

## The Value of Transactional Analysis to Break Repetitive Patterns in Your Life

TA is a therapy approach that aims to create change in many aspects of your life. TA is focused on how you relate to people at work, home, or any form of relationship. It believes that your social interaction plays a vital role in creating your sense of self and emotional states.

Each interaction in any setting is seen as a "GAME" where people play without consciously knowing it. By learning to understand and control the "GAME" you play, you will be able to change the way you think, feel and act; it increases your motivation to break undesirable patterns inhibiting your progression. This awareness allows you to write a script to gain stronger control of your life with confidence and positivity.

I have an extreme passion for Transactional Analysis because it allows you to gain control of your life by knowing yourself, as many times we act out base on our subconscious mind. The many human interaction issues result from the inability to be aware of what we think, feel, and how we behave towards others. TA is a system designed to help you become self-aware so that you can understand the ways others react to you.

There are four types of perspectives identified by Transactional Therapy; they are known as "Life Positions". We can get stuck in one of these positions as it takes control of our lives. These are the beliefs that we have, and it stays with us subconsciously.

Which are the 4 types f Life Positions?

I am ok; you are ok	This is an ideal balance life position as one respects both the self and the people around her. It is a conscious and verbal decision
I am not ok; you are ok	Much passive behavior occurs here, e.g., anxiety, sadness, worrisome.

	This is a nonassertive stage, whereby one focuses on her faults and negative emotions; she sees little of herself and is always in self discounting mode.
I am ok; you are not ok.	This is a stage where one feels others are not worthwhile; people around you are a nuisance and always complain about others; the characteristic is domineering and critical.
I am not ok; you are not ok.	This is the most toxic relationship a person holds as he/she perceives others is not worthy, domineering, impatient. The negative traits are always surface on someone, and as such, she is still not happy, commonly agitated and frustrated.

Some examples of the situation we experience are listed below:

- ✓ **Low self-esteem**
- ✓ **Not able to hold a relationship or job/commitment issues, struggling with punctuality**
- ✓ **Anger issue**
- ✓ **Always give in to people**
- ✓ **Trust issues**
- ✓ **Addiction**
- ✓ **Obsessive-Compulsive Disorder**
- ✓ **Rigid and stress excessively on yourself anxiety**
- ✓ **Borderline personality disorder**
- ✓ **Communication issues**
- ✓ **Depression and low moods**
- ✓ **Panic disorders**

We function and behave depending on the ego state that has triggered us, and the ego state the other person is taking. For example, if another person is always acting from the Parent Logic, you are more likely to resort to the Child (taking instruction). Many of us are constantly stuck in one state. It becomes the role we play with others until our life



becomes like the same movie scene again or again, what transactional analysis calls our 'life script'.

Ideally, we should act from the Adult state, where we use logic and make right decisions based on who we are. The transactional analysis helps you achieve congruence with yourself and improve your relationship with the people around you.

In summary, at Mind-Stream.co, it is a platform to help one to improve in life quality by working with a trained therapist to work towards a future outcome and not live your life in patterns and stagnation.

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