

Transactional analysis

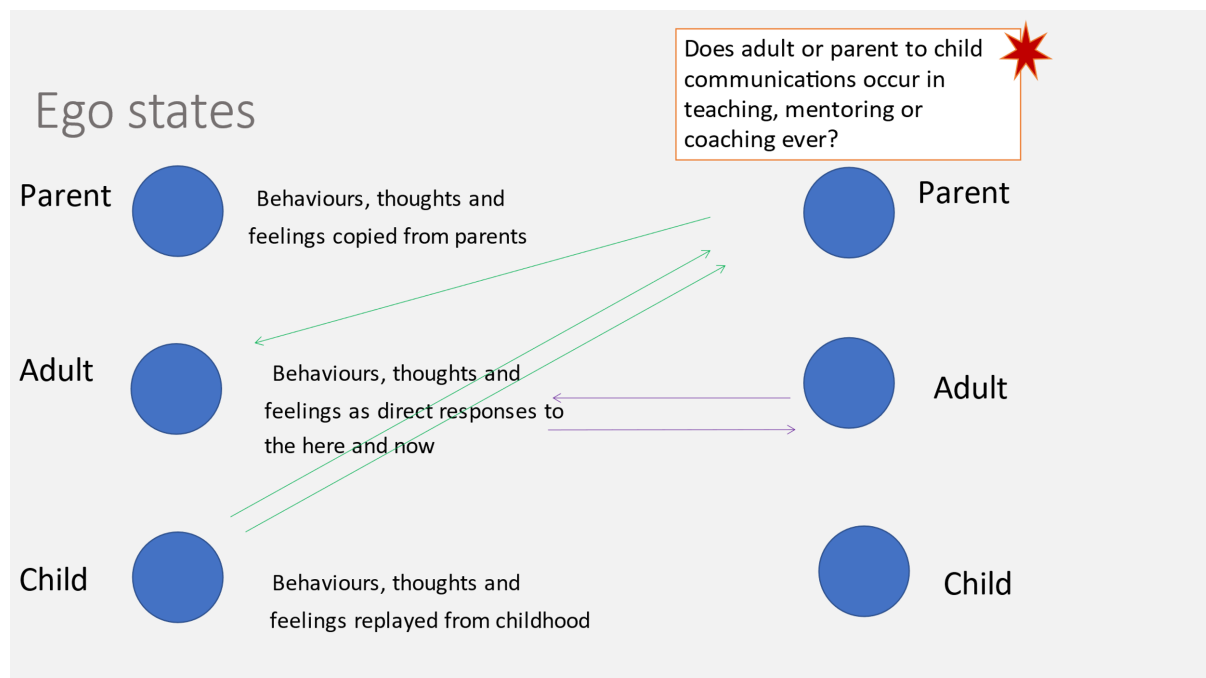
These ideas relate to communications between people. At any time our ego states can be studied. Are we acting in either Adult, Parent or Child mode? This can depend on ourselves or the situation.

There are ways to perceive ego states such as tone of voice, body language, words and emotions. If the voice tone is soothing the speaker is using a Nurturing Parent ego state. If the voice tone is harsh and critical, then the speaker is probably being a Critical Parent. An even, clear tone indicates an Adult ego state, while a cheerful or emotion-laden voice is likely to be coming from the Free Child. The Adapted Child may be either whining or just saying what is expected. The wagging finger gesture indicates Parent mode whereas the Adult will look thoughtful/nodding head and the Child mode might be emotional.

In relation to teaching we can discuss the communication taking place in a classroom. As a teacher do you control and direct or maybe you prefer to nurture and elicit? Have you ever found an adult learner (as opposed to a child) responding to you in a dependent or child like manner rather than as two adults communicating?

<https://www.youtube.com/watch?v=xxKG8PrVZCc>

https://carolsolomonphd.com/web_pdfs/Transact.pdf

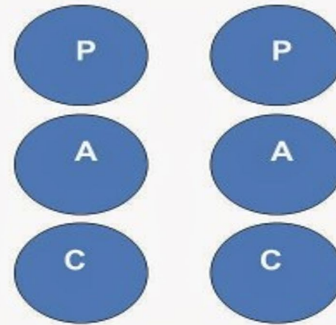


Transactions and communications

- Good parent
- Bad parent
- Good child
- Bad child

Try your own Angular Transaction

- Imagine a teacher trying to persuade student to hand in homework – what ego state would they be in and which ego state would they pretend to speak to in the student?
- or
- a teenager trying to persuade a parent to let them go out – which ego state would they pretend to address?
- Write out the conversation that goes with this interaction and draw the arrows on your diagram.



In family learning situations a tutor may also need to be aware of the communications between parent and child. Positive teaching environments, conducive to the child developing, often means learning through mistakes as part of the learning process to be encouraged rather than seen as a negative scenario. In this situation parents can encourage children to be open and creative and not to fear making errors.

Positive and negative ego states

