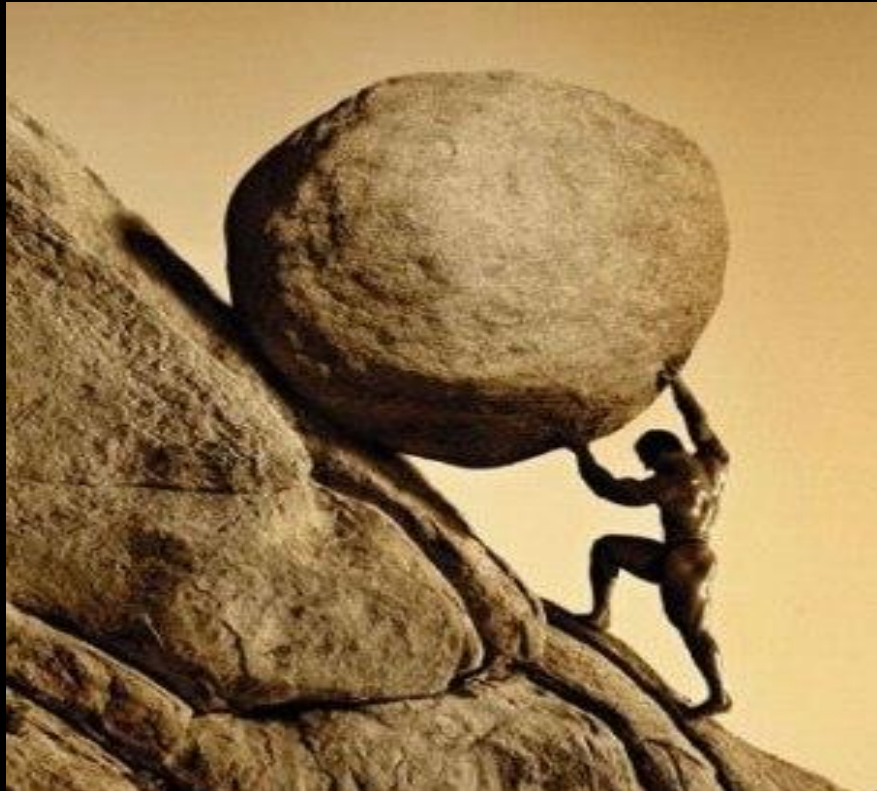


# Script Theory and Transactional Analysis

Ancient Greece Unit

Mr. Murray



# Which is worse?

- The things that happen to us? or
- The things that we constantly do to ourselves?



# Fate vs Free Will

- What is the concept of fate?
  - Do you believe in this idea?  
Why?
  - Who determines your fate?
  - Is there anyway to escape it?
- 
- What is the concept of free will?
  - Do you believe in this idea?  
Why?
  - Do you truly have complete control over your decisions and your eventual outcome in life?

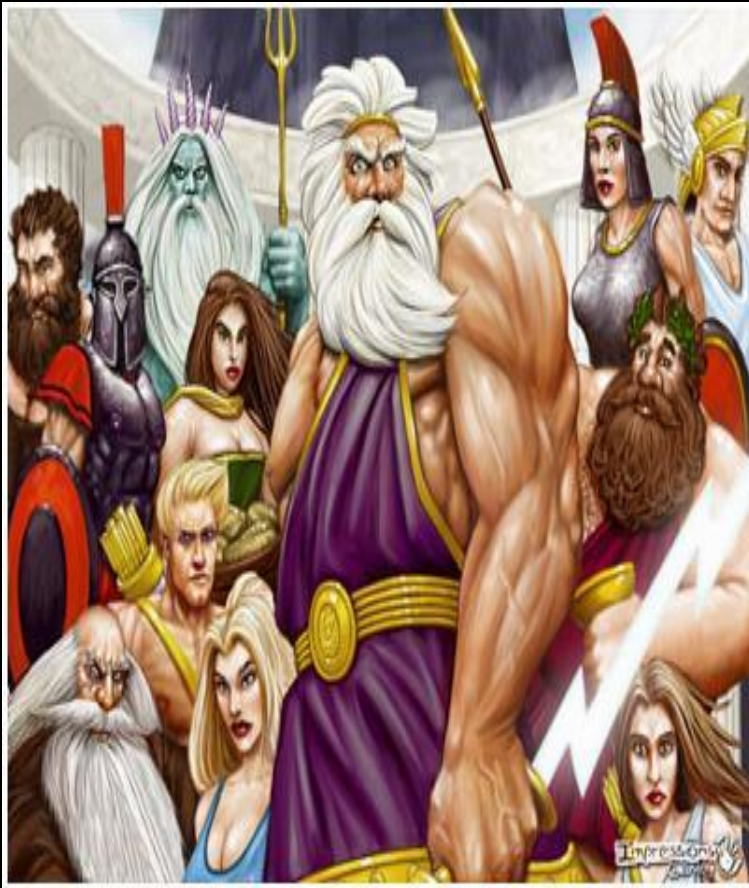


# Oedipus

- What are the main events of Sophocles tale?
- What is the fate of Oedipus?
- Does Oedipus believe he can escape his fate? Why or why not?
- What is the overall message of Oedipus?
- What does this message tell us about the Greek concept of fate vs free will?

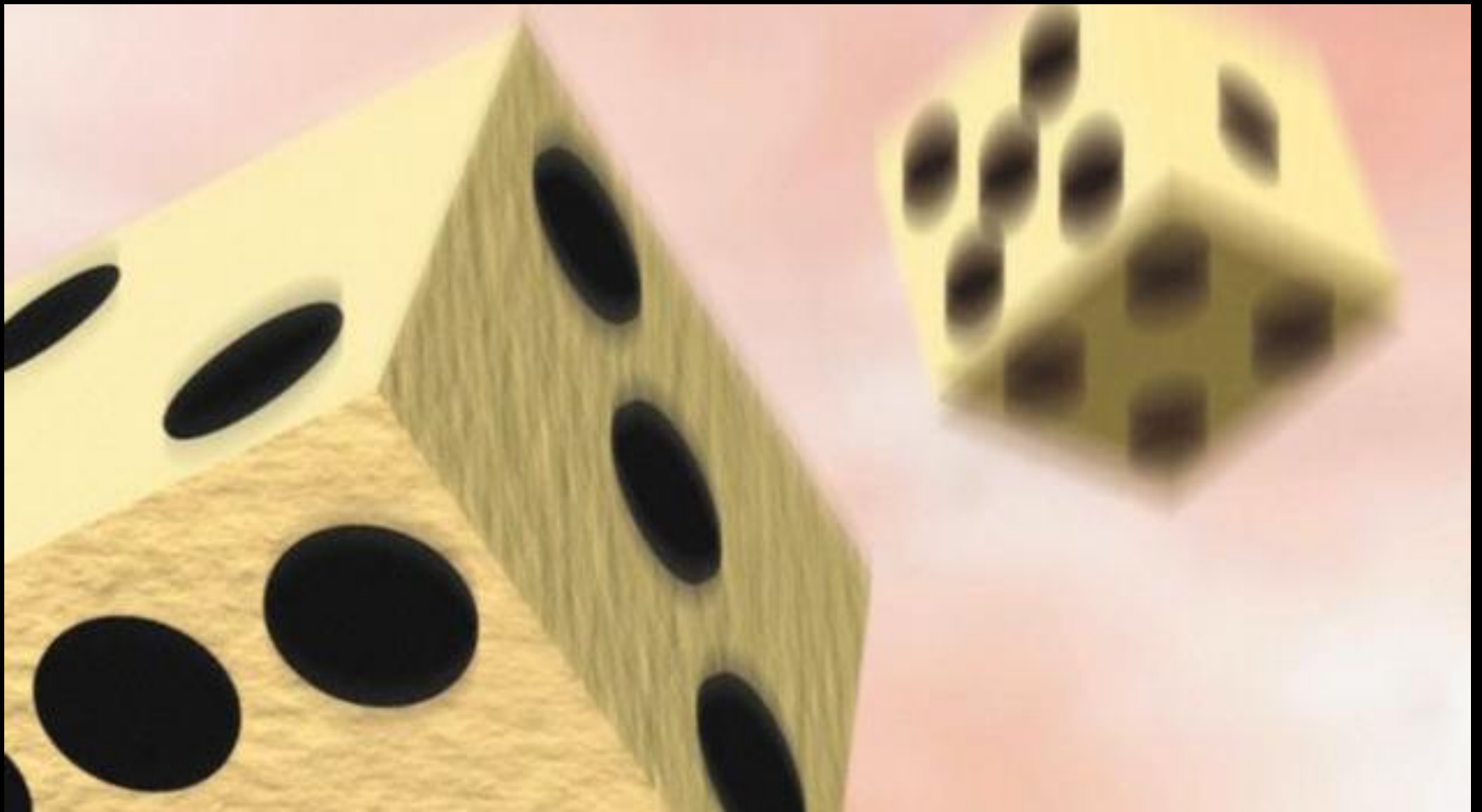


# Greek Concept of Fate



- The idea of living on past ones life only came from ones memories through time or legacy.
- Immortality was impossible
- Gods controlled the fortunes or destruction of man.
- Fate was an almost unchangeable series of events, though one could take multiple paths to reach the end.
- Fate could only be altered by a true understanding of oneself “Know thyself”
- In the sense of the unchangeable it is said that the different courses of action people take may still lead to a predetermined destiny.
- Greeks believed that the gods placed the sins of the fathers on their sons.
- The ongoing battle for the individual in the Greek world was that of free will versus fate

# Is Fate Present In Our Own Lives?



**Eric Berne**



**Parents**



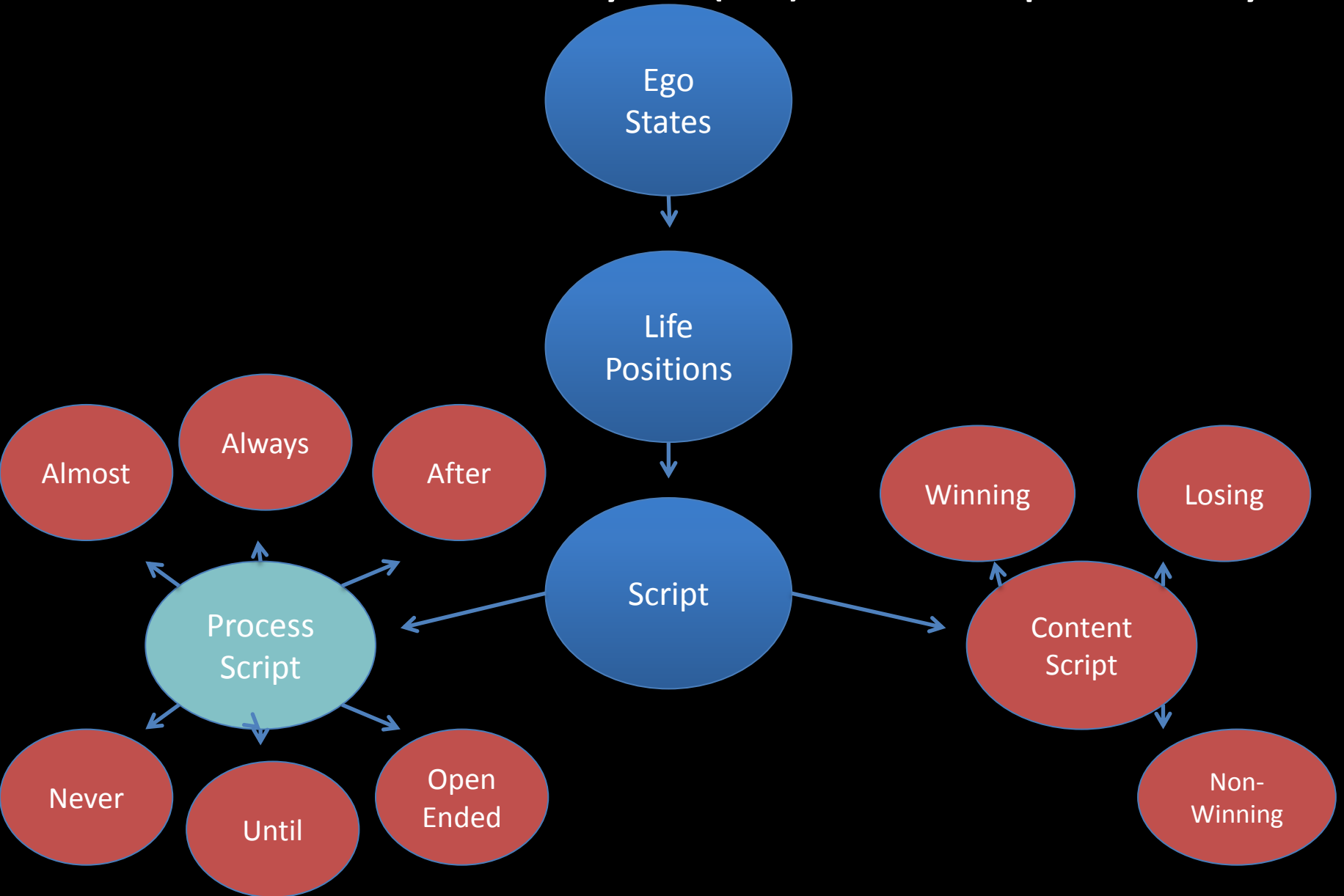


# Life Scripts



- You have written your life story. You began writing it at birth.
- By the time you were about four years old you had decided on the essential details of your plot.
- At the age of seven you had completed your story and its main details.
- From then until you were about twelve, you polish it up and add a few extras here and there.
- In adolescence, you revise your story updating it with more real life characters.
- **By the time you are 18 years old your script is mostly set and can be changed, but only with extreme effort.**

# Transactional Analysis (TA) and Script Theory



# The Script and Life Course

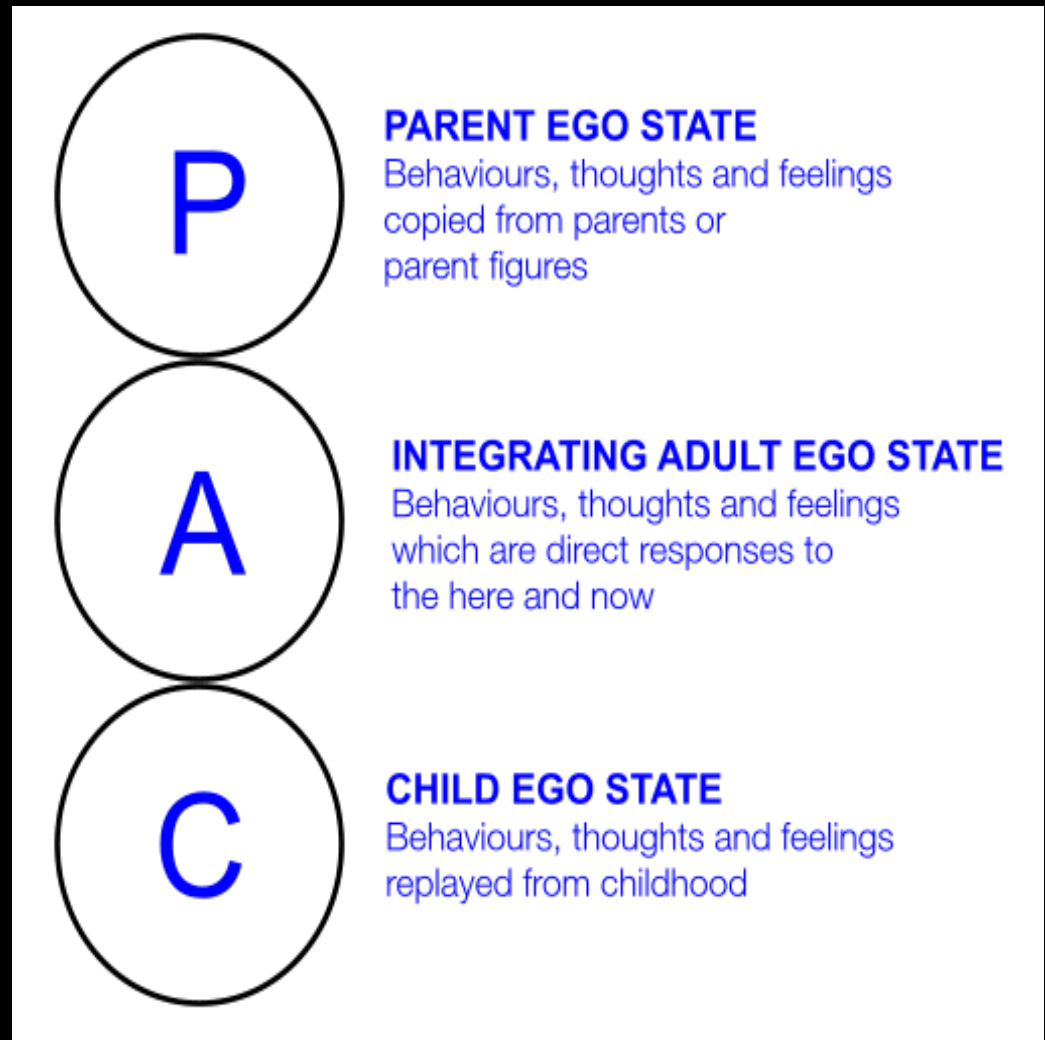
- “The script is what the person planned to do in early childhood and the life course is what actually happens”

-Eric Berne

# Ego States

- Everyone has three ego states that are based on childhood
- Each ego state is separate and you only function in one ego state at any given time

*Parent: Taught Concept*  
*Child: Felt Concept*  
*Adult: Learned Concept*



**+ve**

keep safe  
calming    nurturing  
supportive



**-ve**

controlling  
critial    patronising  
finger-pointing

reasonable

logical    rational  
not-threatening  
non-threatened



curious

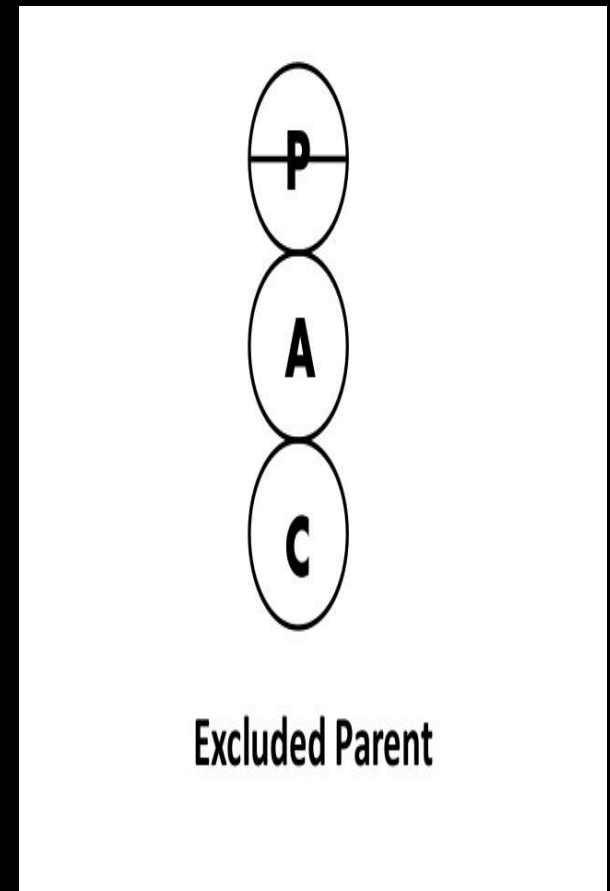
playful    creative  
spontaneity



rebellious  
tantrums    difficult  
insecurity

# Excluded Parent

- People who have excluded parents will go about situations without preset rules about the world around them.
- They will make up their own rules for each new situation faced.
- Examples of people with excluded Parent Ego.
  - Some Politicians
  - Drug Dealers/Criminals



# Excluded Child

- Someone who excludes child will block memories of his own childhood.
- When we express feelings and emotion as grownups, we are often in our child ego state.
- A person without a child ego state will be cold, wooden, laconic . All head no heart.



Excluded Child

# Excluded Adult

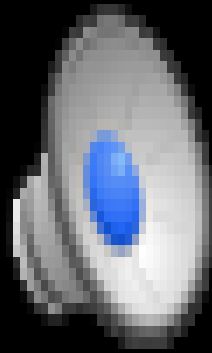
- If someone excludes adult ego state, the person blocks their power of looking at a situation objectively and calculating situations.
- They only hear their internal parent to child dialogue.
- Examples are mostly people that are psychotic.



Excluded Adult



# Constant Child



- They will at most times behave, think and feel as though they were still in childhood. Meeting a problem, this persons strategy will be to escalate feelings or make jokes and light of the situation
- Michael Scott from the Office

# Constant Parent

- A person with constant parent will deal with the world solely by accessing their set of parental rules
- Monica Geller from Friends

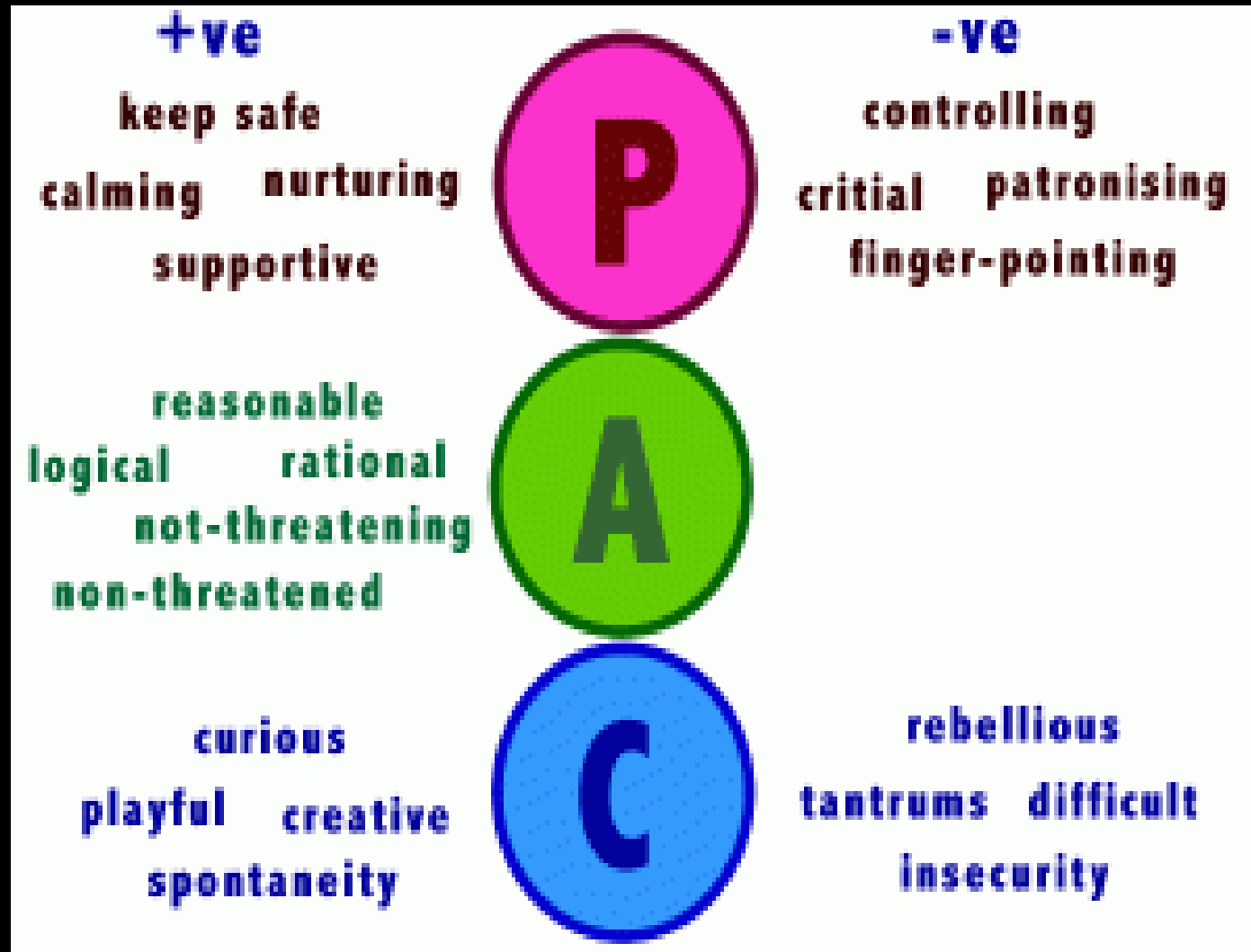
# Constant Adult



TV  
14  
D

- A Person with constant adult is unable to join in the fun. Instead functions almost solely as a planner, information collector and data processor.
- Sheldon Cooper from Big Bang Theory

# Ego States: Positive and Negative



# Ego State Video Summary

- <https://www.youtube.com/watch?v=nKNyFSLJy6o>
- Your turn: With a partner or by yourself come up with a hypothetical conversation between two people that healthily goes between ego states. Then come up with a conversation that has a person that excludes parent, child or adult or is in constant parent, child or adult.

# Life Positions: I'm Ok, You're Ok

- Berne suggested that as a young child forming your script, you already have certain convictions about yourself and others.
- These convictions are likely to stay with you the rest of your life.
- There are four basic convictions that a child is likely to adhere to:
  - I'm Ok or
  - I'm not Ok
  - You are Ok or
  - You are not Ok

# Life Positions

- By putting together all possible combinations of childhood convictions about self and others we come up with:
  - I'm OK, you are OK
  - I'm not OK, you are OK
  - I'm OK, you are not OK
  - I'm not OK, you are not OK

One of these life positions makes up a person's fundamental stance of oneself and others around.

# Life Positions

- Once a child has developed a life position, she is likely to construct all the rest of her script to fit in with it.
- Berne wrote: “Every game, script and destiny is based on one of these four basic patterns”



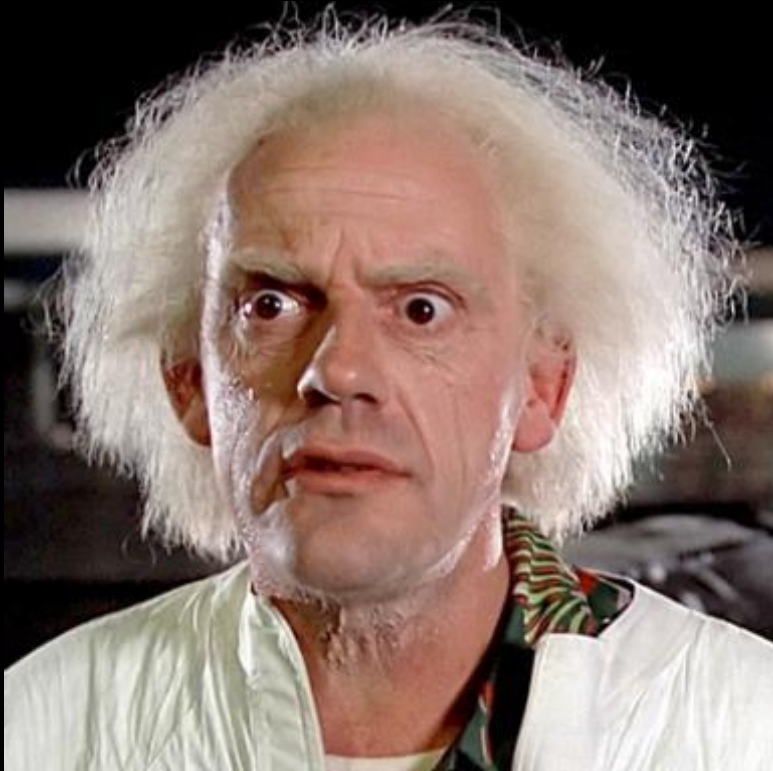


# I'm Ok, You Are OK

- A child who chooses this life position is likely to build a winning script.
- He views himself as lovable and good to have around.
- He decides that his parents are lovable and trustworthy, and later extends this view to people in general.



# I'm Not OK, You Are OK



- If a child adopts this life position he is more likely to write a banal or losing life story.
- To fit with his basic position he will construct her script round themes of being victimized and losing out to others.

# I'm Ok, You Are Not OK



- A child who adopts this life position seems on the face of it to build a winning script.
- But this child will have the conviction that he needs to be one up and put others down.
- He manages to do this for some of the time, achieving this wants but only with continual struggle.
- At other times, the people around him will get tired of being one down and reject him.
- He will then switch from an apparent winner to a heavy loser.

# I Am Not OK, You Are Not OK

- The child that adopts this life position is most likely to form a losing script.
- This child has become convinced that life is futile and full of despair. He vies himself as being one down and unlovable.
- He believes no one will help him because they are not OK as well. Thus he will write her scrip around scenes of rejecting and being rejected.



# Life Position In Adulthood

- Each of us arrives in adulthood having written our scripts based on one of four life positions, but we don't stay in that position every hour of the day.
- Minute by minute we shift between positions.



# I Am OK, You Are OK: Get on with



- You have just arrived at school and the teacher meets you with a stack of work to do.
- “Here is what we are doing today” the teacher says “I have marked the pages you have to read and the questions you have to answer. Please turn these items in at the end of class, please?”
- “Right” you say “I will do that”.
  - In agreeing with the teachers request I have checked that I am competent to do the work and feel good about it. I see the teacher as fair and reasonable I asking me to do it.
  - Each time I have an interaction from this position I reinforce my belief that I and others in the world are OK

# I Am Not OK , You are OK: Get Away From



- You come into class and the teacher gives out a group project. You always have hated group projects because you feel like the dumb one in the group. The leader of the group assigns you a task that you don't know how to complete. Instead of figuring out what exactly to do and accomplishing the task you resort to your child ego state and ask the teacher to go to the bathroom. You spend the next 25 minutes "going to the bathroom".

# I'm OK, You Are Not OK



- You are working on a group project and a fellow group mate comes to class without their part of the project done. You get super mad and say, "You can't do anything right, why are you even in our group? I just can't trust anyone to get the job done right". I have just cast off my group mate creating a justification for believing that I'm Ok while others are not.



# I'm Not Ok, You Are Not Ok

## GROUP PROJECT DUE TOMORROW




**FORGOT MY SCHOOL EMAIL**

**PASSWORD**  
...emegenerator.net

- I am working on a group project and the subject matter is confusing and difficult. My partners don't seem to have any better grasp than I do on the project. I get frustrated and say, "I have had enough. I can't take this any longer and you guys as partners are no help either. It's hopeless. Look this whole project is too much to take after the day I have had." In doing so I have just reinforced the I'm not Ok, You are not Ok life position.

# EVERY GROUP PROJECT



DOES 99%  
OF THE WORK

HAS NO  
IDEA WHAT'S  
GOING ON THE  
WHOLE TIME

SAYS HE'S  
GOING TO  
HELP BUT  
HE'S NOT

DISAPPEAR  
AT THE VERY  
BEGINNING AND  
DOESN'T SHOW  
UP AGAIN TIL  
THE VERY END

IN SCHOOL YOU HAVE EVER DONE

# Personal Change and the Ok Corral



- I am ok, you are ok is the healthy position. I act to achieve winning outcomes I desire when taking this position.



- I am not ok, you are ok is the depressive position. Unknowingly, I will choose my bad feelings and repetitive behaving to confirm that this is my rightful position in the world.



- I am ok, you are not ok, you are taking the defensive or paranoid position trying to stay one up on others. Those around me are likely to experience me as overbearing, insensitive and aggressive.



- I am not ok, you are not ok, you are taking the futility position believing that the world and others are no good and neither am I. This position will usually get you nowhere on your life path.

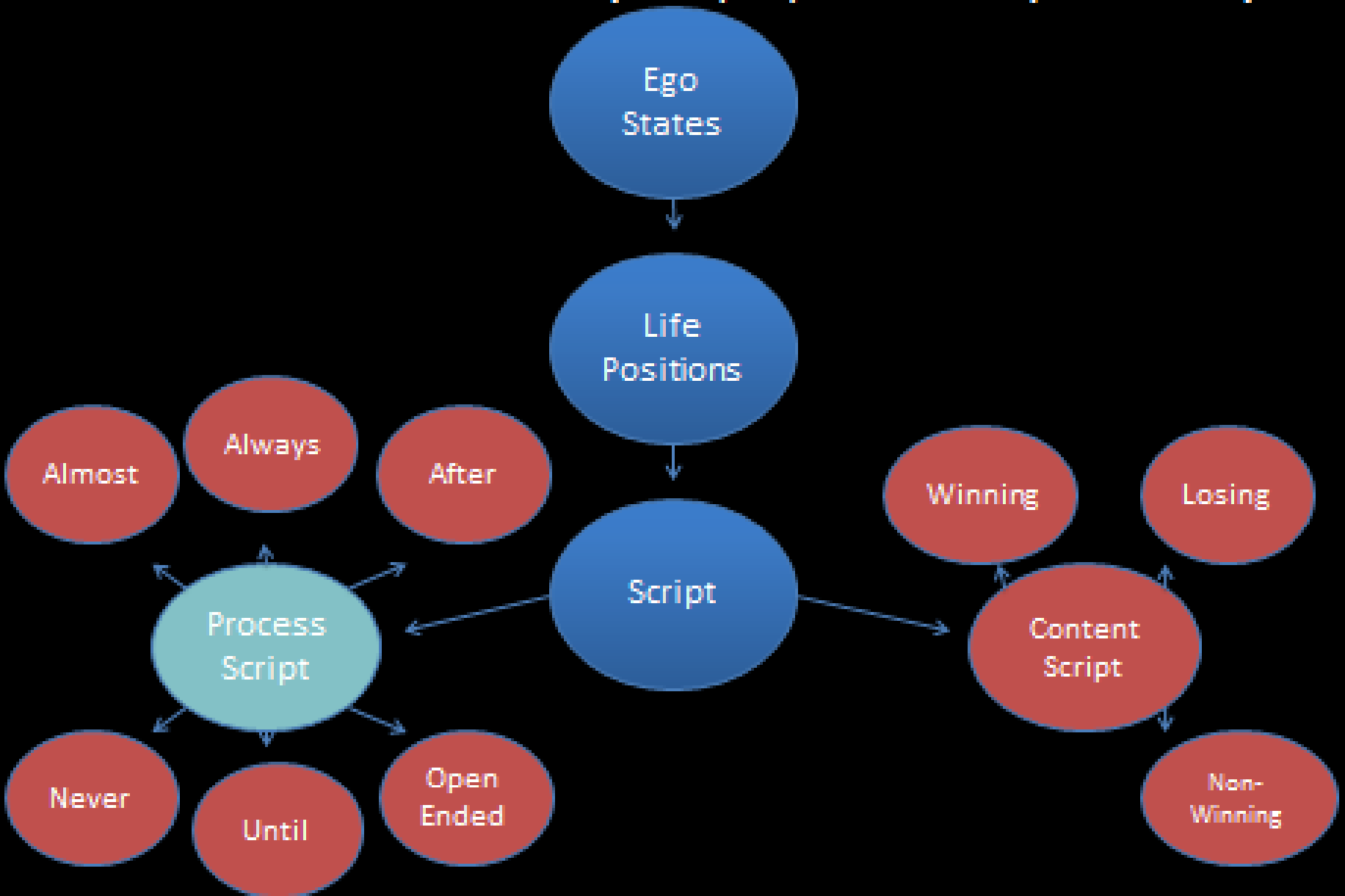
# Your Life Positions

- Think of times in which you have been acting in each of the four life positions. Write down an example of each (you may not have an example for one or two)
- Which life position do you seem to lean toward the strongest or is your dominant life position. Explain why you think this is your dominant position.

# Life Script

- The theory of script was developed by Eric Berne
- There are five basics to life scripts:
  - “Life script is an unconscious life plan.”
  - Script is directed toward a payoff
  - Script is reinforced by parents
  - Script is outside awareness
  - Reality is redefined to justify the script

# Transactional Analysis (TA) and Script Theory



# Winners, Losers and Non Winners



- From earliest months, the child is taught not only what to do, but also what to see, hear, touch, think, and feel....each person obediently ends up at the age of five or six with a script of life plan largely dictated by his parents.
- It tells him how he's going to carry on his life, and how it's going to end, winner, non-winner, or loser.
- That is, the child is given information both about themselves and also about the external world (which may be factually correct or incorrect) by the parent

# Winners, Losers and Non Winners



- For Berne, 'a winner is defined as a person who fulfills his contract with the world and with himself'
- Winners learn to reject the destructive messages from his/her parents child ego state.
- They use their Adult ego state to re- write their life script, if needed, making wise decisions about life goals, relationships, time management, values, tolerance of others, self-acceptance and so on.

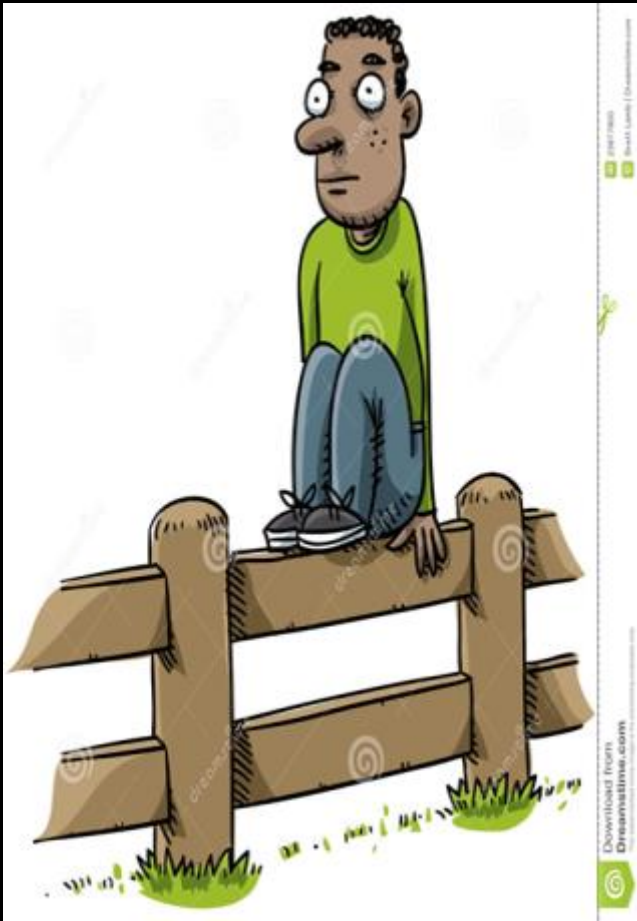


# Winners, Losers and Non Winners



- A "loser" script has an unhappy ending that does not fulfill outcomes desired
- The person with a loser script may rationalize the failures in his/her life by frequently saying, "If only such and such hadn't happened," "Someday it will be better" (but someday never comes), "I can't do that," and so on.

# Winners, Losers and Non Winners



- A non-winner can be referred to as a "happy frog" who never quite becomes a prince or princess.
- Berne said the toughest part of his job as a therapist was telling people there is no Santa Claus, no magical solutions, no free lunch.
- Non-winners are rationalizers and deniers, saying, "things will be better after...", "things aren't as bad as they could be," "things didn't turn out well, but at least I tried," etc.

# Script Develops Early



- The notion that people's adult behavior and life patterns are affected by childhood experiences is central to TA.
- Script theory suggests that a child lays down a specific plan for life early in life
- This life plan is laid out in the form of a drama with a clear cut beginning, middle and end.

# Script is Directed Toward a Payoff

- When a young child writes his life drama, he writes the closing scene (Payoff) as an integral part of it.
- Parts of the plot, from the start onwards, are in buildup for this payoff
- We are unwittingly choosing behavior which will bring us closer to our script payoff.



# Script is Decisional



- A child decides upon the life plan.
- Even different children brought up in same environment may decide upon quite different life plans.
- The child's script decisions are not made in the deliberate thinking way which we associate with adult decision making.

# Script is Reinforced by Parents



- From a child's first days, parents are giving him messages, on the basis of which he forms conclusions about himself, others and the world.
- The script messages are verbal and non-verbal.
- They form the framework in response to which the child's main script decisions are made.

# Script is Outside Awareness



- In adult life, the nearest we come to a memory of our earliest years is in dreams and fantasies.
- Unless we take time to work with and discover our script, we are likely to remain unaware of the early decision we made, even though we may be living them out in our behavior.



# Reality is Redefined to Justify the Script

- We interpret reality in our own frame of reference to justify our script decisions.
- We do this because in our child ego state, we may perceive any threat to our script based view of the world as a threat to the satisfaction of our needs or even a threat to our survival.





# Discovering Your Own Script

- Dreams, fantasies, fairy tales, childhood stories, early memories all give clues to your own script.
- While we go through these exercises let your imagination run free. Don't bother thinking what they are for or what they may mean.
- Don't censor or try to figure what you are supposed to say
- Just accept your images and feelings that may come with them.

# E1: Hero or Heroine

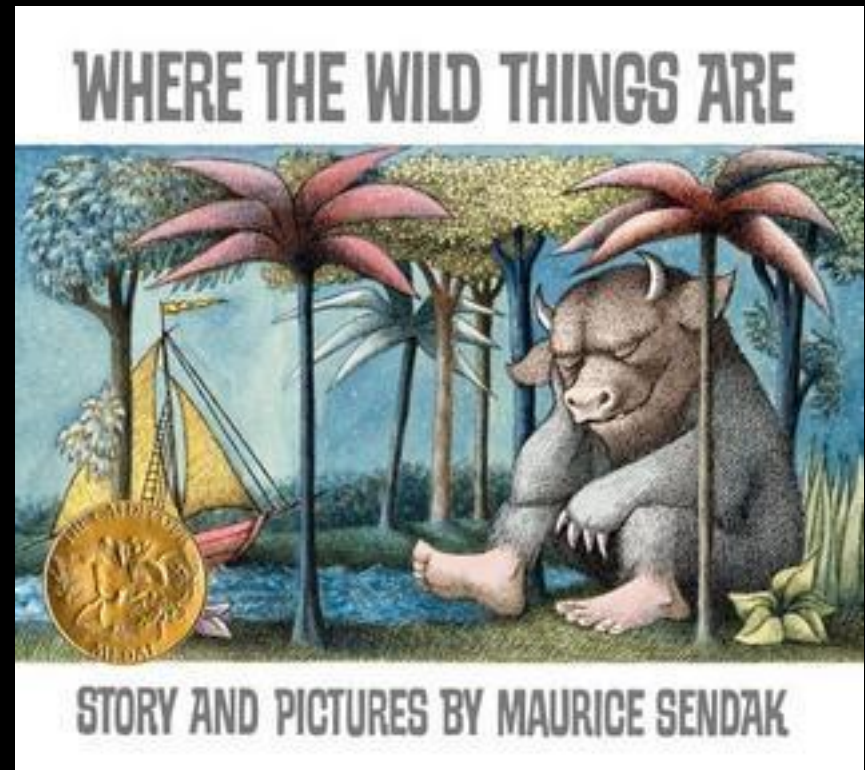


- Who is your favorite character?
- It may be from a childhood story, tv show, movie, book, etc.
- It may be a real or imaginary person.
- Choose the first character that comes to mind.
- Become that character. What are you like? What is your mindset? What are your personality characteristics? Flaws? Etc.



# E2: Story or Fable

- Choose any story or fable. The first one that comes to mind is the best. It may be a childhood fairy tale, classic myth or anything else you want.
- What character or object in the story are you?
- What are the characteristics of that person or object? Do you play a main role? How do the other characters react to you?



# E3: Dream

- Choose a dream of yours. You are likely to learn most from a recent dream or one that is reoccurring.
- Recite the dream to yourself and relate it to the present tense, not the past.
- Then, just as you did with your story or fable become each of the people and things in your dream and describe their role in the dream.
- Recall how you felt immediately after you awoke from the dream. Was it pleasant or unpleasant?
- Did you like how the dream ended? If you did not, re-write the ending of the dream.



# E4: See Your Life as a Play



- Imagine you are in a theater. You are waiting for a play to start. This play is your very own life story.
- What kind of play is this you're are going to watch? Is it a comedy, a tragedy?
- Is it high drama or a fun musical? Is it interesting or boring, heroic or matter of fact?

# Scene 1



- The curtain is opening and this is the very first scene of your life.
- You were very young. What do you see around you? Who is there? Do you see faces and the expression in faces?
- What do you hear?

# Scene 2



- The scene changes and you are a young child of three to six years old
- Where are you? What can you see around you? Are there other people there? Who is there?
- Are they saying anything to you? Are you saying anything to them?

# Next Scenes



- Go through teenage, adulthood, and present age and ten years in the future. Answer the same questions about the scene as in scene 1 and 2.
- The last scene in the play is your death scene. How old are you in the last scene?
- Share your play with a partner(s) next to you.



# Content Scripts and Process Scripts

- Scripts have both content and process. Content is the “what” and process is the “how”.
- The content script is different from anyone else’s. It is your unique fingerprint.
- Process script falls into one of six distinctive patterns

# Content Script: Winning



- Berne defines a winning script as:
  - “Someone who accomplishes his declared purpose and makes the world a better place as a result”

Winning implies that the declared purpose is met comfortably, happily and smoothly.

Example- If decided as a child that I am going to be a great leader, and eventually I become as successful , fulfilled general or politician, I am a winner.

-If I decided to be a millionaire, then I win if I grow up to be a happy, comfortable millionaire.

-If I decide to become a penniless beggar and go on to become this living happily under a bridge, I am a winner.

Winning is always relate to the goals I set for myself.

# Content Script: Losing



- A loser means someone who does not accomplish a declared purpose.
- Once again, it is not just the accomplishment or otherwise that matters, but the degree of comfort that goes with it.
  - Example: If I decide to become a great leader, join the army and finish up being discharged in disgrace, I am a loser.
  - If I decide to become a millionaire and become one and feel perpetually miserable because of the stress and pressure being a millionaire brings.

- Berne was careful to define winning and losing in relation to accomplished declared purposes because he wanted to emphasize that winners are not simply to be equated with people who piled up material goods and money. Nor were losers necessarily those people who were short of material things.

# Losing in the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Degree

- Losing can be classified into categories based on the degree of the loss.
- 1<sup>st</sup> Degree: One whose failures and losses are mild enough to be discussed in the persons social circles. (Repetitive fights at work or school, repetitive failures in exams, habitual tardies to work or class)
- 2<sup>nd</sup> Degree: Experience unpleasant script outcomes that are serious enough to be unacceptable topics for social conversations. ( Fired from a series of jobs, hospitalized for depression, Incessant failed marriages)
- 3<sup>rd</sup> Degree: Culminates in death, or serious injury, illness or legal crisis. (Crime that leads to jail, life long hospitalization for psychiatric disorder or suicide after a culmination of life events)

# Non-Winning Scripts

**TIC-TAC-TOE**

X		X
O	O	
O		X

PLAYER 1 (O)    TIES    PLAYER 2 (X)

0            1            0

- Someone who is a fence sitter.
- Goes day to day not making in big gains or loses
- Doesn't take risks
- This type of script is also called banal.
- At work a non winner will not become the boss or be fired either. Will just serve out years until retirement.
- May reflect upon life an career thinking "If it would have been a more ideal situation I could have make something more of myself, oh well I guess I did alright".

# Losing Scripts



- We use the term “harmartic” to describe third degree losing scripts and their payoffs (death, illness, jail)
- The word comes from the ancient Greeks meaning “basic flaw”.
- It reflects the way in which a losing script, like an ancient Greek drama, seems to lead from early negative decisions to a tragic final scene.

# Content Script: Non-Winning



- This person is a fence sitter or a middle of the roader
- He goes day to day not making any big strides but not making big losses either.
- He doesn't take risk. This script is often called a banal script.
  - Example: At work, a non-winner will not become te boss. He will not be fined either. Instead he will likely serve out his working years and go quietly into retirement. He will reflect upon his work thinking, “I would have been the boss if only I had been in the right place at the right time. Oh well, I didn't do bad.”



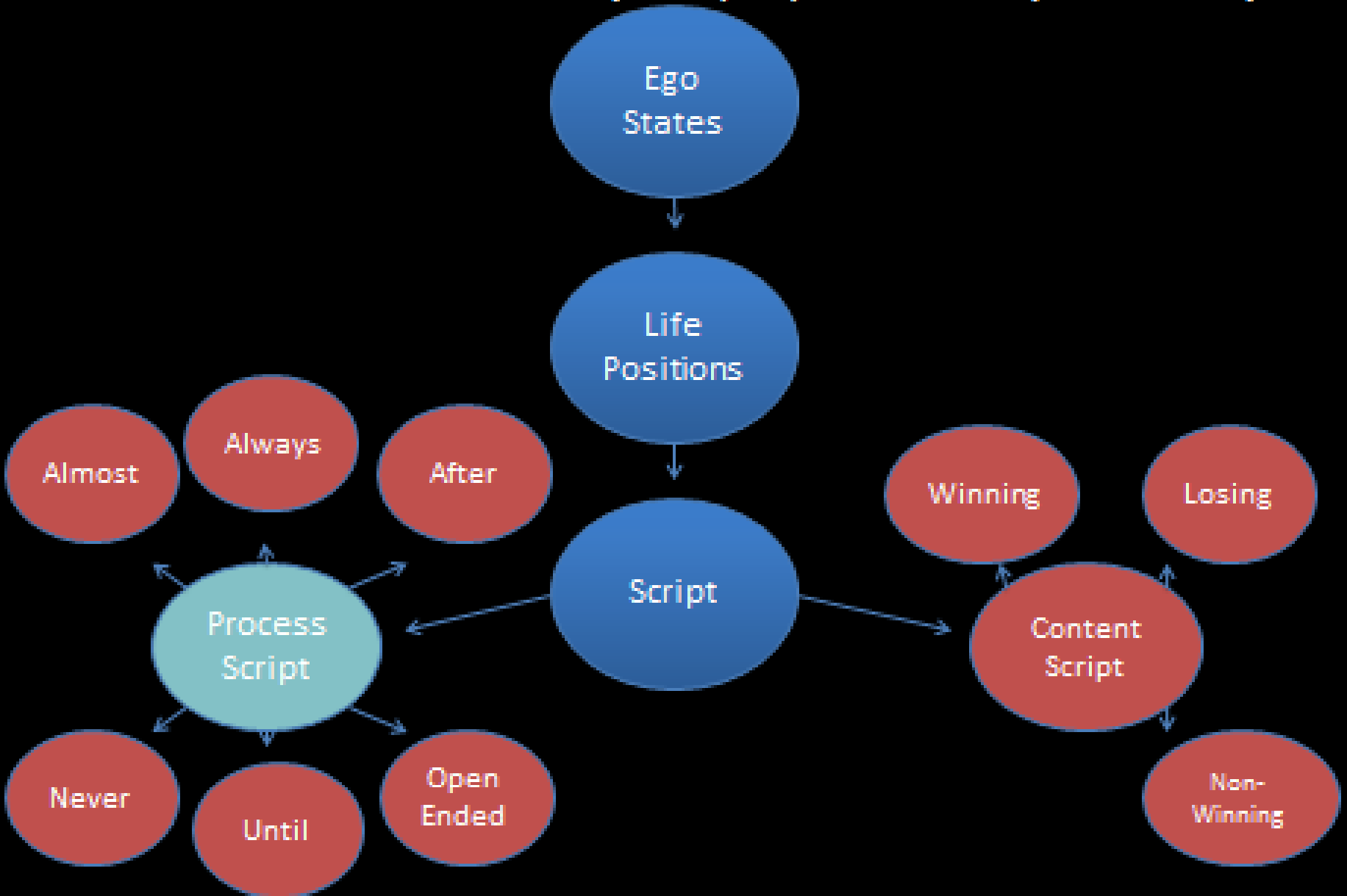
# Winners, Losers and non-Winners

- Berne said that you could tell a winner from a loser by asking him what he would do if he lost.
  - Winners would know why they lost but not talk about it.
  - Winners always have additional option
  - Losers wouldn't know and all talk would be about winning based on one option "I will win the lottery or I am going to be a professional athlete making millions" The loser stakes everything on one option and that is how he loses.

# Activity: Think of your script.

- Think about your own script and find out which category you think you belong to. (It might be multiple depending on what goal you are looking at. IE: School, Relationships, Family, Sports, Music, Leadership, etc
- Do you identify with specific areas in your life where you have set yourself up to be a winner, a loser, a non-winner?
- Are there areas in which you have so far been a loser, non-winner and would like to be a winner?
- If so , for each of these areas write down how you would know you were winning instead of losing or non-winning in that area, what would be the winner outcomes?

# Transactional Analysis (TA) and Script Theory



# Process Script

- The process script refers to the way in which your content script is realized
- We all have unique content scripts, but people live out there process scripts according to six and only six patters: Never, Always, After, Almost, Until, and Open Ended
- These patterns appear to be common to everyone, without regard to age, sex , or cultural background.

# Almost Script Type 1



- The almost script involves the embarkation of a task and to its ALMOST accomplishment.
- Jim borrows a book from his friend and reads all except the last chapter. When Jim cleans his car he gets it almost clean.
- Living the almost pattern over and over in the long term, Jim almost made it into college and then almost got promoted at work. Although he got near the boss's chair, he is not quite made it there. Each time he gets to the short list and each time he somehow fails to perform at the interview.

# Almost Script Type 2



- Like the Almost type 1 pattern, in the Almost type 2 pattern the person actually does make it to the top of the hill.
- Instead of parking his rock and sitting down to enjoy his accomplishment this person hardly notices they have reached the top of the hill or goal. He looks around for an even higher hill to push the rock up to and off he goes.
- The Almost type 2 will often be a material high achiever. I.e. Becky sailed through her examinations in school and went on to win a scholarship to college. By the time she graduated with a degree she already decided to begin her PhD studies. Now holding her doctorate, Becky does not feel she has made it. She now decided to go on and get her professorship which will mean even more hard work, she now barely has enough time for any social life.
- This Almost pattern will always leave someone with a feeling that they still have not accomplished their goals, so they set off on another one.

# Always Script

- The person with the Always script asks: “Why does this always happen to me?”
- Kayla has been married three times and divorced twice. Her first marriage was to a man who was quiet, retiring and not very sociable. Kayla broke up with him because she felt like she wanted someone more dynamic. Kayla soon announced an engagement to another man who was a carbon copy of her first husband. This second marriage didn't last much longer. Kayla's third husband is quiet, retiring and not very dynamic as well. She has already started to complain to her friends about the new husband.



# Always Script Continued

- People with the Always pattern may play it out like Kayla, going from one unsatisfactory relationship, job or locality to another.
- “The grass is always greener on the other side” or “It’s not me it’s them”





# Never Script

- The theme of the Never script is: “ I can never get what I most want.”
- Drew often says he would like to get into a steady relationship with a woman, but has never done so.
- In fact, he never seems to get started going to places where he might meet new women. He is often thought he would like to go back to college and study for a degree. But he hasn't got around to submitting application papers.
- People with Never scripts often talk about negative script content in a repetitive, broken record manner. They tell you their troubles one day, then the next day they tell them again as if the first time hadn't happened.



# Until Script

- If you live out the script according to the Until pattern, your motto in life is: “I can’t have fun until I have finished my work.” They believe that “Something good can’t happen until something less good has been finished.”
- Examples: I have to understand myself fully before I can change.
  - After I retire, I will be able to travel.
  - My reward is in the next world.

Day by day as he was for his lifetime Until, he lives out the same pattern over shorter life spans. He says to his wife: “Ok, I will come and have a drink with you, but just wait a minute until I have finished washing the dishes.”



# After Script



- The After pattern is obverse of the Until pattern. The person with an after script follows the motto: “ I can have fun today, but will have to pay for it tomorrow.”
- Example : This is a great party! But oh dear, what a headache I am going to have in the morning.



- After you are married, life is just one round of obligations
- I like to start the day bright and early, but I get tired by evening.

# Open Ended Script



- This pattern resembles the Until and After scripts having a cutoff point after which things change. But for the person with an Open Ended script, the time after that point is just one big void.
  - Example- Jake has just graduated from high school. When he gets home from the graduation ceremony Jake is looking forward to his extra leisure. But instead of enjoying it he feels uneasy. What is he going to do with himself? He has make no plans after high school? How will he fill his time?

# Open Ended Script

- The Open Ended Script pattern may be lived out over the short as well as long term. Some people typically set only short term goals. Once they have completed these, they flounder, not knowing what to do until something else comes along. Then they set another short term goal, and the process is repeated.

# Arachne The Always



# Hercules the Until

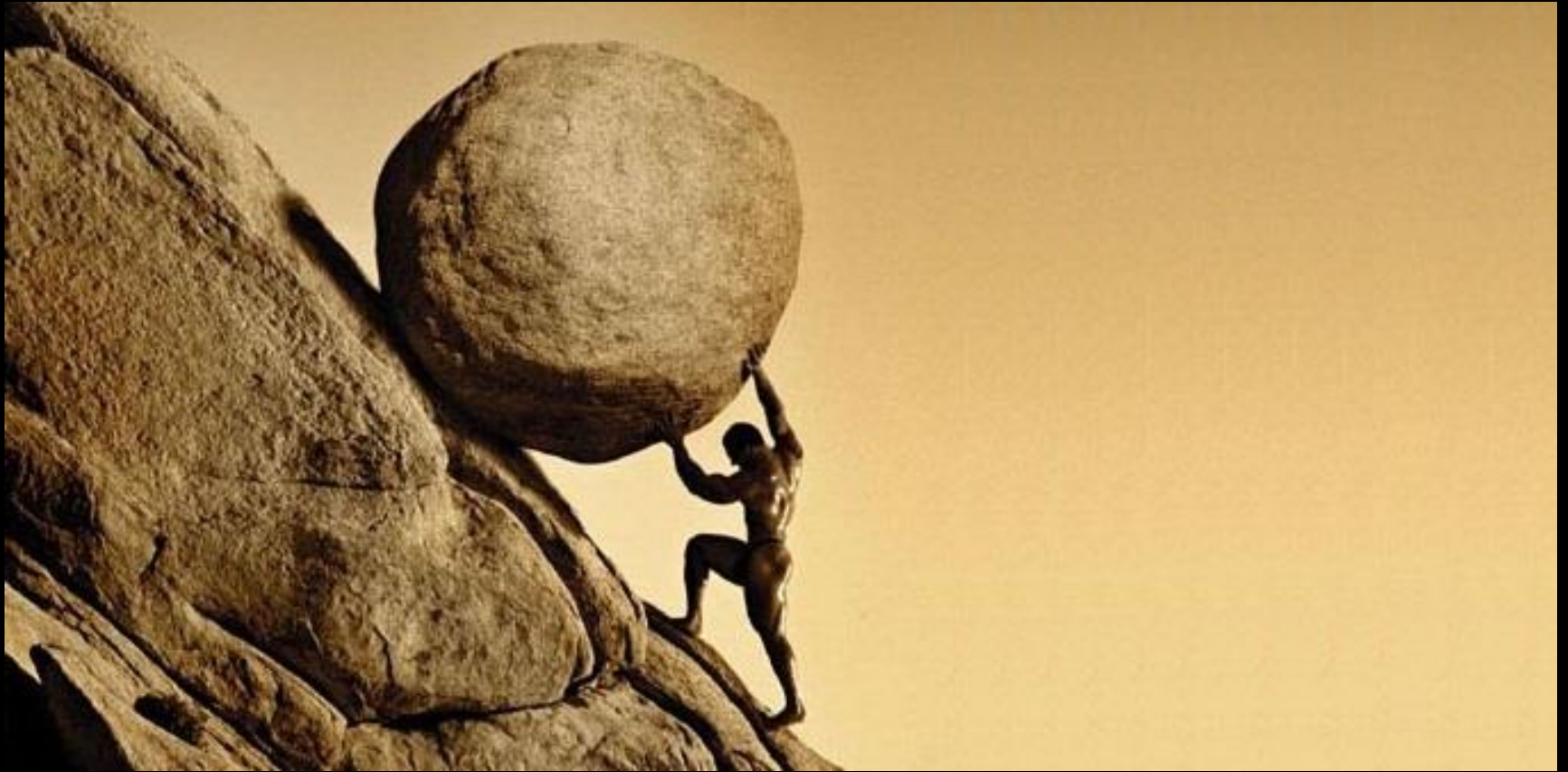


# Tantalus the Never





# Sisyphus the Almost



# Open Ended: Philemon and Baucis



# Damocles the After



# Scripts in Adult Life

- As grown ups, we sometimes replay the strategies we decided up on as infants or children.
- At these times, we respond to the here and now as if we were in the world we pictured in our early decisions.
- When we do so we are said to be in script or we are engaging in scripty behavior.

# Scripts in Adult Life

- Why don't we just leave our infant decision behind as we grow up?
- The main reason is that we are still hoping to resolve the basic issue that was left unresolved in our childhood: how to get unconditional love and attention.
- Thus as adults, we frequently react as if we were still infants. (Child ego state)
- When we get into script, we are usually not aware that we are reenacting infant strategies.

# Script in Adult Life

- We can predict when one gets into script by two factors:
  - When the here and now situation is perceived as stressful
  - When there is some resemblance between the here and now situation and a stressful situation in childhood

The greater the stress the more likely the person is to get into script. Usually 6/10 creates script like behavior.

# Example of Script as Adult

- I have a disagreement with a manager. This represents only a level 3 stress. So I stay out of script. We discuss our differences as adults and agree to disagree about the situation. Disaster averted
- Instead the manager calls in the CEO and the stress level hits a 6. Scripty behavior starts. I activate the same physical reactions, feelings and thoughts I used to as a child when my father loomed angrily over me shouting words of abuse. Without realizing it unconsciously, I have made the CEO into my father. I respond as a terrified kid of three years old would and cower to the CEO.
- Resorting to script behavior is called “Rubber Band”

# Why Script Understanding Is Important?

- The reason is that it gives up a way of understanding why people behave the way they do.
- We especially need this understanding when we are examining ways of behaving that seem on the face of it to be painful or self defeating.
- When we are in script, we cling onto infant decisions without conscious awareness, we seem to set up the world so that it appears to justify our early decisions or scripts.



# Why Understanding Script is Important?

- When in script, we attempt to meet adult problems by replaying child strategies. These responses bring about the same type of results as when you were a child.
- When we get these results we say, “Yes, the world is like I decided it was.”
- Each time we do this we confirm our script belief and take a step closer to our script payoff.
  - Example- If I decided as an infant that people will reject me, I may further my life plan or script as a grown up by setting up to be rejected again and again. I tick up another confirmation that my closing scene is a lonely death.

# Script Breaking

- Reflection upon possible script and behaviors to break ones script
  - Creating a myth of your script and describing the breaking the ways in which to break that script?
  - Review your own script and find out in which category you belong.
    - Do you identify specific areas in your life where you have set yourself up to be a winner, a loser , a non winner?
    - Are these areas in which you have so far been a loser or non winner and would like to become a winner?
    - If so, for each of these areas, write down how you would know you were winning instead of losing or no losing in that area What would be your winning outcomes?
    - For each area write down at least five actions you can take to bring about your winning outcomes. Do one of these actions each day.

SCRIPT QUESTIONNAIRE These questions are designed to gain information from the client which enables the therapist to construct a script matrix, a picture of both the messages which were passed onto the infant and the decisions which the infant made.

1. Imagine your mother sitting front of you and saying: "I am happy with you when you ... .."
2. Do the same for your father.
3. When you were little, what was it about you that most upset or scared your mother?
4. When your mother lets you know that she does not like you being like this, what do you feel?
5. What do you do when you feel like this?
6. What was it about you that most upset or scared your father?
7. How do you feel when he lets you know this?
8. What do you do when you feel like this?
9. What phrase or sentence describes your mother and her life best?
10. What phrase or sentence describes your dad and his life best?



-What changes do you want / wish for in order to enhance your life?

☐ How will you need to change to get what you want / wish for?

☐ What needs to happen for you to make this change?

☐ What are you willing to do in order to make this change?

☐ How might you sabotage yourself?

☐ How will you and I know when you have made the change?

☐ How will you reward yourself for making the change?

☐ What will you do in your life after you have made the changes?