . . (reasons)" in the expression of the feeling that identifies the expression as a racket (blackmail, coercive feeling). See the diagram at the top of the next page.

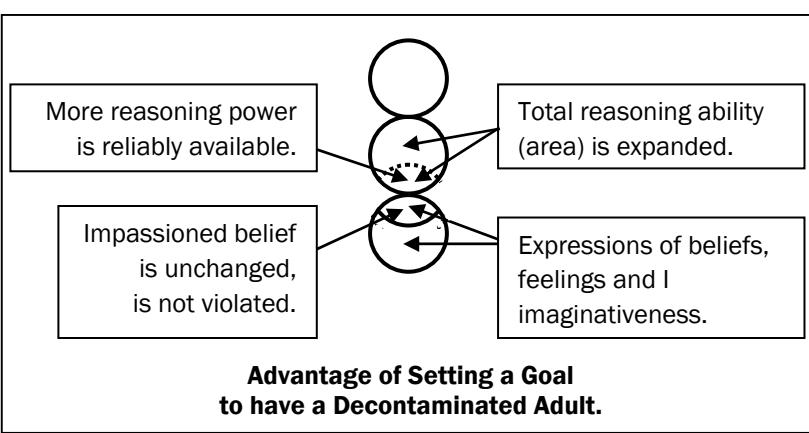
WHY DECONTAMINATE THE ADULT ?

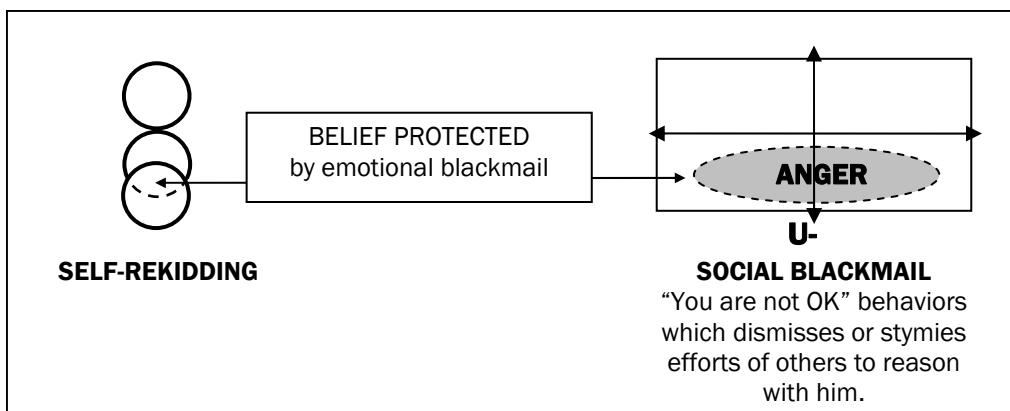
The purpose of achieving decontamination of the Adult is not to dissuade the person about the reality of his Child belief. Decontamination enables the person to better regulate when Child behavior may appear; to appear at more socially appropriate occasions, and to keep the Child energized as is, so that the zest the belief provides to his overall life, is not diminished. Often decontaminating one's Adult leads the person to privately reassessing himself, talking to, and reasoning about matters with his own Child-self as an OK person in his Child's own right. The person talks with himself about the reasons, of his own, for

SELF-REKIDDING IS TO DECEIVE ONESELF

Eventually, this variant of the Parent-Adult-Child (PAC) diagram was dubbed the self-rekidding diagram to emphasize the problem. It has reference to those who remain persistent in pressing their beliefs onto others despite facts to the contrary, and the resulting alienation of friends.

The word "kid" is both a noun slang term for child and a verb "to deceive, to perpetrate a hoax." People do kid themselves at times. This self-rekidding colloquialism describes the person whose Child does have a strongly held, emotionally charged set of beliefs about what is for him a "truth." And when he is





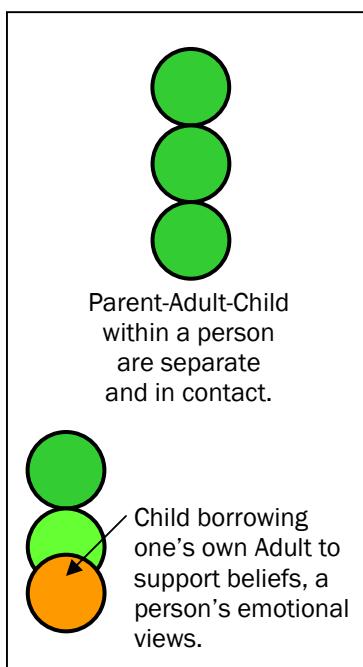
corrected about this belief, he disputes and disagrees in the face of objective, verifiable data to the contrary. Such a person in fact, when seen, will be vigorously marshalling more "personal facts" and "reasons" in support of his belief. When this occurs, it is evident that this believer's Childself is moving in on his own probability estimating Adult.

MONEY HANDLING AND SELF-REKIDDING

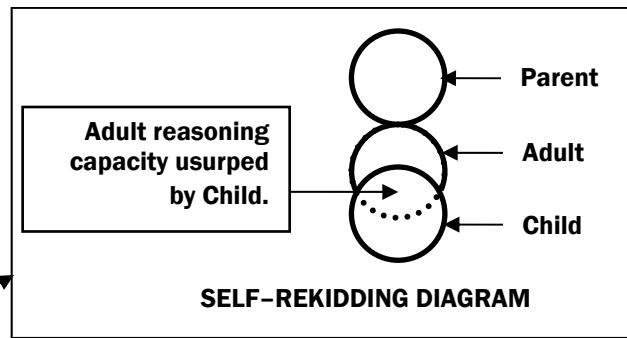
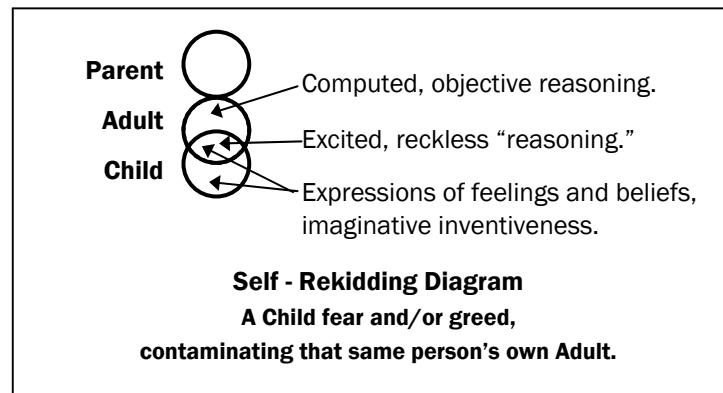
Those who have repeatedly been "taken to the cleaners" financially, have not learned from personal experience about personal limiting of "blind spots." They have a financial blind spot in their ability to manage self. Many people buy high and sell low.

This is an example of "self-rekidding." This particular

person, for reasons of greed, having money ahead in the stock market becomes gullible (suggestible) and is often easily persuaded to buy more stock, another stock near its top, believing they can make a (financial) killing rather than selling high. However, when the value of the investment goes down sharply, they sell. This is repeated many times. You know - "A fool and his money are soon parted."



His Child is contaminating his Adult reasoning apparatus. He is deceiving himself. The repeated doing of this is called self-rekidding. Impassioned reasoning contains more than factual, objective reasons. This is symbolized by



The acts of discriminately giving named hellos, or not, to specific selected persons can be one of the most powerful social tools at anyone'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 name 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 Rx is an activity with both a prompt and a relatively enduring return with mutual satisfactions.



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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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Illusion and the Fractional Reserve "System"

The illusion of a solid dollar is maintained by several organizations: Federal Reserve Board (private), U.S. Treasury (govt), Exchange Stabilization Fund (govt), private banking proxies, and a host of other private and government groups that dance with each other.

The influence on the rest of government and private organizations is far reaching. The implications? bureaucratic despotism, fascism?, suppression/altering records and information, "free markets gone wild", military/intelligence bullying, "situational" judiciary, deception, social engineering. This is becoming clearer, every day.

The "problems" in modern day financial circles, banking, and governments is filling a lot of time. Is "medical care" going down the same trail? Illusion? A gold mine for a privileged group of vendors?

People in-snared by these types of organizations are spinning their wheels. They are getting nowhere fast and "holding up" society.

The writers of the Constitution and fathers of these United States of America are probably turning over in their graves.

Money

A recent investment forum in Hong Kong, China focused on some interesting topics. Chris Powell, the Secretary-Treasurer of the Gold Anti-Trust Action Committee, Inc. made some remarks. The full report can be found at

[http://www.gata.org/
node/11507](http://www.gata.org/node/11507)

... gold has been money and may be the best and most important money. Most investment houses don't understand this;

some of the few that do understand it, fear to acknowledge it. But far from being a quaint antique, gold is actually the secret knowledge of the financial universe.

Gold is so important that Western central banks – particularly the U.S. Treasury and its Exchange Stabilization Fund, the Federal Reserve, and allied central banks – rig the gold market every day, even hour by hour. Why do they do this?

It's because gold is a powerful competitive currency that, if allowed to function in a free market, determines the value of other currencies and influences interest rates and the value of government bonds. ... As it turns out, controlling the currency markets generally by rigging the gold market particularly is the most efficient mechanism of imperialism. ...

Exactly how do Western central banks and particularly the U.S. government rig the gold market?

After the collapse of the London Gold Pool [in 1968] the United States and its allies regrouped to figure out how to rig the gold market surreptitiously – not just with dishoarding but also with so-called leasing of gold; the issuance of gold derivatives, including futures and options; and, more recently, high-frequency trading undertaken through investment houses that were happy to serve as government's intermediaries in the gold market as they could front-run government trades. ...

But Western central bank market rigging goes far beyond gold. the British economist Peter Warburton discerned that central banks were using investment banks to issue derivatives throughout the commodity futures markets to siphon

away money that was looking for a hedge against inflation – to siphon money away from the hoarding of real goods, hoarding that would have driven up consumer price indexes and made inflation plain to the markets and the public. These derivatives are essentially naked short positions that cannot be covered. [It is estimated that for every 100 paper gold units, there is only one physical/real unit of gold, that you can hold in your hand type of gold.]

Yes, all commodity futures markets have created paper promises of supply that could not be covered by real product and have always been settled in cash. But most commodity markets are for goods that are to a great extent delivered and consumed. Gold is different, ... is a means of exchange, as money, and most gold purchased in the futures market is never delivered at all but rather left on deposit with those financial institutions that purport to sell it. This system has produced a very disproportionate amount of imaginary, elastic, but un-deliverable supply, even as people buy gold precisely because they assume that its supply is not elastic. That its supply is limited to total past production plus annual mine production.

That assumption is a terrible mistake.

You can get an idea of the vast imaginary supply of gold by reviewing the incomprehensibly huge gold and interest rate derivative positions attributed to the U.S. Investment bank JPMorganChase ... These derivative positions are almost certainly not MorganChase's own positions at all, but rather U.S. government positions ...

The implications are far reaching.
To be continued