

TRANSACTIONAL ANALYSIS - GAMES

DEFINITION: A game is an on-going series of complementary ulterior transactions progressing to a well-defined, predictable outcome. Every game is basically dishonest with a concealed motivation and the outcome has a dramatic effect. The term game does not necessarily imply fun or even enjoyment.

TERMS ASSOCIATED WITH GAMES:

- ***Thesis:** general description of the game
- ***Antithesis:** presumption that a certain sequence that constitutes a game is tentative until it has been existentially validated
- ***Aim:** general purpose of the game
- ***Roles:** who's playing
- ***Dynamics:** driving forces behind each game
- ***Examples:** formal description of games at Adult and Child level
- ***Moves-** strokes (positive, negative, conditional, unconditional)
- ***Paradigm** critical transaction(s) at social and psychological levels

SIGNIFICANCE OF GAMES:

- *Games are passed on from generation to generation
- *Raising children is primarily a matter of teaching them what games to play
- *People pick friends and associates who play the same games
- *Games determine one's destiny

TYPES AND (EXAMPLES) OF GAMES:

Life Games ("See what you made me do"); **Marital Games** ("If it weren't for you"); **Party Games** ("Ain't it awful"); **Sexual Games** ("Let's you and him fight"); **Underworld Games** ("Cops and robbers"); **Consulting Room Games** ("I'm only trying to help you"); **Good Games** ("They'll be glad they know me")

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**BEHAVIORAL CLUES
TRANSACTIONAL ANALYSIS EGO STATES**

	<u>VOCABULARY</u>	<u>GESTURES</u>	<u>ATTITUDE</u>	<u>VOICE</u>
<i>CRITICAL PARENT</i>	Don't you You Should You Ought You Must You Always You Never You'd Better Be..... Ridiculous Nice..Bad That's good, cute	Frowns Points Finger Slaps Hands on Hips	Judgmental Moralistic Authoritarian Rigid Comparing Admonishing Martyrdom Demands Respect Demands Love	Critical Condescending Loud Disgusted Scheming Whining
<i>NURTURING PARENT</i>	Words that are: Consoling Comforting Reassuring	Hugs, Holds, Kisses Arms Open Holds Hands	Caring Understanding Giving Loving	Soft Comforting Concerned
<i>ADULT</i>	Constructive Direct Relevant Questions How What Where Who Why Suitable It seems to me Wow Gee I can't I won't I want... I hope I wish	Natural Relaxed Giving Spontaneous Free	Flexible Confident Supportive Reality Testing Alert Open Impulsive Uninhibited Any Feeling Happy Sad Mad Scared	Appropriate Modulated Corresponds to Feelings Laugh Cry Rage
<i>NATURAL CHILD</i>				
<i>LITTLE PROFESSOR</i>	Calculated Scheming Original	Manipulative Creative Innovative	Curious Inquisitive "Spunky"	Wheedling Innocent Naive
<i>ADAPTED CHILD</i>	Compliant Words Defiant Words Rebellious Words	Pouting Show Off Withdrawing Conforming Points Finger	Compliant Demanding Jealous Ashamed Seeking Attention Seeking Power Seeking Revenge	Repetitive Annoying Sweet Placating Angry Defiant Rebellious