

Transactional Analysis Philosophy, Principles and Practice

| PHILOSOPHY | PRINCIPLES | PRACTICE |
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| <p>Belief in the intrinsic value of all people - I'm OK-You're OK</p> | <p>Give deep respect to self and others No power-plays, deception, manipulation or discounts</p> | <p>Contractual method, openness and integrity in dealings with people</p> |
| <p>People are responsible for their own thoughts, feelings and behaviour</p> | <p>Accept personal responsibility for one's own experience No blaming of self or others</p> | <p>I-statements – congruence- emotionally literate interaction</p> |
| <p>A person's own experience is of prime validity</p> | <p>Recognition and respect for each person's personal experience Avoidance of interpretation</p> | <p>Accounting for self, other and the situation – validation of inner experience - empathy</p> |
| <p>Each person constructs and decides own destiny, and can change those decisions. Problems are solvable</p> | <p>Focus on the positive and optimistic</p> | <p>Search for solutions, assess options using 'how' rather than 'why' questions</p> |