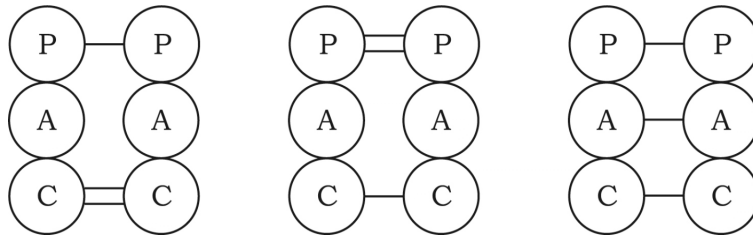


GAME-FREE COMMUNICATION FOR COUPLES, PART 2, 2007
 (1997 videotape of Eric Berne Training Workshops Part 1)
 USATAA/ITAA conference. 2007.
 Stephen B. Karpman, M.D.

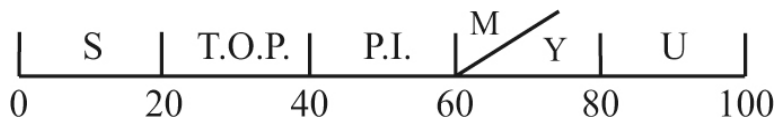
1. WHEN DO COUPLES NEED VERBAL SKILLS?

It takes strong Parent bonds or strong Child bonds to get together and takes Adult communications to stay together. Three channels are needed.



2. WHAT TO COMMUNICATE?

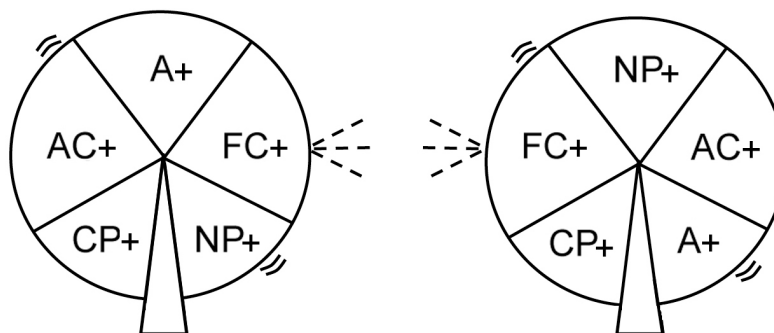
There are 0% to 100% intimacy possibilities in the TOPICS discussed:
 20%, **Silence**. 40% **Things, Objects, Places**. 60% **People, Philosophy, Psychology, Ideas, Issues**. 80%, all about **Me or You**. 100%, **Us**. (It spells "Stop, I'm you").



INTIMACY SCALE

3. FREE YOURSELF UP AND OTHERS WITH THE PERSONALITY PINWHEEL

In this relationship, check to see how many of your ego states you can safely free up in the presence of a partner, and how many of the partner ego states you can bring out and encourage. You can turn both pinwheels.



THE PERSONALITY PINWHEEL

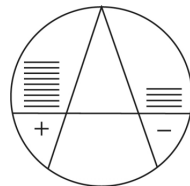
4. HOW TO LISTEN. THE LISTENING SCALE

Rate who is a good listener and how much they will use constructively.
(To "A*I*R* it out" satisfactorily, give Apology, Insight, and Responsibility)



5. HOW TO BE A SECURE LISTENER. THE ADULT SCALES.

To be a secure listener without defensiveness, know and accept all your good traits and bad traits in advance, to be relaxed and OK anywhere. (Three bad traits are allowable, and three mistakes a week are allowable). Accept the belief system that communication is safe, you can do it, and it works.



ADULT SCALES

6. THE THREE RULES OF OPENNESS

To openly solve problems, each partner can bring three skills to the relationship: to "Bring It Up, Talk It Up, Wrap It Up," (not "Save it up, Blow it up, Mop it up").

BRING IT UP. Some partners are best at this, others are shy and lack the skills and permissions needed. They may expect mindreading, calm responses to their inflammatory words, or they fear consequences based on old childhood memories.

TALK IT UP. Partners must avoid crossed transactions, drama triangle switches, or the 6 Fightmakers: H.M.E.L.T.S.: Hundred Percentiles, Mindreading, Excitability, Labels, Threats, and Subjects (too many). Don't "talk it to death" but move on to:

WRAP IT UP. Choose creative resolutions among the 20 C's below. If guilty as charged, play your ABC's: Admit It, Believe It, Change It.

HOW TO "WRAP IT UP."

(Follow the Three Rules of Openness: Bring It Up, Talk It Up, Wrap It Up.)

Wrap It Up requires Collaboration + Creativity = Closure: Some resolutions are:

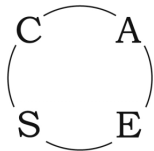
CONTRACTS	CHANGES	CHOICES	COMPROMISES
COMPENSATIONS	COMMITMENT	COMPASSION	COMFORT
CONFESSION	CONCESSION	CAPITULATION	CATHARSIS
COMPLETENESS	CLARIFICATION	COMPREHENSION	CONSENSUS
COMPLIMENTS	CONSIDERATION	CLEAR THE AIR	CLOSURE

7. WHAT GOES WRONG WITH OPENNESS?

A. BEHAVIORAL - THE FOUR INTIMACY BLOCKS: C*A*S*E*

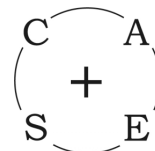
THE INTIMACY EVASIVE LOSER'S LOOP

Condescending
Abrupt
Secretive
Evasive



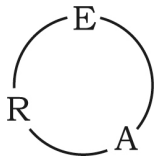
THE INTIMACY WINNER'S LOOP

Caring
Approachable
Sharing
Engaged



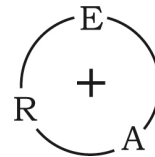
INTIMACY INVASIVE LOSERS LOOP

Eager
Relentless
Annoying

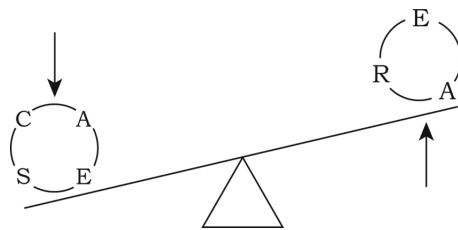


INTIMACY INVITING WINNERS LOOP

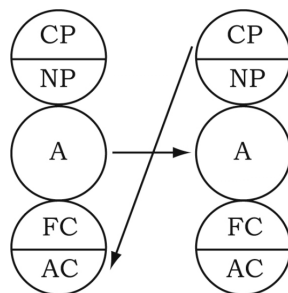
Empathic
Relaxed
Appealing



THE STRUGGLE FOR POWER SEE-SAW



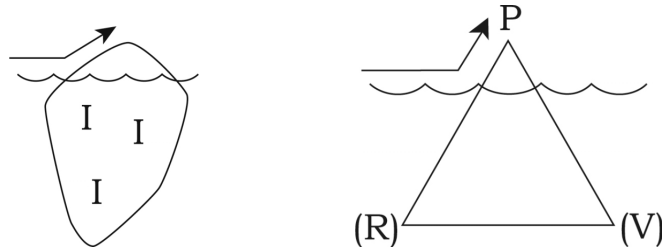
CROSSED TRANSACTIONS INTERRUPT COMMUNICATION



B. COGNITIVE - DISCOUNT OF MEANING

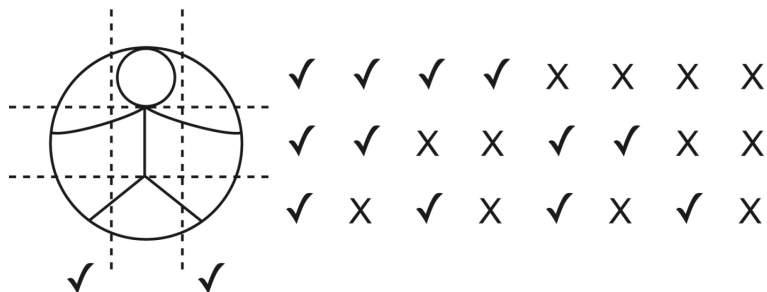
The I'sBerg: Discount of Information, of Importance, and of Intent.

The Drama Triangle: Discount of Appreciation (R) and Sympathy (V)



C. EMOTIONAL - DISCOUNT OF PERSON

"Double Discounting Octanopia." Eight discount combinations of head, heart, and sex; then work.



8. WHO CONTROLS THE FLOW OF INFORMATION

A. THE GAME PLAYER'S THREE RULES OF CHAOS:

The rapid-switching with "The triple reverse"; "Tag, you're it."

Rule 1. Make a game out of everything

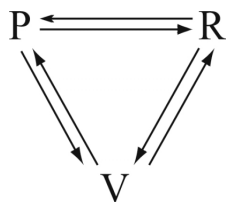
Rule 2. Deny everything

Rule 3. Immediately put the other person on the defensive

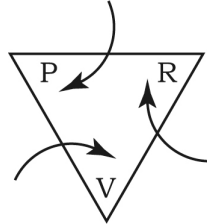
B. HOW THE THREE DRAMA TRIANGLE ROLES CONTROL OPENNESS

You can't "Bring It up" because:

1. The Persecutor acts too controlling and intimidating, and has been hurtful.
2. The Rescuer acts too generous and nice to confront. Game of "Greenhouse."
3. The Victim acts too unfortunate and unhappy for you to disturb.
4. Rapidly switching roles keeps the target person guessing and frustrated. Each role can escalate into 1st degree, 2nd degree, or 3rd degree dramas.

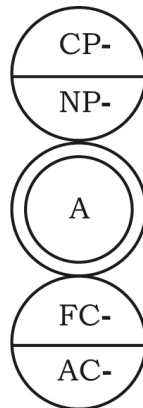


5. Or the person will defeat openness by quickly switching inside into
- Self Hate (P) "I'll beat myself up over that."
 - Self-Defeat (V) "I can never win."
 - Self-Denial (R) "It's their fault, you poor thing."



C. HOW NEGATIVE EGO STATES CAN CONTROL OPENNESS

- CP- Power makes the rules and penalties of who talks, when, how, and why.
- NP- Too kind to challenge. Only sweetness and love allowed. No "ugliness."
- (A) (excluded A). "Only logic is allowed." Your feelings don't count."
- FC- Too playful to get serious. "Enjoy the moment." "Don't spoil my fun."
- AC- Too needy, helpless, frightened and disorganized to talk to for very long.



NEGATIVE SIDES OF THE EGO STATES

D. HOW UNAVAILABLE EGO STATES CAN CONTROL OPENNESS

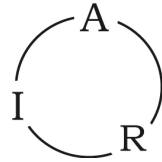
You can't "Bring It Up" because:

Instead of the Ego States being overpowering as above, they can also be unavailable or impaired. This discourages any interest in initiating openness to improve the relationship: Your partner may be:

- CP- Reliability impaired
- NP- Empathy impaired
- A- Reason impaired
- FC- Humor impaired
- AC- Flexibility impaired

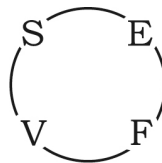
E. THE LISTENER LOOPS FOR ACCOUNTABILITY

To respond to a complaint, "A.I.R. it out" with Apology, Insight, and Responsibility; Seven P's: Participation, Problem, Promise, Plan, Penalties, Proof, Praise, or Seven R's: Response, Regrets, Reflection, Responsibility, Reassurance, Repair, Reward.



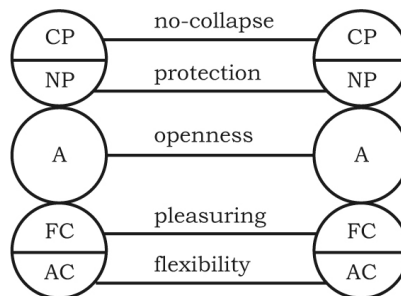
F. THE LISTENERS LOOP FOR ENCOURAGEMENT

The desired response is S.E.V.F. Strokes, Encouragement, Validation, Follow-thru



9. THE BEST RELATIONSHIPS

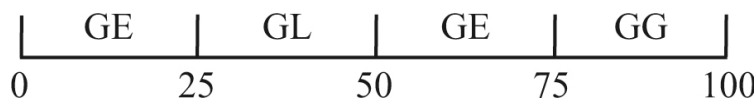
A. FIVE TRUST CONTRACTS FOR COUPLES



B. THE GENEROSITY SCALE

Think of an important partner in your life in the past, present, or future. Where do you place yourself and your partner on the Generosity Scale below?

GE - Give Elsewhere GL - Give Less GE - Give Enough GG - Give Generously



THE GENEROSITY SCALE

C. THE LIKE ME, LOVE ME LIST

Do you give and receive each one satisfactorily?
Also rank in order who offers what best.

LIKE ME
LOVE ME
HEAR ME
HELP ME
HOLD ME
HAVE ME

D. THE SUPPORT CIRCLE FOR STROKES, ADVICE, AND SUPPORT.

For support, do you prefer a) patient listening, b) sympathy, c) good questions, d) parallel experiences, e) advice, f) advocacy, or g) helpful hands??

Have you advised your partner on what works best for you? Can you appreciate and use constructively whatever you get? Do you criticize the support that you do get, thus conditioning the partner to quit trying? Do you keep things inside and not ask for what you want?

“SUPPORT CIRCLE” WORKSHOP EXERCISE: Gather in groups of four to practice, in turn, each of the four roles below. This exercise can also be used for one hour lunch-time meetings. The goal is to present a problem and in less than 15 minutes per person, to Feel It (F), Find It (T), and Fix It (A). The F.A.T. triangle refers to the Feeling, Action, and Thinking approaches to problem solving.

For each 15” turn, allow time at the finish to rate the Presenter on how complete was the presentation, and on the Listening Scale for how well they could “Listen and Learn.” Discuss with the others how comfortable they were in performing their roles. The four roles to learn are:

1. Presenter; gives a current, past, or future problem, or a hypothetical one.
2. Feelings response; strokes, sympathy, with understanding of your struggle.
3. Thinking response; Comprehension, reflection, interpretations, options.
4. Action response; “Here’s what to do now, how to do it, and no excuses.”

10.SUGGESTED WORKSHOP EXERCISES

(Rebel Child may not follow directions).

1. Intimacy Scale demonstration. Bus Stop” exercise for two
2. Personality Pinwheel. Guided group or exercise for two
2. C*A*S*E* exercise. Two person; one blocks the other, all four ways
3. Drama Triangle role switching exercise. Two person; one switching on the other
4. Ego state practice exercise. Three-person discussion
5. The Generosity Scale. Three-person discussion
6. Like Me, Love Me List. Three-person discussion
7. Support Circle. Four Person, rotate roles (for last hour)