

Interpersonal Interactions

Dr. M. V. Anuradha

- Eric Berne 1950's
- Practical and easy to connect with everyday interactions.
- Autonomy (Control) over our lives: Spontaneity, Awareness and Intimacy.

STRUCTURAL ANALYSIS: EGO STATES

THE 3 EGO STATES



READINGGRAPHICS
Ideas Come Alive



→ Social
Programming

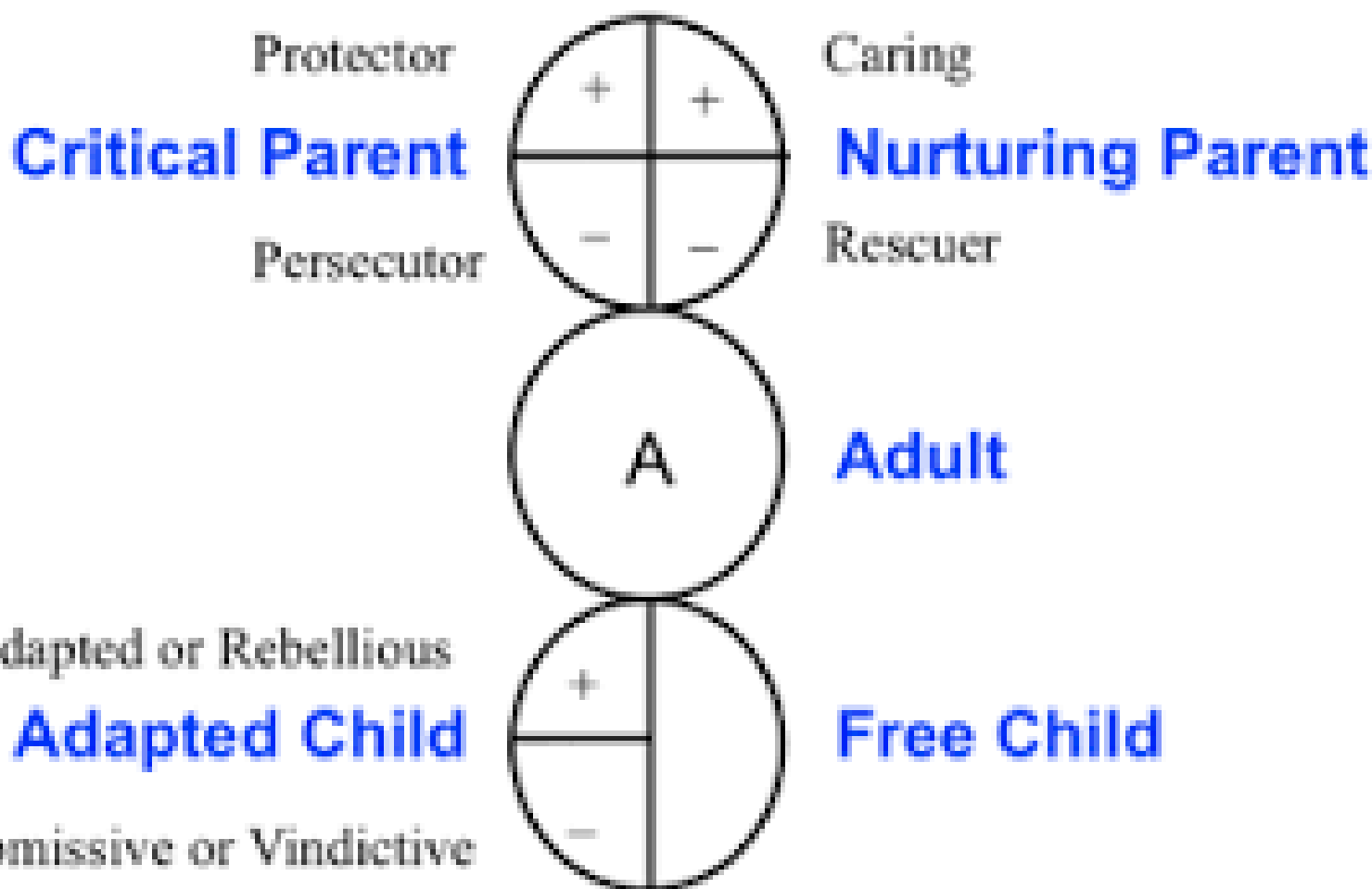


→ Material
Programming



→ Individual
Programming

- **Parent (Taught)**
 - Nurturing- care, reasonable, listen
 - Controlling- prescriptive, sanctions
- **Adult (Thought- data gathering and processing)**
 - Task – autonomous adapted to current reality
- **Child (Felt)**
 - Reactive- demanding self centered
 - Creative- spontaneous not self conscious
 - Adaptive- approval from authority



TRANSACTION ANALYSIS

- **Transactions:** unit of social intercourse
- **Transaction Stimulus :** Any indication (speech, gestures or other nonverbal cues) that acknowledges the presence of another person is called a transactional stimulus.
- **Transaction Response**

Transaction Analysis

Exchanges of Transactions- communication or interactions

- Complementary
- Crossed
- Covert/Ulterior- words versus the tone, gesture, posture, emphasis, body language

Parent



Adult



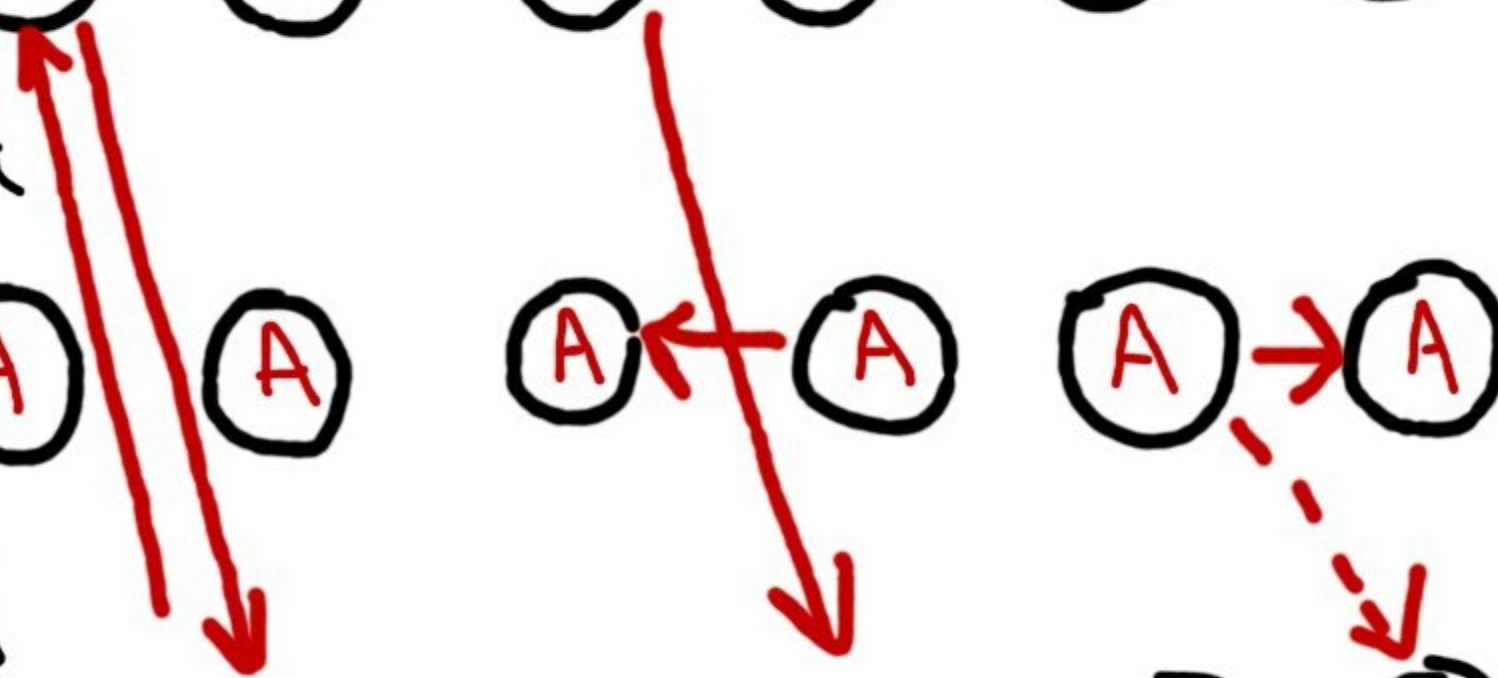
Child



Complimentary

Crossed

Utterior

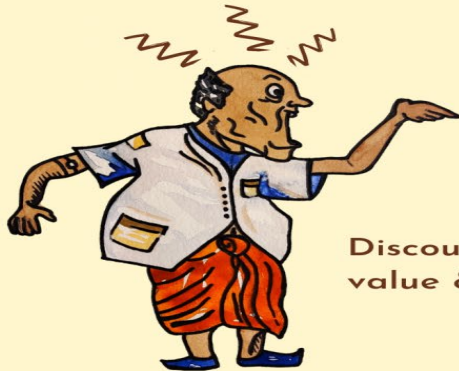


Karpman Drama Triangle

THE KARPMAN DRAMA TRIANGLE

Persecutor

- Aggressive
- Angry
- Judgemental



Discounts others' value & integrity

Rescuer

- Over-helpful
- Self-sacrificing
- Needs to be needed



Discounts others' ability to think for themselves

Discounts Self

Victim

- Downtrodden
- Helpless
- Complains of unmet needs



The Empowerment Dynamic (TED)

