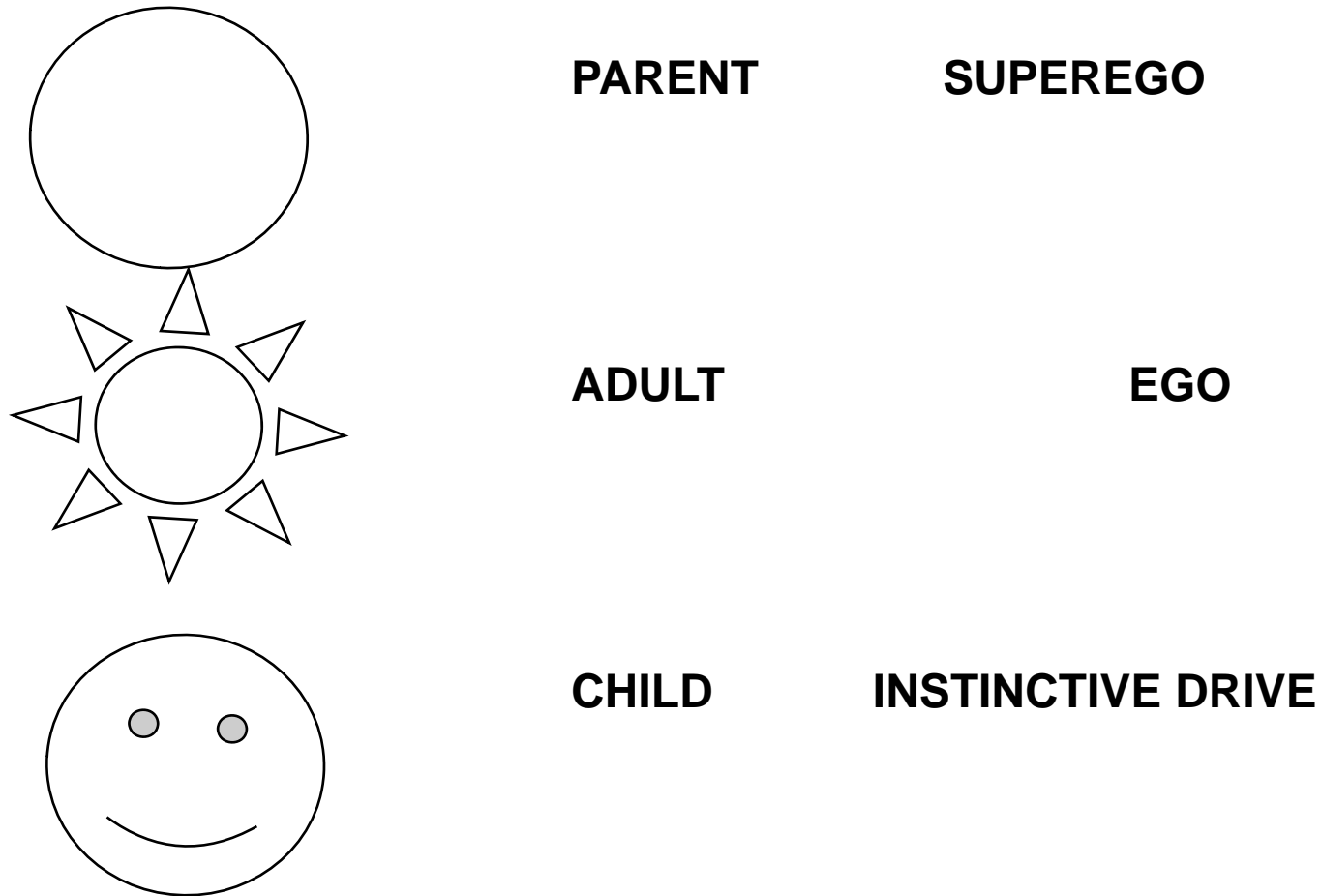
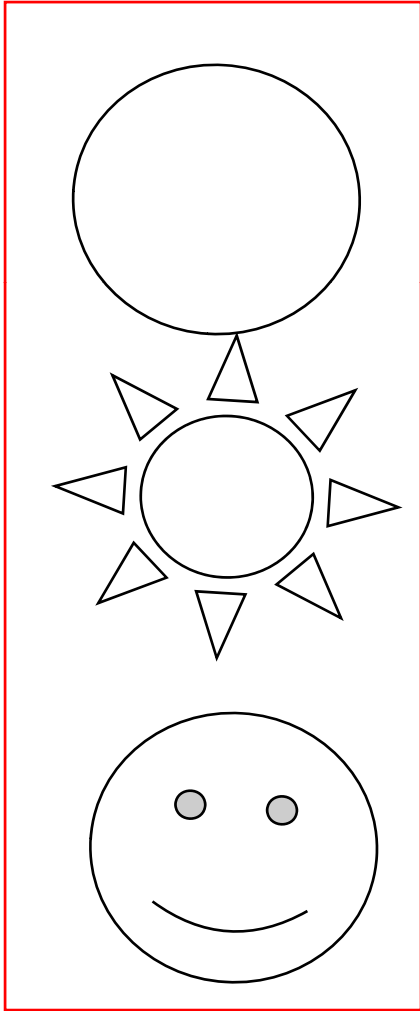


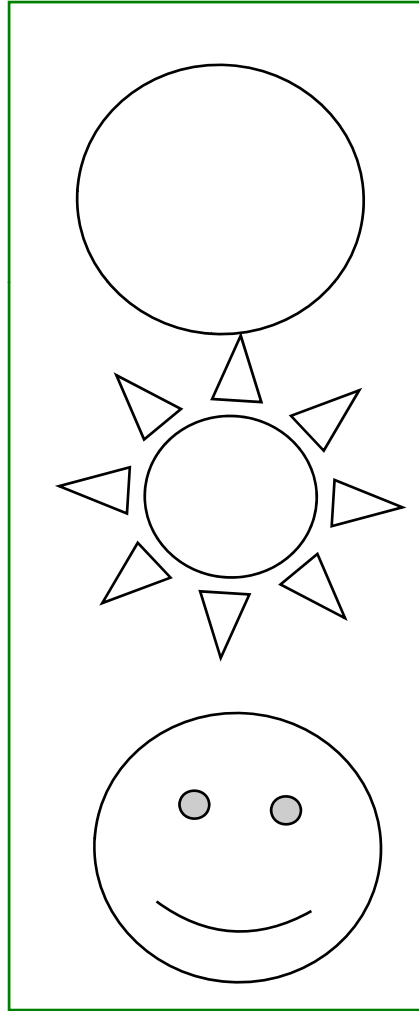
TRANSACTIONAL ANALYSIS



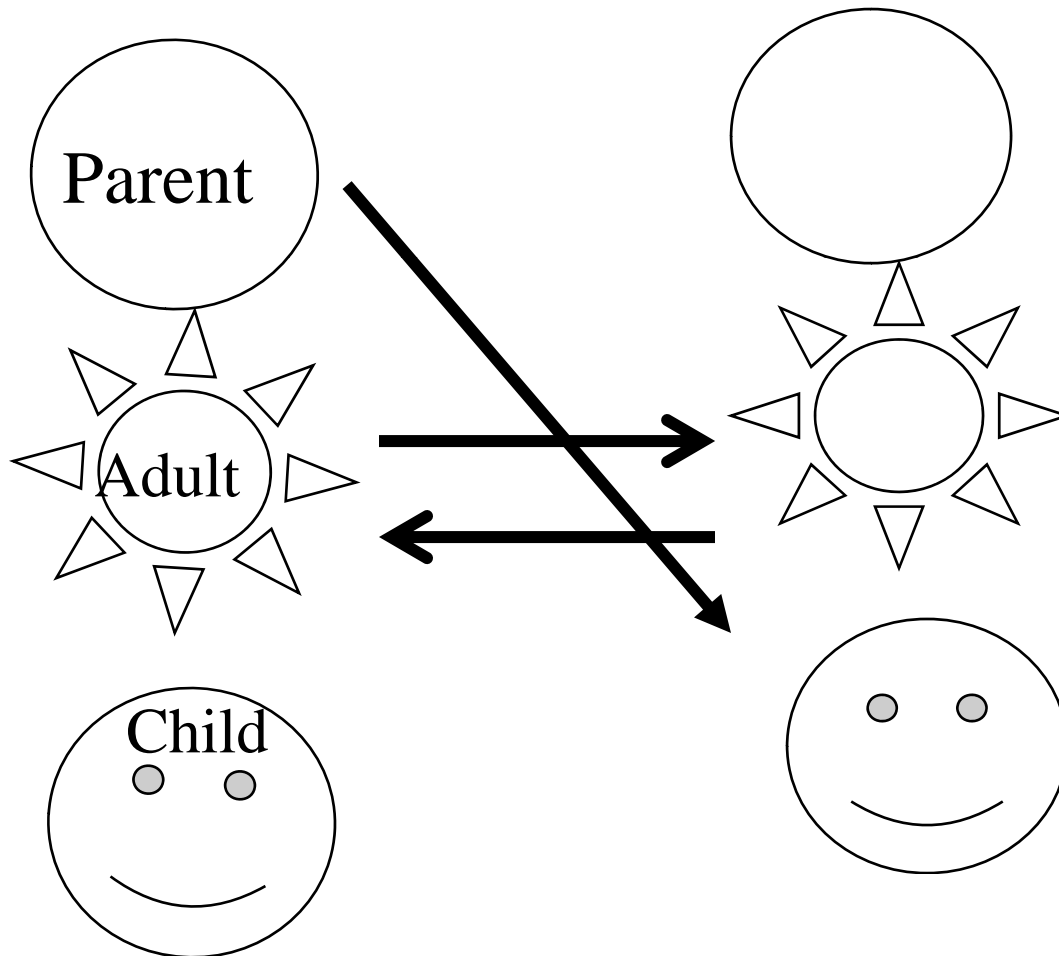
ME



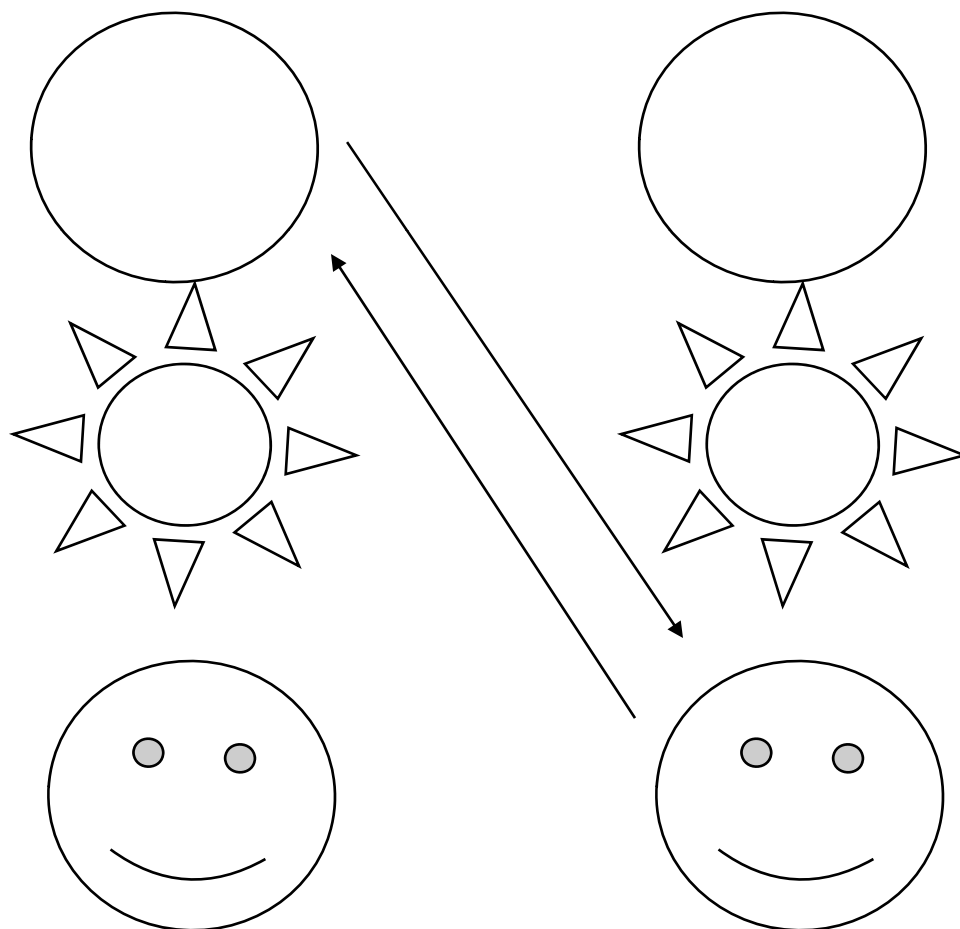
YOU



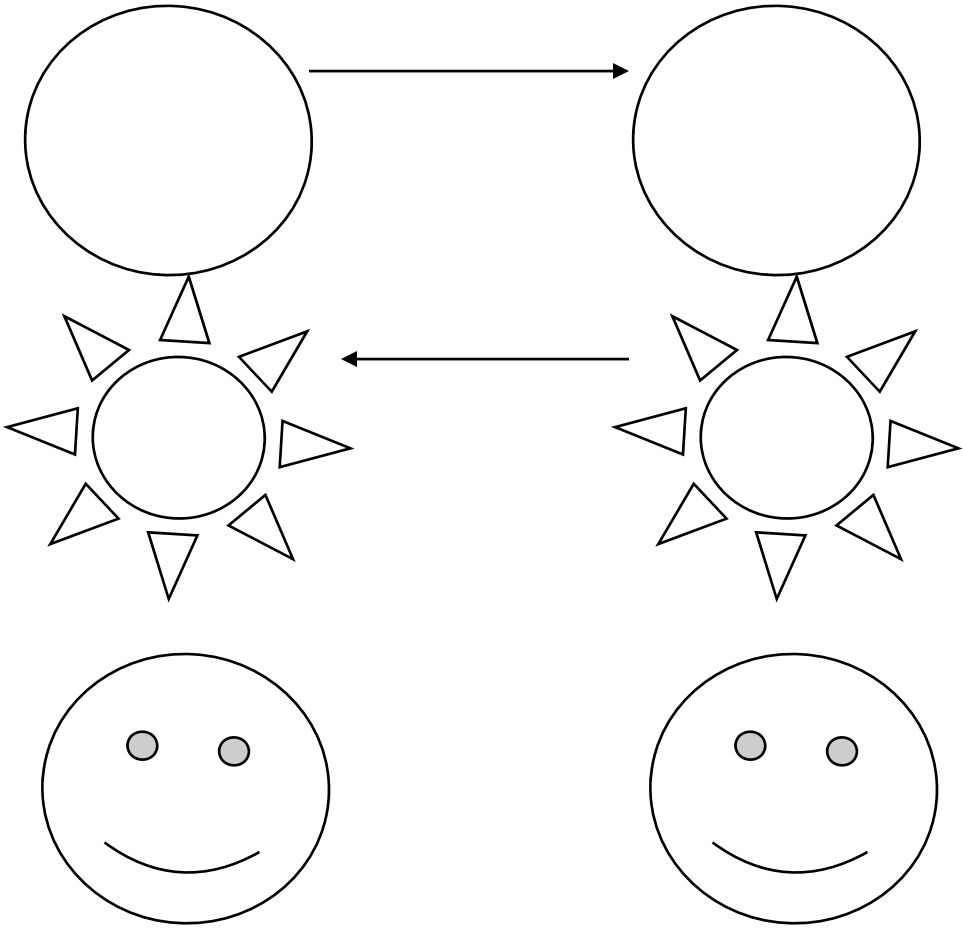
TRANSACTIONAL ANALYSIS



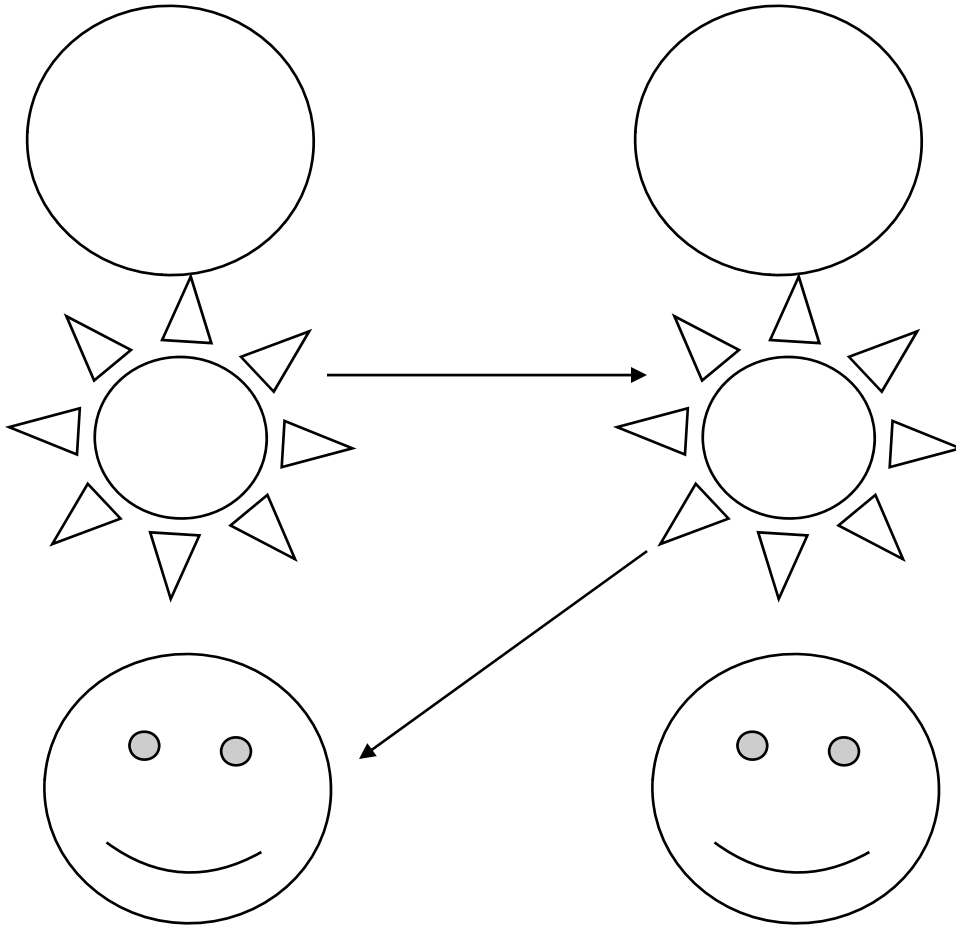
PARALLEL - WORKING



SEPARATED - LOST



SLIPPED – NOT SATISFYING



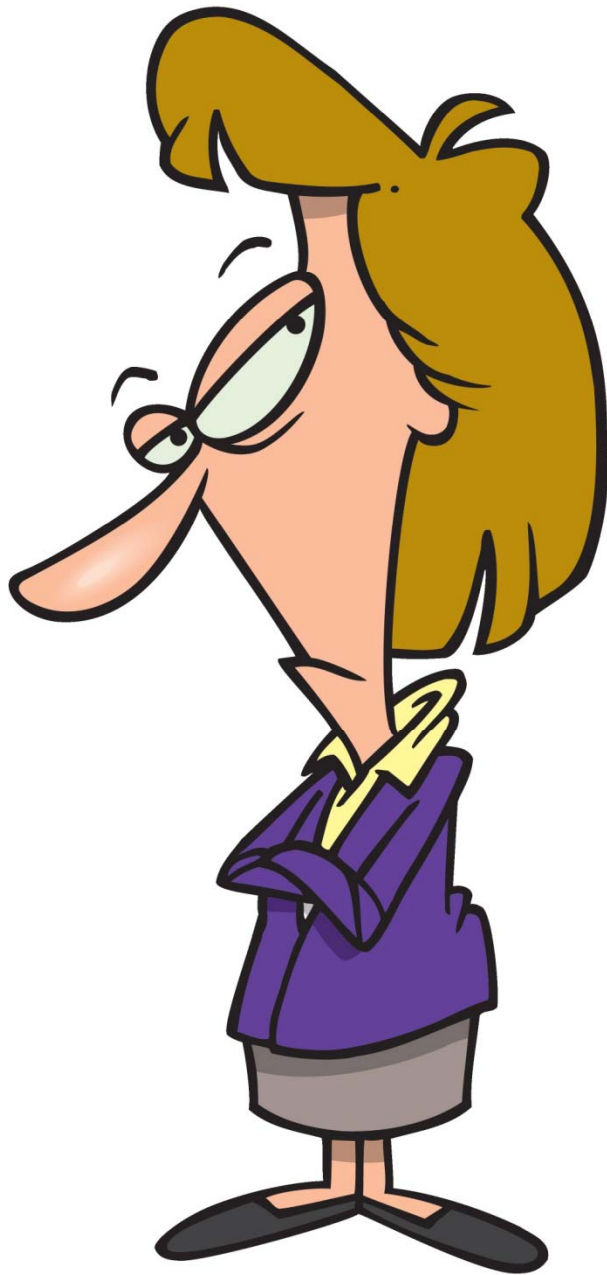
Get on the same Level



ADULT LEVEL

- Connects with Reality
- Is Present
- Pays Full Attention
- Accepts
- Reevaluates





PARENT LEVEL
HOLDS A PICTURE OF IDEAL
APPROVES and DISAPPROVES
JUDGMENTAL
LABELS and CATEGORIZES
HAPPY WHEN 'JUSTICE' IS DONE
CAN BE HARD ON SELF

CHILD LEVEL

SPONTANEOUS

CURIOUS

ENJOYS

FEELS REWARDED

COMPLAINS

RESENTS

REBELS



H/ Aa
N I R V A



HOW GOOD IS THE BRAIN AT MULTI-TASKING??

CRITICAL PARENT OVERUSE CAN RESULT IN

- Feelings of Inadequacy
- Shyness
- Guilt
- Fearful of taking Initiative
- Suppression of Creativity
- Excessive suffering after making Mistakes
- Self -Deprecation



TRY TO FUNCTION AT
ADULT LEVEL AT MOST
TIMES

VALUE THE PARENT
LEVEL.
RE-EVALUATE AND
RESET PERIODICALLY

NURTURE THE CHILD
LEVEL
LIVE JOYFULLY

MAY THE FORCE BE WITH YOU