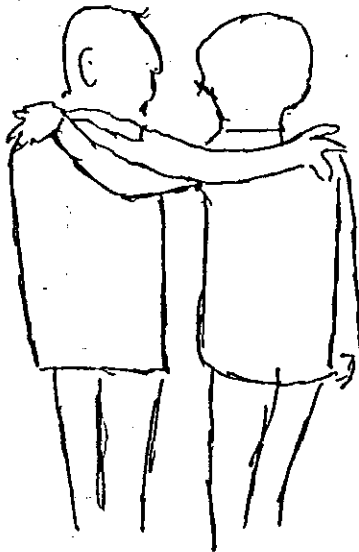


FOUR BASIC LIFE POSITIONS

UNIT V

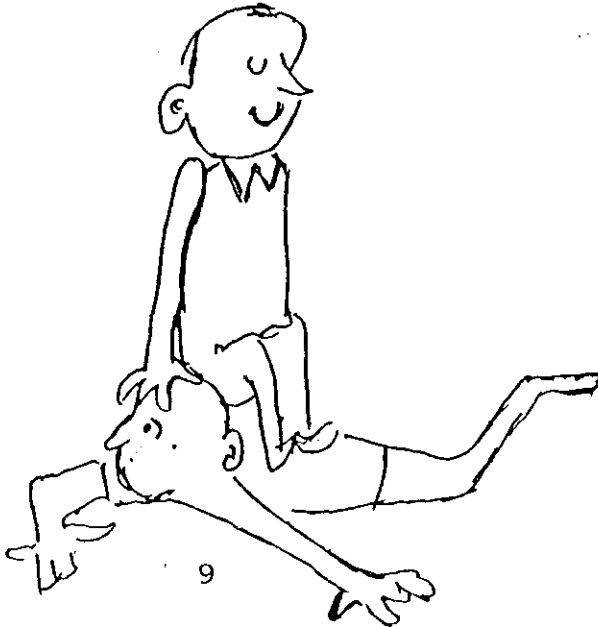
1. I'm OK, You're OK

This position is potentially a mentally healthy position. If realistic, a person perceiving himself and others in this position can solve his problems constructively. Their expectations are likely to be valid and they can accept the significance of others.



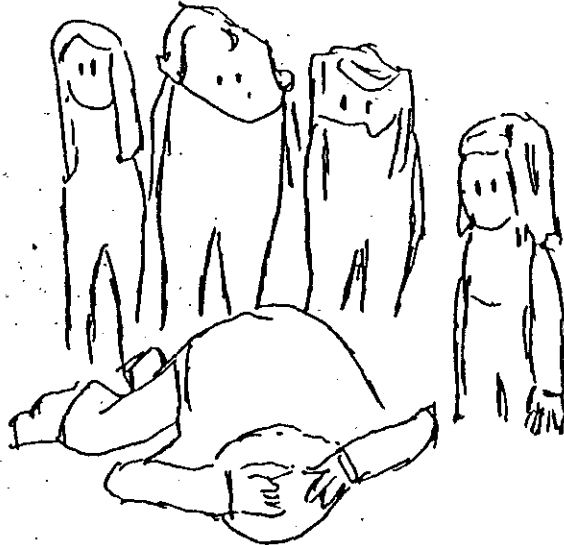
2. I'm OK, You're not-OK

People in this position feel victimized or persecuted. They often blame others for their miseries. Delinquents and criminals often have this position and take on a paranoid behavior which may lead to homicide in extreme cases.



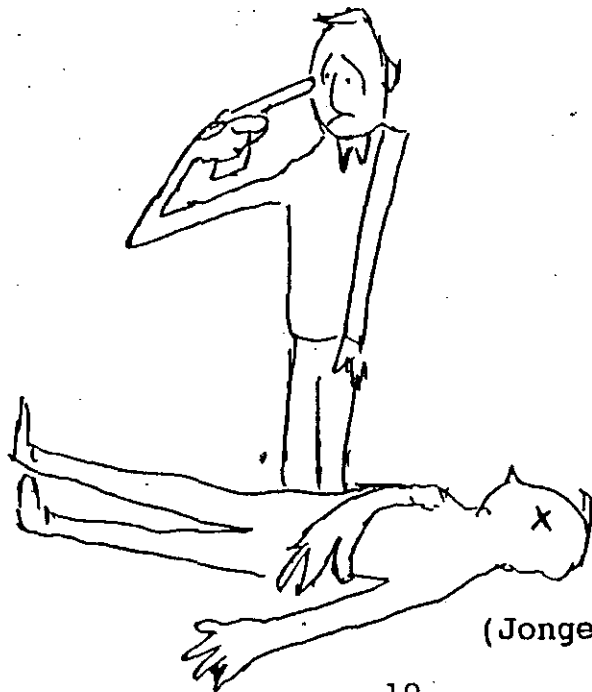
3. I'm not-OK, You're OK (Introjective Position)

This position is common of person who feel powerless when they compare themselves to others. They often withdraw, experience depression, and, at times, in extreme cases, become suicidal.



4. I'm not-OK, You're not-OK (Futility Position)

This position is one of those who lose interest in living, who experience schizoid behavior, and severe cases, commit suicide and/or homicide.



(Jongeward and James, p. 9)