

Week 2

- **Transactional Analysis (Eric Berne) part 2**
 - Strokes, drivers, games
 - Contracts, trading stamps, types of feelings, drama triangle
- **Personality Types**
 - Histrionic, Obsessive-Compulsive, Paranoid, Narcissistic, Schizoid, Schizotypal, Antisocial, Avoidant, Dependent
- **Meditation Techniques**
- **Human Sexuality**
- **Sentence Completion (Nathaniel Branden)**
- **Relationships (part 2)**
 - Types of love, conflict resolution/avoidance
- **An Experience of Altered States of Consciousness: The Trance Dance (part 2)**
- **Physical Techniques for the Release of Tension (part 2)**
 - Hand squeeze, elbow magic

Week 2: Suggested Readings

- **Transactional Analysis (Eric Berne) part 2**
Continue readings from week 1.
- **Personality Types**
<http://www.focusas.com/PersonalityDisorders.html> about personality DISORDERS. Personality TYPES are the milder/normal versions of the clinical disorders. Everybody has a personality type or style; when it gets too rigid or extreme it becomes a disorder.
- **Meditation Techniques**
Lawrence LeShan. How to Meditate: A Guide to Self-Discovery.
- **Human Sexuality**
Stanway, Andrew. The Art of Sexual Intimacy.
Sky, M. Sexual Peace: Beyond the Dominator Virus. Bear & Co.: Santa Fe, 1993.
- **Sentence Completion (Nathaniel Branden)**
Nathaniel Branden's website <http://www.nathanielbranden.net/psy/psy02.html>
- **Relationships (part 2)**
Continue readings from week 1.
- **An Experience of Altered States of Consciousness: The Trance Dance (part 2)**
Continue readings from week 1.
- **Physical Techniques for the Release of Tension (part 2)**
Continue readings from week 1 **Tri-Energetics**

Handout TE 2, presentation Esther Voet

Transactional Analyses

1. Collecting/Trading Stamps
2. The Drama Triangle
3. About Contracts

1. Collecting/Trading Stamps

When you experience a racket feeling there are two things you can do: express the feeling, or 'save it for later'. The saving for later is also called 'collecting stamps'. Then you create a kind of databank and put it on the credit account. You can compare this kind of behavior with the way people collect stamps to save up for something. The moment the book is filled with stamps, you trade them in, that's when you go for the pay off. You can collect a few stamps, or complete books, before you trade them in. For example: somebody makes you angry, but you do not show it. You keep your mouth shut, until the day comes that a small thing happens (actually good for only one stamp). You decide to cash all the saved stamps in: you blow the small situation out of proportion and are much more angry than normally would be in this kind of situation. Collecting and trading stamps can end up in divorce or even suicide!

2. The Drama Triangle

You can analyse Games by the use of a drama triangle. When people play a game in the Transactional Analyses way of the word, there are always three roles to play: that of the persecutor, the victim or the rescuer.

- a. The persecutor is the person who puts people down. He/she thinks of other people as being inferior and as not-okay.
- b. The rescuer also thinks of other people as not okay and inferior. But the rescuer reacts by offering help from a superior position. He/she thinks: 'I have to help the others because they are not capable to help themselves.'
- c. The victim thinks of him/herself as being inferior, not worthy and not okay. He/she will often find a persecutor or a savior to play his/her game. He/she thinks: 'I need to find somebody to help me because I can't do it on my own.'

All the three roles implicate some sort of denial. The persecutor and the rescuer deny others, the victim denies him/herself. If you play a game, normally you start on one position and during the game you will move to another.

for example:

a sister starts a game (I was only trying to help) by being the rescuer when she takes her brother into her house after his divorce. During the time they are living together, he takes the role of victim. Because he does not show any initiative to get his feet back under him, the sister starts persecuting him. The brother leaves the house, leaving her with a feeling of being victimized because 'she did everything for him and he did not show any gratitude'. The brother then starts persecuting the sister, saying that she promised all sorts of things but did not live up to her promises.

The victim is normally in a child ego state, the persecutor and rescuer come from parent ego states.

3. Contracts

You can make contracts with yourself, clients, friends, family members and anybody else as long as a contract is made from the adult-ego state. It is a deal between two parties of an explicit nature.

A contract consists of the following ingredients:

1. it is clear who the parties are
2. it is clear what the parties are going to do
3. it is clear how long a contract is in place
4. it is clear with which goal a contract is made or what will be the result of the contract
5. it is clear how to know that the contract will reach the result that is needed
6. it is clear how the client will benefit from the contract

example:

By this time next year I will be healthy and beautiful and have a good physical condition.

This can be a contract for someone who does not have enough exercise in his/her life. The contract has a positive outcome: being beautiful and healthy.

Contracts with a negative intonation do not work. For example: I will not smoke for one week.

Make it into a positive outcome like: Next week I will feel healthier and can breathe freely.

A Tri-Energetic Look at Personality Styles and Disorders

by Henry Marshall

EGO is the "I" or "self." It is the author and the main character of "the story of me."

PERSONALITY is the sum total of all the qualities, traits, and behaviors that characterize a person's individuality and by which (together with physical attributes) the person is recognized as unique. Personality is the unique and characteristic way the ego expresses itself...like the clothes we wear to express ourselves and to function in daily life.

PERSONALITY STYLE refers to the typical pattern of self-affirmation, self-negation, and coping that a person uses to deal with life. If personality is the clothes we wear, personality style is the fashion we prefer and typically use. It's the style the ego uses to present itself.

PERSONALITY DISORDER refers to a personality style that has become very rigid or extreme. It's like always wearing the same clothing style, no matter if you are cleaning your room, getting married, or taking a shower.

WHAT WE'RE GOING TO DO IS to take a humorous look at personality disorders in order to learn about our own personality style. This Tri-Energetic perspective will emphasize the INFLEXIBILITY and the extreme sense of NEED of the disordered personality. The INTENTION of humor is to increase awareness and decrease identification with our maladaptive behavior patterns.

The DSM-IV-TR: Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, defines a personality disorder as an *enduring pattern of inner experience and behavior that deviates markedly from the expectation of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment.*

Currently, there are 10 distinct personality disorders identified in the DSM-IV. The following descriptions are by Linda Lebel from the website <http://www.focusas.com/PersonalityDisorders.html>

- **Antisocial Personality Disorder:** Lack of regard for the moral or legal standards in the local culture, marked inability to get along with others or abide by societal rules. Sometimes called psychopaths or sociopaths.

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 **TRI ENERGETICS**

- **Avoidant Personality Disorder:** Marked social inhibition, feelings of inadequacy, and extremely sensitive to criticism.
- **Borderline Personality Disorder:** Lack of one's own identity, with rapid changes in mood, intense unstable interpersonal relationships, marked impulsively, instability in affect and in self image.
- **Dependent Personality Disorder:** Extreme need of other people, to a point where the person is unable to make any decisions or take an independent stand on his or her own. Fear of separation and submissive behavior. Marked lack of decisiveness and self-confidence.
- **Histrionic Personality Disorder:** Exaggerated and often inappropriate displays of emotional reactions, approaching theatricality, in everyday behavior. Sudden and rapidly shifting emotion expressions.
- **Narcissistic Personality Disorder:** Behavior or a fantasy of grandiosity, a lack of empathy, a need to be admired by others, an inability to see the viewpoints of others, and hypersensitive to the opinions of others.
- **Obsessive-Compulsive Personality Disorder:** Characterized by perfectionism and inflexibility; preoccupation with uncontrollable patterns of thought and action.
- **Paranoid Personality Disorder:** Marked distrust of others, including the belief, without reason, that others are exploiting, harming, or trying to deceive him or her; lack of trust; belief of others' betrayal; belief in hidden meanings; unforgiving and grudge holding.
- **Schizoid Personality Disorder:** Primarily characterized by a very limited range of emotion, both in expression of and experiencing; indifferent to social relationships.
- **Schizotypal Personality Disorder:** Peculiarities of thinking, odd beliefs, and eccentricities of appearance, behavior, interpersonal style, and thought (e.g., belief in psychic phenomena and having magical powers).

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Meditation Techniques

“Meditation is inner astronomy. You discover the stars, the moon, and the sun are all inside you.”

What is meditation ? Why meditate ? How to meditate?

If you want to live a more fulfilled life, first you will want to know your potential; who you really are.

Meditation is the route to that knowing. It is the methodology of the science of AWARENESS. It is best understood as a state of ‘mental silence’ in which you are fully alert and aware but free of the unnecessary thoughts or worries that lead to many of life’s day to day stresses!

When you become aware of SILENCE, you come in a state of inner ALERTNESS. This state of silence occurs spontaneously when you learn how to focus on the experience of the PRESENT MOMENT.

When we are in our (busy) mind we are cut off from the here and now. Thinking manifests itself either in the future or in the past, never in the here and now!

The power of thinking has a tremendous force which is hard to stop. Every thought appears to be very important and wants your full attention.

At the moment you notice the silence in and around you, YOU DON’T THINK! You are aware of everything, but you are not thinking.

What is silence? Silence is the pause in between two thoughts, the short space in between words in a conversation, the pause in between an inbreath and an outbreath.

Wisdom arises with the ability to be silent. So wouldn’t it be wise to stop our identification with our thinking?

The benefits of an ongoing meditation-practice, as it impacts our health, can be classified into three categories:

- Physiological: drug addiction, pain-management, high blood-pressure, etc.
- Psychological: depression, panic-attacks, etc.
- Spiritual: you will shift your goals to more personal and spiritual growth. As a way to be more attuned to the spiritual dimension of life. The awareness that meditation brings is a source of personal insight and self-understanding.

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Most people who practice meditation, do so to reduce stress, anxiety, anger and other negative emotions, and to feel more in control. Meditation increases self-confidence, intuition and a feeling of connection to others.

There are more than a thousand ways to meditate. Prayer is probably the most known way. There is sitting, lying, dancing, screaming, walking, laughing, crying, silent meditation and so on. Each with the goal to QUIET THE MIND.

Roughly all meditation techniques can be grouped into two basic approaches:

- a. concentrative meditation
- b. mindfulness meditation.

a. Focuses the attention to the breath, an image or sound in order to still the mind. The simplest form is to sit quietly and focus the attention to the breath. There is a direct correlation between one's breath and one's state of mind. For example when a person is anxious, frightened or nervous the breath will tend to be shallow, rapid and uneven. On the other hand when the mind is calm, focused and composed, the breath will tend to be slow, deep and regular. Focusing the mind on the exhalation provide a natural object of meditation. As a result your breathing will become slower and deeper and the mind becomes more tranquil and aware.

b. The person sits quietly and simply witnesses whatever goes through the mind, not reaching or becoming involved with thoughts, memories, worries or images. This helps to gain a more calm, clear and non-reactive state of mind.

Important in these sitting-meditations:

Sit in a yoga-posture (if possible your knees lower then your hips), sit on the spot in between your anus and genitals put your belly forward.

Relax your shoulders and belly. Get your spine as straight as possible.

Make use of the 2:1 breathing. (inhale 4-5 sec. exhale 8-10 sec.)

Don't make meditation an obligation (you don't have to sit for hours...).

Enjoy it!

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Human Sexuality - A glimpse on a huge and great subject

Sexuality is the bottomline of evolution.

Sexuality is life-energy.

And as a fact of life sexuality just is.

As there is no way as a human not to be bodily in the world we are all sexual beings. We are created by sex and we are created for sex.¹

As sexual beings we are physical beings.

We are connected with each other and with the world. Through the energy of sexuality we are woven into the big rhythm of live, into the rhythm of the seasons and into the rhythm of the coming and leaving of the generations before and after us.

As sexual beings we are spiritual beings.²

We do not have to act out or to get in competition to be sexual - to be. No make up, no high heels, no body-building is nessecary.

Within our bonds towards this planet and towards human community each of us develops and ceates his or her own sexual biography on a physical, cognitive, emotional and spiritual level.

To find out more about your biographical background it can be helpfull to ask yourself some or all of the following questions.³

How were you physically treated as a child?

What memories of physical expiriences do you have?

Do you know or remember anything about your birth? What is ever talked about as you were growing up?

How do you feel around babies?

Can you remember feeling sexual as a child?

Did you receive any positive encouragement for such feelings? Did you receive any simple explanations?

Were you taught to express bodily needs? To express feelings?

¹ The classification of female and male is defined by five physical criterias: chromosomal gender, gonodal gender (testrials or ovaries), hormonal gender, inner sexual organs and outer sexual organs. There is a minority of people who are not clearly attached to be male or female by these cterierias. This phenomen is called hermaphroditism. Although they are not sharply defined as male or female I would still call them sexual beings for they have sexual needs and show sexual desire. I also consider transsexuals as sexual beings. Beyond that I just want to mention without defining that there is a small group of humans born without Libido, without the ability to love and to feel sexual needs or desire.

² In differece to the Christian doctrine the flesh is not seen seperated from the spirit.

³ I took the questions from the book **SEXUAL PEACE** by Michael Sky, 1993, page 61 and modified them.

Did you ever see or hear your parents making love?
How would they have reacted if they had known you were observing?
Did your parents ever talk to you about sex?
Did your parents hug you, hold you, kiss you?
Did you ever play „doctor“ with other children?
Were you forced into such sexual play?
Did you like to look at pornographical magazines?
When did you first masturbate? How did you feel about it?

How do you feel now as you hear/read these questions? Are you feeling uncomfortable, amused, happy, hurt, bored, angry confident, good?
Is your body loose or tense, where?
Are you holding your breath?

How does the notion of childhood sexuality sound to you?

If you had absolute choice in the matter, what sexual reality would you choose for yourself now?

We allow or not allow us to trust, to be close, to feel desire, to be aroused, to be tender, to love and be loved.

We create fantasies, pictures. We consider a particular behaviour as normal or abnormal. We reflect on situations that had happen to us or might happen to us.

Our experiences are the platform from where we approach others. From here we create intimacy, sexual joy and communication and built partnerships.

Sharing about sexuality about sexual needs and wants can be a lifelong-lasting joy and adventure. - And hopefully will be continued in this group.

Books that might be helpful:

- Sky, Michael: Sexual peace. Beyond the Dominator Virus, Bear & Company Publishing, Santa Fe, Mexico, 1993
- Stanway, Andrew: The art of sexual intimacy, Carroll & Graf Publishers, N Y, 1993
- Plesse, Michael, St. Clair, Gabrielle: Feuer der Sinnlichkeit. Tantrische Selbsterfahrung für einzelne und andere, Goldmannverlag, 1988

There are a lot of books about Tantra and living sexuality in a partnership. It might be joyful to be curious about that by yourself.

TYPES OF LOVE

There are as many forms of love as there are lovers.

1. Romantic Love erotic
2. Parental Love critical parent, nursing parent
3. Filial Love friendship, platonic
4. Self Love when I love the holy in myself. Self-love is a healthy form of narcissism.
5. Agape Is love for humanity, or for the nature
It's unconditional. There is no reason

Love is: „I want“ and not „I have to“.

Love is: „I want to give“.

Love is a way to connect to a person.

I am grateful for your love and I am grateful to love you.

Love needs to develop in lasting love. It takes time, it takes tears of truth, it takes fighting, it takes surviving a conflict, it takes acceptance, it takes taking care for each other and it takes responsibility.

So it's normal to have conflicts in relationships. Problems are coming from avoiding it. Satisfaction comes from resolving it.

CONFLICTS

How people have conflicts.

To deny/avoiding it no there is no problem, no everything is fine, I feel good...

The person hopes the problem will go away.

To blame you are unfair...you have hurt me and I want to get even...

It's your fault...

To give in you accommodate. Whatever you say... whatever you want....

The accommodator remains very unhappy

Withdraw you are leaving the place, I am out here...

Know what you need

Say what you want

Have clear intentions

Stay curious, be tolerant, and be flexible

Thomas Gordon 1975

<http://mentalhelp.net/psyhelp/chap13/chap13m.htm>

STEP ONE: Start with the right frame of mind.

Start by seeing your opponent as a decent, reasonable person who wants to arrive at a fair solution. Deal with him/her with respect. Just as you would separate the person from his/her behaviour, separate the person from the conflict the two of you are having.

In this fair and cooperative spirit, invite the other person to sit down and talk it over with you.

STEP TWO: Have a discussion to understand both sides' problems, conflicts, needs, and preferred outcomes (separating "positions" from "interests"). Be empathic, stay curious, be flexible, and tolerant.

Admit there is a conflict; acknowledge that both of you have legitimate needs and goals. Be respectful and, as much as possible, empathize with each other. Indicate that you are willing to be flexible and open-minded; ask your partner to be. See if both of you are willing to make a sincere effort to work out an optimal solution, recognizing that neither can have everything he/she wants. If so, arrange to take the time necessary to understand both sides.

Start by clarifying to each other exactly what the conflict or problem involves. Ask for all the additional information you need. Don't try to offer solutions now. First, just listen to the other side, get all the facts, and don't try to assess blame but point out anything that seems unfair. Be honest and cordial. Be as understanding, empathic, and sympathetic as you can be.

Special attention must be given to the causes (try to avoid blaming) of the conflict, as seen by both people. List the things each of you do that has not helped to resolve the conflict. Consider what attempts have been made to resolve the issue before. Also, very specific behavioural descriptions of the desired outcomes should be gotten from both people. At the end of this discussion, both people should understand the exact nature of the disagreements. Be sure you do much more listening than defending or "explaining." Do not, at this point, disagree with the other person's ideas and certainly don't attack or insult them. Listen carefully, and especially listen for similar goals. It is these agreements that will form the basis for a cooperative plan.

Recognize that there are probably many possible solutions that would meet both your "interests" and the other person's "interests." Talk about your shared interests. It helps you avoid thinking you will accept only one solution. Also, avoid feeling competitive and that you must come out on top or get some concession to save face. All of this takes time.

STEP THREE: Gather all the additional information you need and think of several options or plans for resolving the conflict and satisfying shared interests. Try brainstorming.

Drawing upon the things you both agree on and upon your shared goals and interests, draft some plans for changing things and for greater cooperation which will maximize the desired outcome for both of you. Have several plans or ideas (to demonstrate your flexibility).

There is no force, no threats, no crying or whining or other pressure to get one's way, just logic, respect, and consideration of each other. Both accept in advance that the final "solution" must be acceptable to both. No one is put down; everyone wins as much as possible.

Also, try to describe the behaviour you want very specifically. Avoid vague comments, e.g. ~~don't just say, "I want to be closer."~~ Instead, say, "I want to have at least 30 minutes together every night so we can share our days...and smooch. If we do that, then I think we will have intercourse more often, which you and I both want." The idea is to solicit the other party's ideas and cooperation in planning a better future. So, don't throw in insults and criticism ("you are so uncommunicative") and don't bargain for changes that are very difficult or impossible for the other person to grant, such as a change of feelings ("accept my watching sports").

If you can't think of good solutions to the conflict, try brainstorming with friends, colleagues, or with the person with whom you are in conflict. Both of you are looking for ways you both can win. Do some reading. Try to be creative.

STEP FOUR: Both of you present your plans for resolving the conflict; try to integrate the best of both plans. Or, make a fair offer or express a request. Negotiate the differences.

Don't present your ideas as the "ideal solution," be tentative and honestly welcome different or better ideas. Nevertheless, clearly state the logical reasons for the plans or offer you are proposing. Make it obvious that you have considered the other person's needs and preferences. When indicating the outcomes you want, don't just say you want something because it is to your advantage

It may be wise to present your two best alternatives and then ask the other person which he/she likes best or if he/she can see ways to improve on your proposals. This shows your flexibility. If the other person seems unhappy with your suggestions, ask: "What would you do in my shoes?" or "What don't you like about my suggestion?" These kinds of discussions may disclose the other person's interests and motives, which can perhaps be integrated.

Normally, the other person will have his/her own plan or will make a counter-proposal. Don't immediately attack the plan. Instead, earnestly ask "why" and "how" these changes will help them and you (you are looking for a mutually beneficial solution); this discussion will uncover his/her basic "interests." Give the other person support and encouragement when he/she proposes solutions that address your shared interests. Then the best of both plans can be integrated. And, the remaining disagreements can be discussed and compromises sought.