

Aspects of Personality

Transactional Analysis

Dr Eric Berne identified back in the 1950s that there are three aspects to our personalities that affect us everyday. Within all of us we have the ability to move between these three states continually. They affect the way in which we behave and in particular the way that we inter-relate to other people.

These three states are the basis of a theory called Transactional Analysis. Simply put they are:

PARENT- This is where values and opinions lie. We use it when we are looking after, supporting, judging and taking responsibility for ourselves and others.

ADULT- We use the adult state when being rational, objective and calculating. Rational decision making and important decisions need this part of the personality.

CHILD - We use child when we are being emotional, intuitive, creative, manipulative, rebellious, submissive. We need child in order to have fun, be spontaneous and inspired.

A fully rounded personality needs all three parts of the personality functioning and used appropriately.



Theory vs Practice

In any relationship we can adopt each of these characteristics backwards and forwards in the course of one conversation. The main problem comes when we always adopt a particular characteristic in any relationship.

To always play the “parent” for example means that you are always trying to control.

Always being a “child” may mean adopting an emotional stance, without the rationality that the “adult” can bring.

The “adult” in us helps us to think and behave in a rational way, but it is a state that can be difficult to maintain.

The good news is that once we are aware of these different states, and when we are likely to use them, we can change and choose to adopt a different position when we choose.

If you would like to know more about Transactional Analysis, and how you can use in your relationships, contact Berry Winter at **JamBerry Ltd** on 08450 945584, or email: berry@jamberry.co.uk