



Transactional Musings

Volume 1, Issue 12

December 9, 2010

Special points of Interest:

- Some techniques used to improve listening operations: "Get-a-level," "Get-a-Move-On," "Give-with-an-Audible," "Select-Your-Own-Strokeing," "Brush-Touch," "Sound-Screen," "Duet Talking"

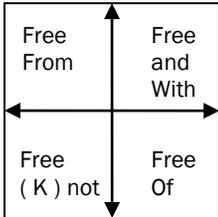
Merry Christmas and God Bless

Inside this issue:

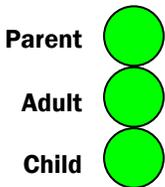
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Hope

Freedom Diagram



There are four kinds of social operations: **Get-Away-From**, **Get-On-With**, **Get-Nowhere-With**, **Get-Rid-Of**



Each of the three ego states has its own **OK Corral**.

While from the perspective of the media (print, electronic, airways) society appears to be on the verge of, teetering on the edge of falling, there are signs of uplifting happenings. People are getting-on-with their lives. People are, and have been taking responsibility for their own actions and looking at the consequences thereof. At least there seems to be more awareness of this.

It is tempting to dwell on the blight in society, and then a tendency to accept this as the "way things are:" unemployment, out-sourced industry to foreign lands, bankruptcy, FED deception, bloated & dysfunctional government bureaucracies, monetary/ financial / bank scheming, home foreclosures, expeditionary military adventures, terrorism, crime, family discord, AIDS, educational deficiencies, and so on. And then looking at things from the perspective of

neighborhood: boarded up homes, homelessness, school drop out vagrancy, potholes in the streets, fading street lights, abandoned industrial areas, crime, drunkenness, prostitution, shrinking police & fire services, "education" adventures, and so on. It sometimes looks like a downwardly spiraling decline to some lower area of blight. While this is going on, "carpetbaggers" (such as the local corner NY bank) and real estate vultures are waiting to swoop in to buy things for pennies on the dollar.

However, with all this "doom and gloom" being run before what one sees and hears, there is hope.

Hope

according to "Webster's New World Dictionary of the American Language, College Edition."

- 1) a feeling that what is wanted will happen; desire accompanied

- by anticipation or expectation.
- 2) the object of this.
- 3) A person or thing from which something may be hoped.
- 4) Trust; reliance

The naysayers (of the 60's & 70's style dependency RAP group nostalgia) have, will push the "helpless—hopeless" jazz.

"So then" get a moving. Improve your social tools: managing oneself, dealing with others, learning new skills, understanding "money."

The ideas and diagrams presented this past year in these "Transactional Musings" newsletters "hopefully" have taught you some things about yourself and others. Included in this letter is a recap of some of the topics covered.

OK Corral: Grid for What's Happening

Transactional Analysis in the **OK CORRAL: Grid for What's Happening**. This is the diagram, artwork that shows a way for classifying the outcomes of the events in your life:

Get-On-With, **Get-Away-From**, **Get-Nowhere-With**, or **Get-Rid-Of**

One person's get-on-with is also the other person's get-on-with.

One person's get-away-from is the other person's get-rid-of AND vice versa.

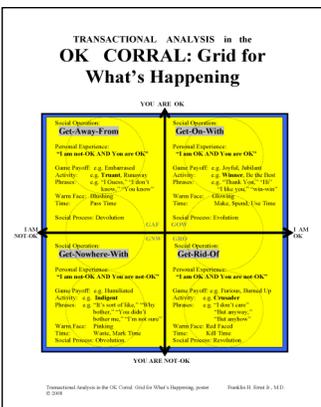
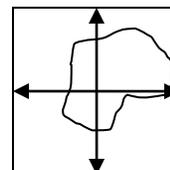
One person's get-nowhere-with is the other person's get-nowhere-with.

Transactions of games are built on combinations of the four kinds of strokes: they will usually include more than one stroking (dynamic) arrow in the transactions given and received.

SOCIAL PROCESS is the long range trend of a person's or a group's life.

The strokes a person exchanges during his/her encounters with others (encounter by encounter) have consequences.

A corralogram is a way of defining how a person's social operations are coming out during a week, a day, a year, or a decade.

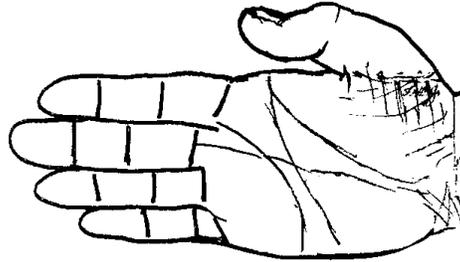




The Great Handshake

THE GREAT HANDSHAKE is defined as follows: The open hand is gently over-opened, (moderately hyper-extended) with the four fingers held together and thumb pulled to the side. Then (the ball at) the base of the first (index) finger is placed into the center of the other person's palm as the thumb rolls around to the back of the base of the other person's index finger. Then the rest of the fingers are smoothly and firmly wrapped around the balance of the recipient's hand as your thumb eases the base of the other person's index finger into your own palm. It will be found

by those who do it, that, as with (other en) gendered behavior, almost any other person's hand is capable of becoming "Just-My-Size!" ... When the center of the



palm is pressed into by another person's hand, as described, it conveys a complementary filling-out, filling-in, a joining-up, a getting-on-with-you sensation; it

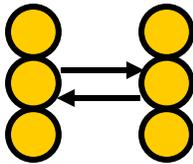
gives the reciprocated sense of "I-am-OK-AND-you-are-OK!" It is "The Winner's Handshake!"

Those who have The (GOW) WINNER'S GREAT HANDSHAKE recognize each other in the act of shaking hands. Those who learned it in (Adult) measurement terms, teach others. Since first introduced as a definable phenomenon several "5th, 6th, and 7th generation" students, unaware of its originator, have accurately, in words, informed me about how to go about doing it."

(The Encounterer, Vol.2 No.23 Feb. 5, 1970, GGFGTI, edited by F.H. Ernst Jr., M.D.)

"Personal judgment" is absent when the Personal Parent is absent.

Transactions



When we see and hear the word "transactions" most people think of give and take, a *quid pro quo*. And it is. It is used in money, business, in banking, in conversations, in how people play with each other, freedom, slavery, life; everything we do.

The dictionary defines **"Transaction"**: 1. a transacting or being transacted. 2. something transacted; specifically, a) a piece of business; deal. b) a record of the proceedings of a society, convention, etc., especially a published one. "Transact" = to drive or thrust through, settle, to carry on, perform, conduct, or complete (business, etc.) To do business or a piece of business, negoti-

ate. "Transactional" = having to do with transacting or a transaction.

The inspection or look at transactions has been written on extensively. The archeology of ancient civilizations reveal records of the conduct of societies: in business, marriages, births, property, war, peace, judicial decisions, governments, freedom, slavery, God, etc. Generally the proper term would be "analysis." We analyze data, historical records, numbers, child behavior, nations, neighborhoods, government.

Eric Berne, M.D. wrote his best seller book titled "Transactional Analysis in Psychotherapy. A Systematic Indi-

vidual and Social Psychotherapy." He wrote it in plain English (since translated into many foreign languages) to be understood by vast numbers of literate people and yet compelling to professional and academics, too. Berne presented his ideas with a chalk board and drew a simple diagram. The three stacked circles show that each person has an Adult, a Child, and a Parent in themselves.

Berne then showed what happens when two sets of stacked circle are placed side by side. People transact with each other : talk, listen, teach, play, discipline, nurture.

"Transactional Analysis in Psychotherapy, A Systematic Individual and Social Psychiatry" by Eric Berne, M.D.



Personality Functions

The Personality Functions "poster" (artwork) shows the three ego-states: Parent-Adult-Child.

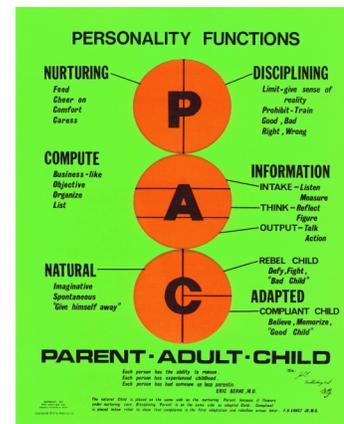
The Parent nurtures (feeds, cheers on, comforts, caress) and disciplines (sets limits and gives a sense of reality, prohibits-trains, teaches good-bad, right-wrong.)

The Adult computes: (is business-like, objective, organizer, lists) . The Adult gathers infor-

mation: listens, measures, thinks (reflects, figures" , talks, takes action.) The Adult is level-headed.

The Child is Natural (imaginative, spontaneous, "gives himself away"). The Rebel Child has the ability to adapt. The Rebel Child that defies, fights" is a "bad child." The Compliant Child believes, memorizes, "Good Child

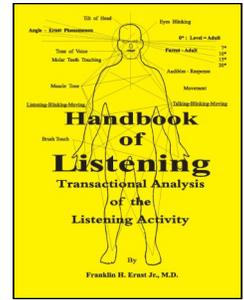
"Personal judgment" is a product of personal Parent AND Adult.



Listening Defined

1. The activity of **listening is manifested by visible, physical bodily movement.**
2. **Listening activity is to be differentiated from hearing.** Hearing is a semi-automatic, auditory-environment scanning operation.
3. The **non-listener is characterized by an absence of visible, physical movement**, an eyeblink rate less than once every 5 seconds.
4. In most group meetings more than 90 percent of man-hours are spent doing something other than talking.
5. **"Not-now-talking"** time has been found to be of three different varieties:
 - (a) **Listening activity**,
 - (b) **Thinking and taking notes** in the manner of learning more facts and time spent on mentally working on another program. For example things brought up during committee discussions: "working it (earlier material) over" in group after compelling, thought provoking transactions were expressed.
 - (c) The semi-automatic operation of **scanning the auditory environment** around self, detecting all sounds (spoken and other). This can occur while day dreaming. This is hearing.
6. **Listener attitudes** and behaviors, can also with talker behaviors, can be viewed as **originating from** one of three general categories of ego states, i.e. **Parental, Adult, or Childhood.** The listening experiences (internal reasoning-feeling) of each of these classes of ego-states are associated with corresponding characteristic external, manifest behavior, attitudes, postures and movements.
7. **Adult listening** with almost uncanny regularity, is associated with a **"level,"** "squared-up" countenance.
8. **Parental and Childlike listening** ego states are usually accompanied by an **angle of the face and head. A "tilt" of the head** and face usually means an "angle-in-mind" listener and/or talker.
9. **Parental listening** postures, movements and sounds are further differentiated in this text.
10. **Childhood, very vigorous training** is given to the child's developing **listening-looking-pointing-talking** activities. This training is concerned with:
 - (a) **masking (or exaggerating) responsive** evidence of the Child's auditory sensory input, expressions and the ability to logically organize what is seen, witnessed and experienced;
 - (b) the learning of pretending and other reality-questioning, denying techniques (e.g. , "It-seems-to-me"); and rules (opinions) and rights (prejudices?) about denying satisfaction to or enforcing satisfaction from another person in social encounters. The childhood training programs about these developing listening-looking-pointing-talking activities also have long lasting educational, learning consequences in addition to the psychological, developmental, social-skillfulness consequences for the person.
11. **Repetitious, non-audible activity**, such as silent head-nodding in response to vocal stimuli, is experienced as deprivation by the talker.
12. In **the analysis of transactions** (one stimulus and the other person's response to it) between two persons demonstrates:
 - (a) **The influence of the talker on the listener** and
 - (b) **The influence of the listener (his gestures, postures, movements both manifested and withheld) on the talker.** This latter phenomenon is perhaps better known under the euphonious (the misleading) terminology of "non-lexical" and **"nonverbal communication."**
13. Some **(game) maneuvers** are described which are used

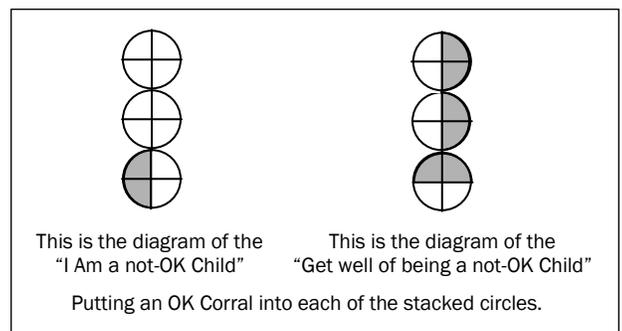
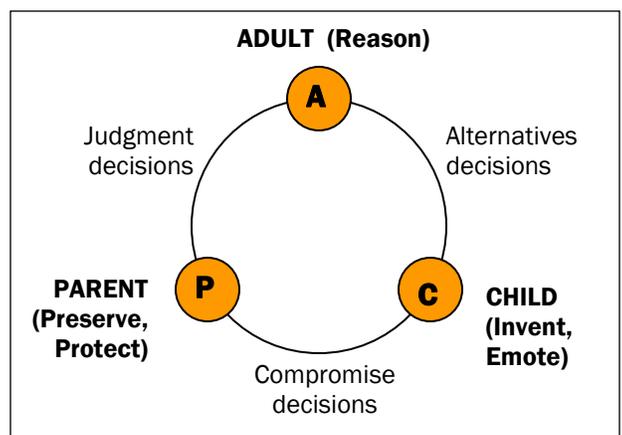
- by talkers **to influence the listener**, and others used by listeners **to influence the talker.** The talker maneuver of "It-seems-to-me-that ..." is dealt with in some detail. When this phrase is being used as a maneuver in a game, the substitution of the phrase, "My-Daddy-says-that" will usually be complementary and in context.
14. Some **techniques** used to improve **listening operations** are described. In the social idiom, some of these are named and discussed:
 - (a) **"Get-a-Level"**
 - (b) **"Get-a-Move-On"**
 - (c) **"Give-with-an-Audible"**
 - (d) **"Select-Your Own- Stroking** (when-and-to-whom-you-will-give-your-own-words-and-strokes)"
 - (e) **"Brush-Touch"**
 - (f) **"Sound-Screen"**
 - (g) **"Duet Talking"**
15. **People who are demonstrably improving their listening skills** are listening between one and two thirds (of the time, content or event); i.e., **maximum listening efficiency** in the individual varies between 30 percent and 70 percent.



"Handbook of Listening - Transactional Analysis of the Listening Activity"



By **F.H. Ernst Jr., M.D.**





Addresso'Set Publications

P. O. Box 3009
Vallejo, California 94590
USA

Phone: 707/643-5100
Fax: 707/644-6358
Email: harrysternst@ao3news.cnc.net

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

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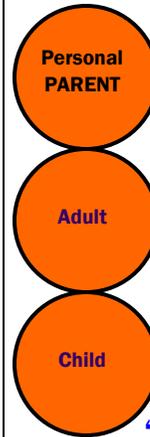
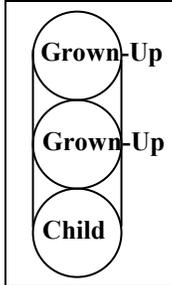
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Diagrams

Here are some of the diagrams presented this past year.



A person's internal PARENT is the organ holding ones **personal values, ethics, principles** and is the basis for forming personal judgments. The Parent defines what's good for the person and what's not. It **protects and fosters the integrity** of the person and valued others (family) - **social, environmental, physical, nutritional, and educational.**

A person's ADULT is the organ of **reasoning.**

A person's CHILD is the collection of **childhood experiences**, the basis of one's ongoing **emotional life.** Your **Child is inventive, imaginative.** (E Berne)

"Personal judgment" is a product of personal Parent AND Adult.

