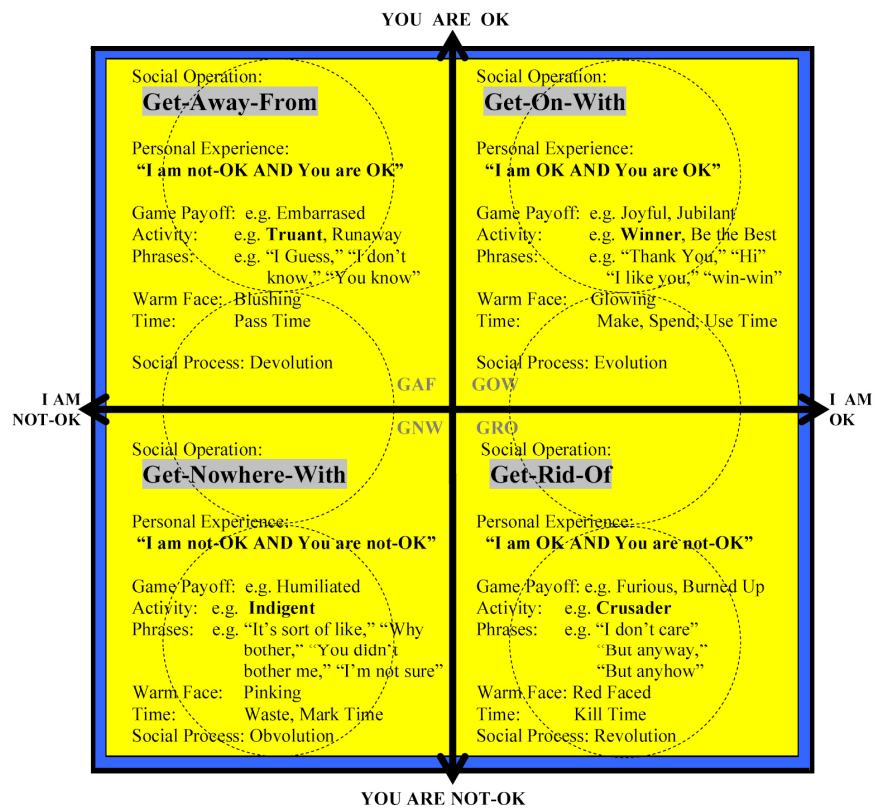


Transactional Analysis in the OK Corral: Grid for What's Happening

by

Franklin H. Ernst Jr., M.D.

TRANSACTIONAL ANALYSIS in the OK CORRAL: Grid for What's Happening



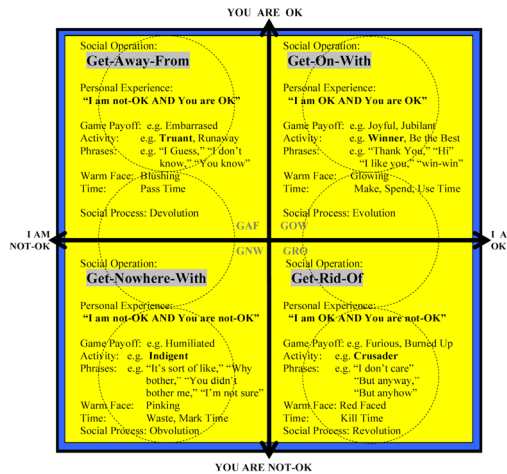
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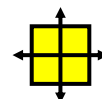
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TRANSACTIONAL ANALYSIS in the OK CORRAL: Grid for What's Happening



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Transactional Analysis in the
**OK Corral:
Grid for What's Happening**

by

Franklin H. Ernst, Jr., M.D.

Man is repeatedly evaluating himself as to the value of himself to himself and also to his companion; as to the value of his companionship for himself and for his companion. These are in the often silent:

1. "How are you (How am I with you)?"
2. "What am I going to do with you?"
3. "How is this (situation with you) going to turn out?"
4. "How am I going to get out of this (situation with you)?"
5. "(I wonder) what (do) you think of me (now)?"
6. "What are you thinking of doing to me (now)?"

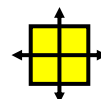
"What am I going do with you?" can be understood as coming from one of the four categories of dynamic social operations¹ (Figure No.1). In fact, each of these six questions is resolved by discerning the outcome of the particular encounter with the identified other person. It has been found there are four major classes of outcomes which result from social encounters.² The four classes of outcome are called Get-On-With (GOW), Get-Rid-Of (GRO), Get-Away-From (GAF), Get-Nowhere-With (GNW).³

- a. The **Get-On-With (GOW)** outcome of a social encounter occurs when the personal experience of the particular person closes with an **I-Am-OK and You-Are-OK**.
- b. The **Get-Rid-Of (GRO)** outcome of a social encounter occurs when the personal experience of the particular person closes with an **I-Am-OK and You-Are-Not-OK**.
- c. The **Get-Away-From (GAF)** outcome of a social encounter occurs when the personal experience of the particular person closes with **I-Am-Not-OK and You-Are-OK**.
- d. The **Get-Nowhere-With (GNW)** outcome occurs when the personal experience of the particular person closes with **I-Am-Not-OK and You-Are-Not-OK**.

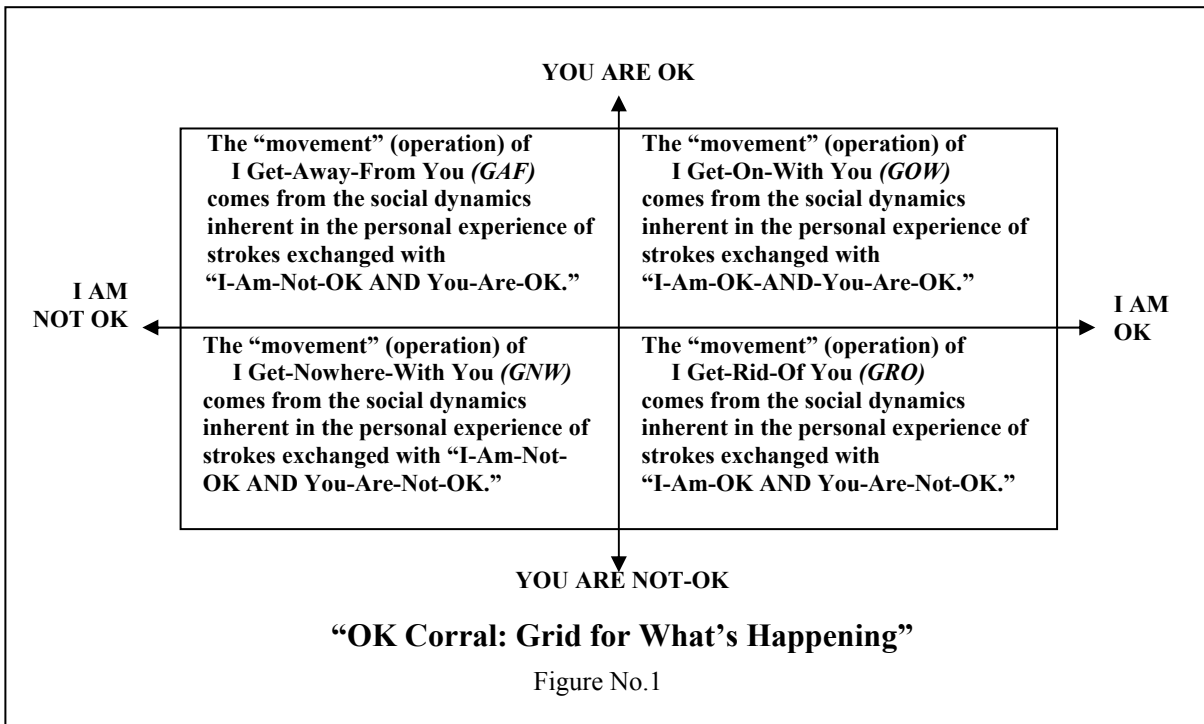
¹ Ernst, F.H. Jr., M.D.: "Social Operations," The Encounterer, 1:15, 9-20-1969, Golden Gate Foundation for Group Treatment, Vallejo, California.

² Players of the game of "Skeptic" usually jump on this statement and will invent "other classes" of outcomes.

³ Related papers by Franklin H. Ernst Jr., M.D.: (a) "Getting Well With Transactional Analysis: Get-On-With, Getting Well, and Get (to be) Winners", (b) "OK Corral: Grid for What's Happening / Eric Berne Memorial Scientific Award Acceptance Speech, Boston, Mass., 1981", (c) "Handbook of Listening / Transactional Analysis of the Listening Activity", Second Edition.



By placing “I Am OK” and “I Am not-OK” on the ends of a horizontal line AND the “You Are OK” and “You Are Not-OK” at the ends of a vertical line as shown in Figure No.1 we have drawn the grid for the outcomes of personal experience.⁴



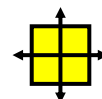
The horizontal arrow point on the right represents “I am going ahead.” The arrow point on the left represents “I am not going ahead.” The vertical line: “You are OK (e.g. I look up to you) and “You are not OK” (e.g. I look down on you).

In day to day life, a person has a series of stroking encounters, one after another with a variety of persons.^{5,6} Some of the encounters are a simple greeting, a single transaction such as "Hi!" "Hi!" Other encounters (with their transactions) may involve a multitude of words exchanged between the involved persons. Some encounters (transactions) are ritualized, others are pastimes while hanging out with each other. Some are games. Some are activities. And some encounters are the occasional quality of intimacy. Brief or extended, at the conclusion of each encounter, no matter how many transactions between the parties, the outcome will fall into one of the four quadrants of the OK Corral.

⁴ “Transactional Analysis in the OK Corral, Grid for What’s Happening” and “personal experiences” are combined.

⁵ Berne, Eric, M.D.: “Games People Play”, Grove Press, New York, NY, 1964, pg. 38.

⁶ Berne, Eric, M.D.: “Transactional Analysis in Psychotherapy”, Grove Press, New York, NY, 1961.



Persons familiar with this method of classifying the outcomes of their social encounters described by the “OK Corral: Grid for What’s Happening” report that each individual uses these four categories of social outcome at least once each day.^{7,8}

For example:

A Get-Nowhere-With (GNW) social operation example:

Bob: *"Hey, Al, will you sign this paper for me? I got to hurry up and get it down to the boss."*

A reasoned (temporary style) GNW outcome resolution by Al could be: *"Oh, hey, Bob. Let me think on it a little while first. I won't be able to do it right now."* Al is saying *"I-am-not-OK, yet (I am not ready to do it) -and-you-are-not-OK-with-me-either (on this). I want a few minutes to look it over first. I will probably see it your way, but first let me look it over."* This is a temporary Get-Nowhere-With (GNW) act of **postponing**. Al did not let Bob get anywhere with him for the time being. (Conversely, it is also seen that Bob got-nowhere-with Al, either.) Al was not ready to make a decision on this, not ready to get somewhere with Bob. "I am not OK to handle it now and you are not OK with me yet either, as far as settling this one way or another now."

A Get-Away-From (GAF) social (movement) operation example:

Al: *"Hi Bob! Good to see you!"*

Bob: *"Yeah, good to see you too! I want to talk to you a minute, if you have it."*

Al: *"Sorry, Bob. My supervisor has called a meeting down the hall that I have to get to now. Maybe later in the day, though, we can do it. Okay? (while physically leaving)." In this encounter, Al is operationally concluding the event by getting-away-from Bob. He is not, would not be OK if he tarried with Bob. (We also note that from Bob's view he is, in effect, getting-rid-of Al.)*

A Get-Rid-Of (GRO) social operation example:

Al: *"Well, let's see. I think that covers all the points we had to go over for this staff conference today. Good to have met with you. See you next week. Good-bye for now."*

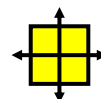
A Get-On-With (GOW) social operation example:

Al: *"Well, Bob, the papers here look like they are all in order and clear. I'll sign here and you can sign right over here! OK?"*

Bob: *"OK! Thanks! We can get this new distribution system working now!"*

⁷ Ernst, F.H. Jr., M.D.: “Handbook of Listening, Transactional Analysis of the Listening Activity,” Second Edition, Addresso’Set Publications, 2008.

⁸ Ernst, F.H. Jr., M.D.: “Social Operations”, The Encounterer, 1:15, Golden Gate Foundation for Group Treatment, Vallejo, California, 9-20-1969.



Get-Well Mechanical Style:

After a person has made the decisive commitment to get-on-with getting well of a problem (such as forgiving somebody he has been holding a grudge against), the therapist and the patient become increasingly desirous of locating and identifying ways of conferring more "Okayness" into some of the person's (patient's) Adult oriented encounters.

An individual can initiate the use of his own Adult to bring about "in a thoughtful manner" some more Get-On-With operations with selected persons he encounters, in order to activate "the position for getting well" (get-on-with) in himself more often. In group treatment this is called "getting well mechanical style" because of the oft announced "but I don't feel like it," "It feels artificial when I do it."

The person can be told that the childhood part of himself may not have changed his mind, yet, but that his Adult self is able to carry out some transactions in a manner to selectively increase the frequency of getting-on-with some situations and persons. His own Adult can make decisions which differ from his own Child self's view of the same situation.

A person's Adult can be sorted and strengthened by a therapist (or teacher). One way is for the therapist/teacher to highlight when the other person's Adult is in charge; so also, the Get-On-With (GOW) operation can be identified when such is underway or just concluded by the given person.^{9, 10}

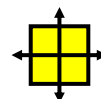
Millie attended group therapy to get well of a long-standing high blood pressure. "And-nothing-more-was-said" was the usual payoff to her game of "Furthermore." For a long time she rarely talked to anyone in group unless in derision or to give a soothing-toned "Why don't you?" (platitude) which on decoding meant "go practice drowning" or "get lost." By prescription, her Adult ego state began (at first haltingly) to give more "okays," give more "thank you's," "good for you's", and "you're okays" to other members of her group. One day, seemingly out of context, in a clear, focused voice, with level countenance and a warm face, she remarked: "Teenia, that lipstick you're wearing sets your complexion off the best I've ever seen you!" Teenia, surprised out of her usually "Oh, it's nothing!" get-rid-of cross-up, came level herself and without affectation gave back a "Why thank you very much, Millie!" Both looked warmly at each other for one full second as group quietly looked on.

"Prescriptions for getting well" are techniques for increasing the frequency of get-on-with encounters. Teaching, learning, and using these techniques will result in more "I am OK AND You are OK" encounters. These techniques at first are experienced as "mechanical" vs emotional style "real" activities.

An example of a prescription is to recommend to a person: "Give more frequent thank-you's to more people. You can start doing it now." The Adult of the person is explicitly told that these activities are techniques (giving an OK) Okaying another person and are to be carried out in order to secure (receive/get) more (reciprocated) OK's coming back to himself. This is a get-on-with program for getting well.

⁹ Berne, Eric, M.D.: "Transactional Analysis in Psychotherapy", Social Psychiatry Seminars, Transactional Analysis Bulletins 1960 thru 1970.

¹⁰ Ernst, F.H. Jr., M.D.: "Getting Well With Transactional Analysis: Get-on-With, Getting Well, and Get (to be) Winners", Addresso' Set Publications, 2008.



Thoughtfully planned (thinking) Adult exercises when practiced in a “mechanical” manner (rather than with Child emotion/emotionally) will result in improving one’s social skills.

The Adult in the person may at first say they feel stiff, artificial when doing this. Often the particular person carrying out the exercise “mechanical style” says “I feel like a phony” or “That’s being insincere, isn’t it?”

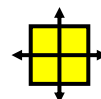
The person committed to getting well, often reports a few days later: "I feel OK now when I am giving these thank-you's, especially when I see the other person warming up back to me. It works!"

Other “prescriptions for getting well” are:

- (1) "Get a level (head)," ¹¹
- (2) "Gently rub your back teeth over each other,"
- (3) "Give a Named Hello to 15 people a day,"
- (4) "Make a (name) Seating Diagram of meetings and classrooms.
- (5) "When saying hello to people call him/her by name (e.g. Hi John). If you don't remember their name, ask him/her for it. Get a hello AND your name said back to you."
- (6) "Talk in duet with a friend for 20 to 30 seconds, every once in awhile."

For those to whom "get-well-mechanical style" is strange, there is this to say: “Get Well Mechanical Style” is an operational form of the Adult ego state in the person leading his own inside "troubled" Child “to come on and get a GET-WELL” (of your symptom). “Let’s get well first and (we can) find out why later!” The initial mechanical stiffness is similar to learning to play a musical instrument or speak a new language, or when first riding a bicycle. With some practice it gets easier and feels more sincere. On occasion, “get well mechanical style” is referred to as “Get Some PRACTICE AT BEING WELL!”

¹¹ Ernst, F.H. Jr., M.D.: “Handbook of Listening, Transactional Analysis of the Listening Activity”, Second Edition, Addresso’Set Publications, Vallejo, California, 2008.



Taking Advantage of the Windows of Opportunity for a get-on-with:

There are various kinds of opportunities people have for a get-on-with each other (I am OK AND You are OK kind of events). There are Parent types of encounters. Encounters can be handled by personal Adult monitored mechanical style procedures or encounters resulting in get-on-with can be left to occur at the whim or “unconscious feeling” of a capricious Child inside oneself or both parties.

Opportunities often come in the form of encounters with other individuals and can be taken advantage of in some manner or other. Opportunities can be explored either by personal (Adult monitored) design or at the whim of an “unconscious feeling” of the capricious Child inside one or both persons.

Encounters are opportunities [to use, to exploit, to explore, to play with, to take care of, to take advantage of, to handle] to deal with in some form or other during a day's time.

Conscious, deliberate, objectively computed "manipulations" to procure a Getting-On-With for one's self can add zest to the other person's life, for example a reciprocated glowing smile.

Let's look at the following example:

In a prison therapy group^{12,13}, Terry had been "leading the therapist on." After some ten transactions:

Bob: *"Hey, Doc! Doc!"*

Therapist: *"Yeah! What?"*

Bob: *"Doc, you been HAD!"*

Therapist playfully said: *"What? Oh no! Not Terry! Terry, you wouldn't?"*

The therapist reflected a few seconds and noticed he had, in fact, become manifestly quite warm. For sure, Bob was right. Therapist thought some more afterward,¹⁴ and discovered that by deciding that it was **okay to be HAD**, there was an enjoyment and pleasure in "being HAD." After all, the first person who ever HAD anyone was his "Mommy."

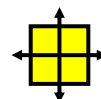
A person playing one of his own “Games People Play” can choose the timing of the particular experience for example “to be rebuffed” (in the service of his Childhood decision to be rebuffed) with his own "I-Am-Not-OK And You-Are-OK" by carefully timing when he is most likely to be rebuffed by the other party. This exercise of getting rebuffed is carried out in order to prove the validity of his own non-winner (Childhood selected lifetime decision) thesis that it doesn't pay to ever give yourself away (be open with someone else); "See! See there! It just doesn't pay to try to be friends with you or anybody else here, and this proves it!"

Telling a person to "get-rid-of a mannerism of behavior (such as biting his fingernails)" is to affirm to the symptomatic person the accuracy of his own personal estimate of himself, namely "I-am-not-OK-and-you-are-OK" and that he should be prepared to get-

¹² Ernst, F.H. Jr., M.D.: "Use of Transactional Analysis in Prison Therapy Groups", The Journal of Social Therapy, Vol. 8, No.3, 1962.

¹³ Ernst, F.H. Jr., M.D.: "Psychiatric Treatment of the California Felon", The American Journal Psychiatry, Vol. 120, No. 10, April 1964.

¹⁴ Note: Opportunities for Get-On-With (GOW) become available all the time, individually and mutually. They are opportunities to give and get OK's. GOW's lead to mutual trust, reliability, and consistency.



away-from (GAF) the situation at hand. The teller with his statement to the nail biter to "stop biting your fingernails" is effectively announcing "I am OK and You are Not OK."

In contrast, the act of getting-well-of a symptom is done in order to get-on-with (GOW) other goals in life.^{15,16} Getting well does not mean to never, ever, have the behavior/symptom again, as with fingernail biting. It does mean the identified person will bite his fingernails less frequently and be able to control when not to bite his nails. It is done in order to bring about more frequent openings for other behavioral options, i.e. getting his fingers and hands and words into other activities more often and getting "burned" in social acts less often. To "get well" here means to be using one's ability to pick up fine gradations and variations, rather than biting off one's fingernails and words.

"Getting well of a game" and being a winner does not infer the super-man, the indomitable, undefeatable, and everlasting. It does, however, mean to be very good at something, to be very much better than most other people at some tasks and skills.

The OK Corral: Grid for What's Happening is a method for making it possible to organize social events: Get-On-With, Get-Nowhere-With, Get-Away-From, Get-Rid-Of.

THE FROG PRINCE

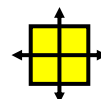
One couple recognized that their games (of Games People Play) were regularly ending with reciprocated Get-Away-From (GAF) and Get-Rid-Of (GRO) payoffs. Allegorically, this Frog Prince, Simon, was repetitively going down to the bottom of the pool and retrieving Sue's ball for her. When he gave the ball to her he would also provocatively act gruff, play Pounce ("bwwrrraawwwaaawwk" like a Frog should). This would frighten Sue again into running away from him. One night after fleeing from home, she thought to herself:

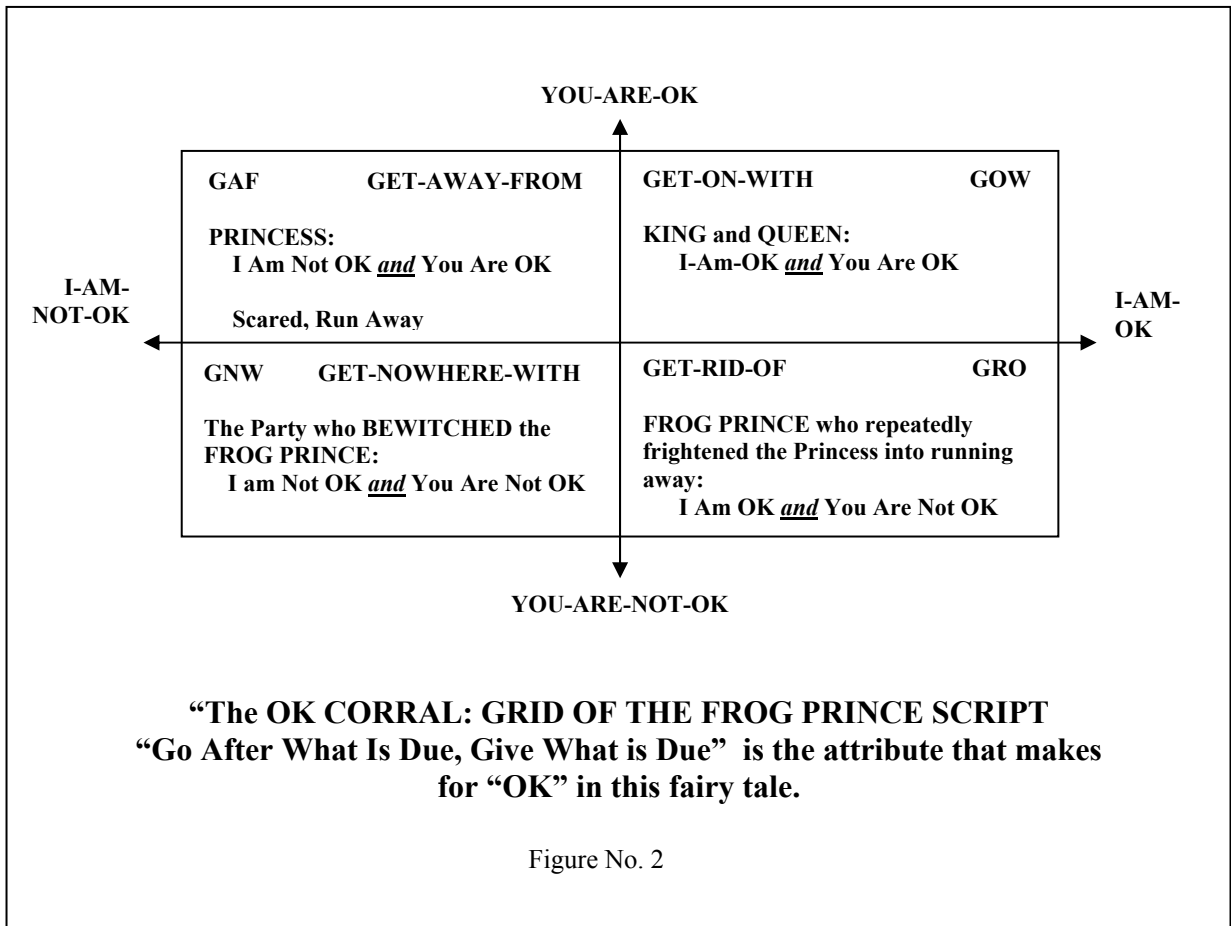
"How am I going to get away from him? I was furious at him for scaring me again. How was I going to get-away-from Simon so that he would never, ever, ever again find me, to scare me. Then I began to think (say) to myself: 'Hey, wait a minute! What am I doing here? This looks familiar. This is what I have been doing all along. This isn't what I want to do. If I get away from him then that's the get-away-from outcome and I don't want to do that. What am I supposed to be wanting to do?' Then I figured to myself: 'What I want to do is get-on-with him. Oh, gee! Shucks! Heck!' So I thought to myself: 'This is my fighter Child. I give up. What I want to do is to get on with Simon, not get away from him.' So I went home."

The "Get-Away-From", etc. terminology itself was a tool.

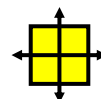
¹⁵ Ernst, F.H. Jr., M.D.: "Get-On-With, Getting Well, and Get Winners: Position for Getting Well With Transactional Analysis", Addresso' Set Publications, Vallejo, California 1971, 2004.

¹⁶ Ernst, F.H. Jr., M.D.: "The OK Corral: Grid for Get-On-With", Transactional Analysis Journal 1:4, pgs 231-240, October 1971, [pgs 33-42], Franklin H. Ernst Jr., M.D. guest editor.

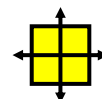
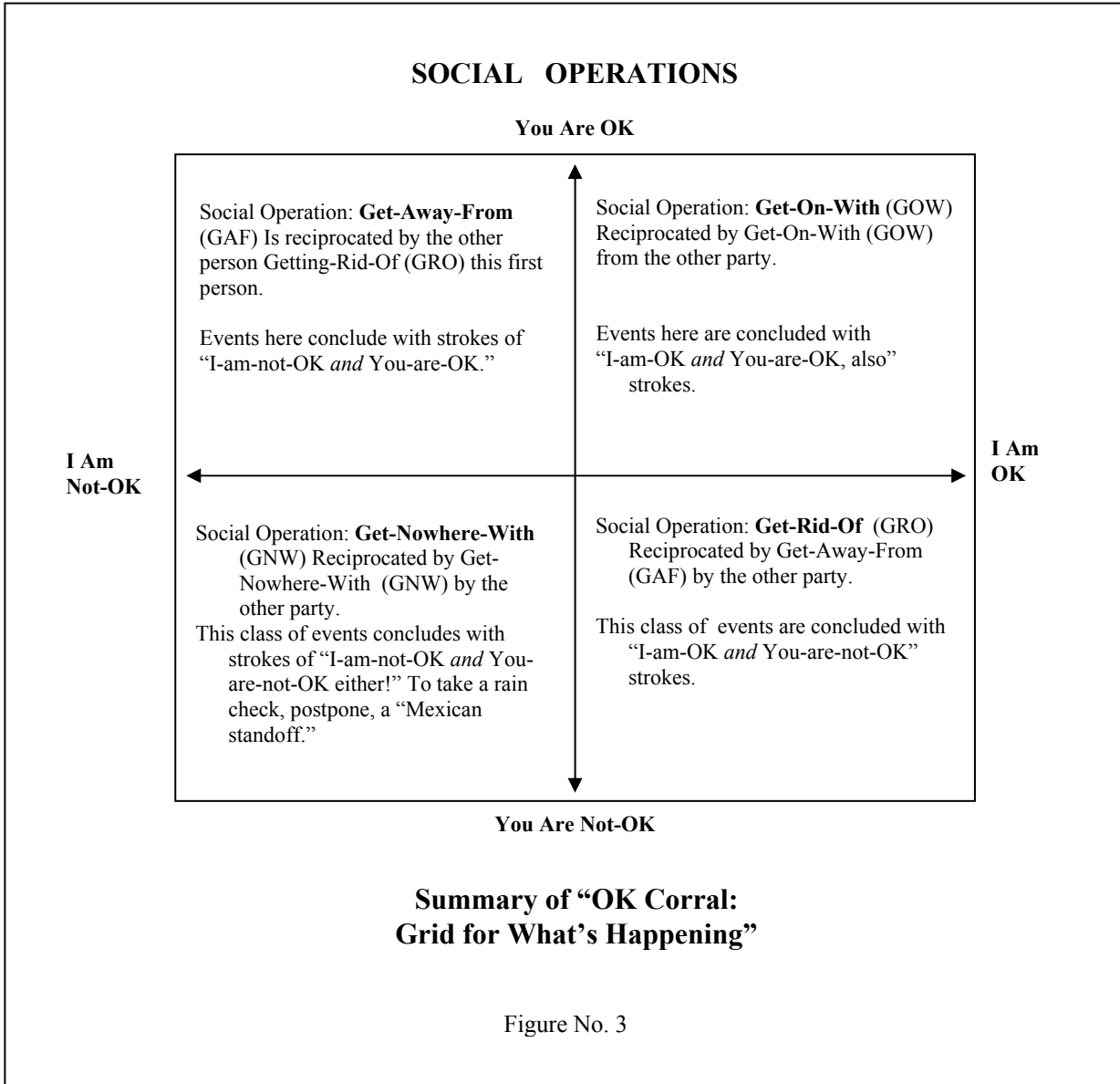




Once Sue decided to let her husband be OK he became a “King” in her thinking about him, AND she “grew up”, became a Queen in her own life.



The OK Corral: Grid for What's Happening diagrammatically represents how people are moved by their friends AND move their friends in their day to day social encounters with each other. It is the diagram of social dynamics. It shows how personal experiences are concluded with others.

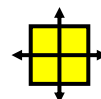


Example of Get-On-With

John, in group, was familiar with sorting his Parent, Adult, and Child. He was rather skillful at recognizing the inception of his own games and also at spotting and determining how he would handle the beginnings of the games of those close to him. He now enjoyed autonomy for himself and the pleasure of the related autonomy exhibited by his intimates. He reported his Child-self still feeling occasional moments of "emptiness" when he had repudiated his own Parent with excessive vigor. John was increasingly successful in organizing his objectives into systems of priorities, i.e. what was most important to do today, what was 2nd, 3rd, 5th, 10th; he was doing better at ordering his priorities for the next week and month and he could conceptualize longer range goals, those extending over the next 5-15 years.

One day, in his group he reported an event of readying himself to take a 10-minute walk around the block "to get my mind clear and get my thinking going again." As he was doing this his wife Claudine came bustling up to accost him: "Are you objecting to my leaving the clothes around the hamper or are you objecting to the hamper not being in the clothes closet?" Reflecting a second that he hadn't been objecting to anything for at least two hours and that he did want to finish his income tax report that day, he responded: "Golly, Deen, looks like I'm supposed to be objecting one way or another. OK, if, for now, I don't?" Claudine let him be for another minute or two. "During the next few moments before he left she tried three more times to start up some action with me, but I knew that if I picked up any of these invitations to play with her it would be at least an hour, maybe more, before I got back to the report and that had to get into the mail by tomorrow. So I told her what I was going to do (take a walk) and why. I saw that both of us wanted some recognition from each other, a few words, a few minutes would do. She knew the report was due tomorrow. When I started out the door I didn't say good-bye because I had already asked her to come with me and she had not accepted nor declined. I walked the first 14 steps outside the door slowly knowing she could see me and would come after me. She did, asking "Do you want to be alone or do you want me to come with you?" I told her she's the best for me and to come on. Then she asked with the tiniest smile, did I want her to bitch at me or be quiet. I told her I wanted some words from her while we walked. She asked where she fit into my life that day and I told her again, she was third. Claudine already knew I had the report to get out and also I had to figure out how to pay the IRS what was due. So as we were walking she bitched some about how all my reports came before her. I kidded her back, grabbed her hand, telling her there's nothing like promoting herself to fifth place when she's already got third for the day and working herself up to first. In fact, I did not say so but I thought, she knows that right now she is first with me and I knew I was first with her at that moment, but that this moment was going to end and go on to another, so that our taxes could get paid and the report filed on time. At the end of our walk around the block, I touched her for a brief second, caught her eye to see she was still pouting some and without waiting, I went back to the den and the work, feeling refreshed. And she let me get the job done."

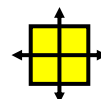
John reported that Claudine didn't like to see how much they were taxed, nor the taxing of their time for the reports to be done. He figured that by not collecting "brown stamps" from her on this and holding down the number she collected from him he could "Spin a little gold with her later."



By ranking the priority value of the private and public objectives, it becomes possible to get-on-with those items that have been selected. A therapist may form multiple-goal agreements with a patient but these are more reliably and effectively treated when explicitly ranked in the treatment contract.

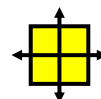
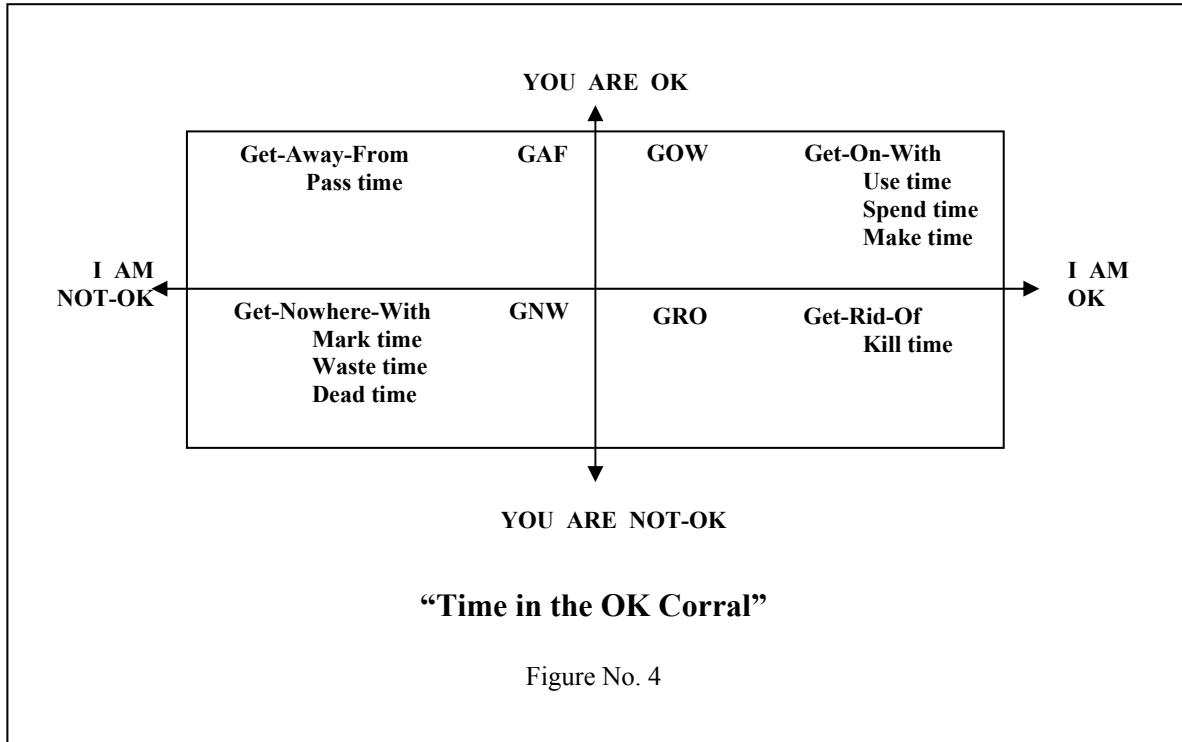
Separating and ranking interwoven goals assists a person to get-on-with life. "I can't get along with my wife, we fight too much, and I want to find out why," is best handled by "Which is more important, to stop fighting or why you fight?" This brings the person around to a program that is approximated by "First get well of fighting with your wife (measured e.g. by "reducing the number of fights to three per week" and in the longer term by reducing the separations and silences after the fights to being no more than 60 minutes). Maybe after that we can find out why you fight!"

In general the encounters a person has with a spouse, parent, sibling or "playmate" will have a higher personal value (intimacy value) than an encounter with a casual office, school or grocery store acquaintance. Nevertheless, each encounter that a person has with another person in a day, upon its conclusion, can be assigned by the person to one of the four quadrants of "The OK Corral" (See Figure 3.); i.e. a Get-On-With, or a Get-Rid-Of, or a Get-Nowhere-With, or a Get-Away-From.

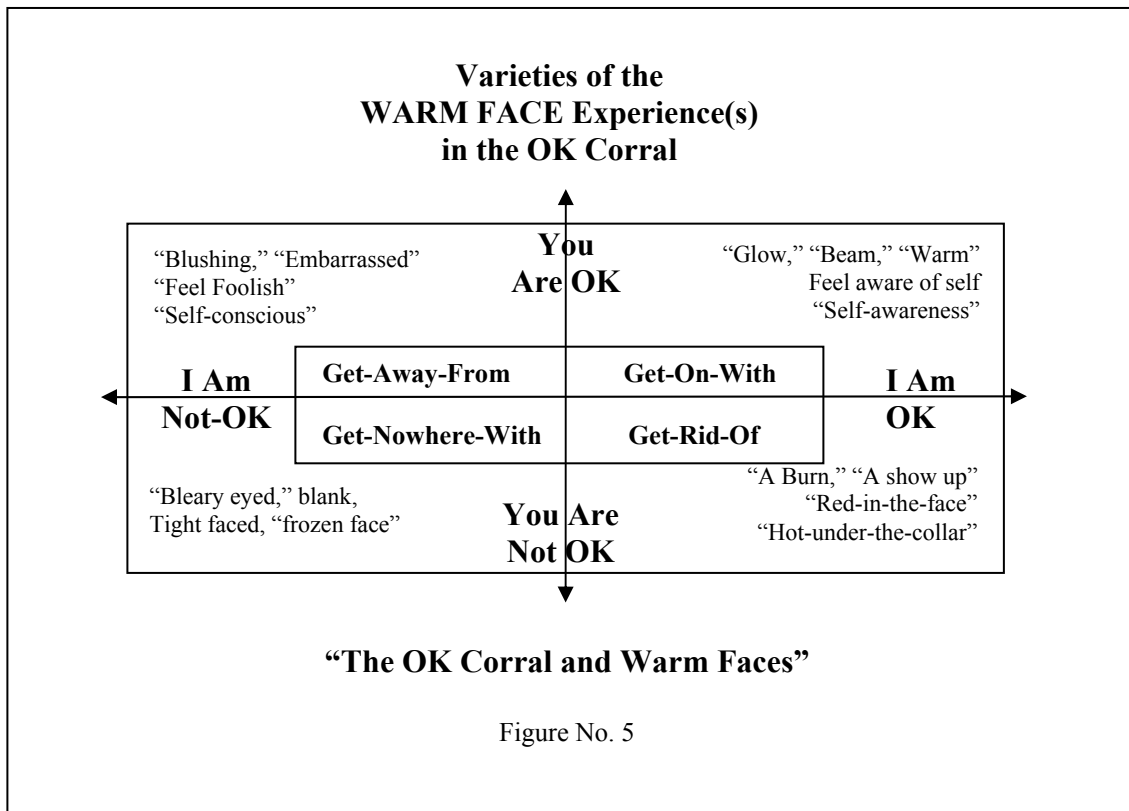


“TIME in the OK CORRAL”

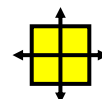
A lifetime has approximately 2 to 2½ billion seconds, depending on whether a person lives to be 67 or 83 years old. It is within this amount of time that getting well and becoming a winner in the selected arena of life will occur. (See Figure No. 4)



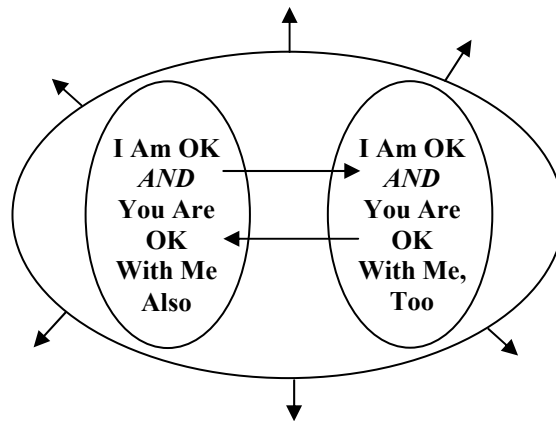
“The OK Corral and Warm Faces”¹⁷



¹⁷ Ernst, F.H. Jr., M.D.: excerpts from “The Encounterer,” the news service of the Golden Gate Foundation for Group Treatment Inc., Vallejo, California, 1960’s.



TWO WINNERS IN THE OK CORRAL

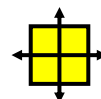


WINNERS "CENTER CIRCLE"

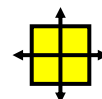
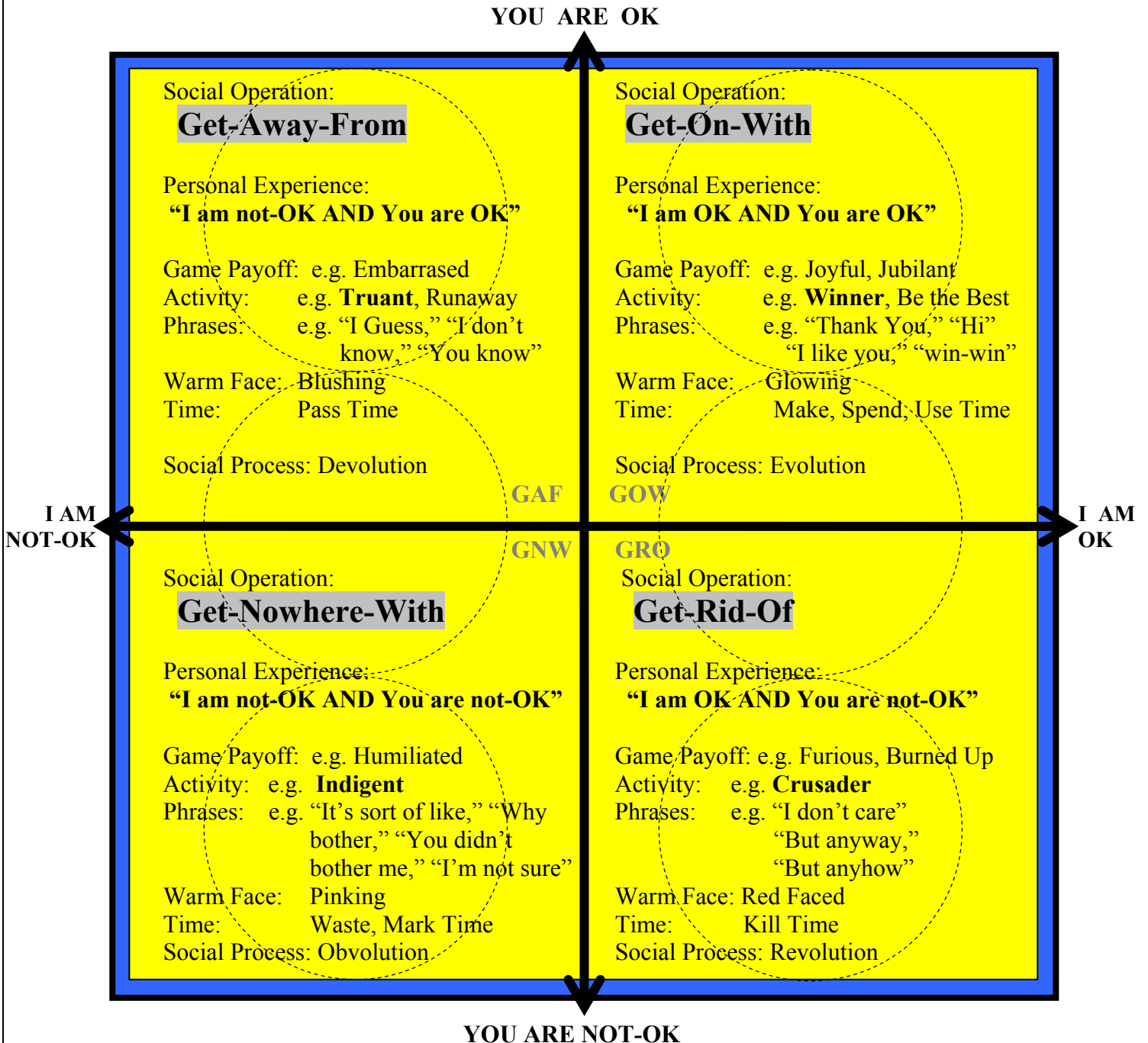
Figure No. 6

Losers call it blushing, being embarrassed, getting-red-in-the-face, being (made to feel) self-conscious. For winners, it is "to glow", to be warm. To be a winner is to be "now and here" with someone else¹⁸. It is to be the best. It is to be seen, identifiable, to be awarded. A winner has given himself away for others to know. He has earned an award, demonstrated a skill and an ability of merit, whether to win an Olympic Medal, an Oscar or a spouse in marriage. This award is given by another person, the awarder. On arriving in center circle, there to be awarded, the winner meets the awarder. In receiving the award, the winner visibly glows, manifests pleasure, and "gives himself away" to the awarder. Then it is seen that the awarder is glowing back at the winner. To be a winner is to be an authentic person; winning is the essence of authenticity. A winner gets cheers and he gets jeers from onlookers; but he gets more acclaiming than defaming.

¹⁸ Ernst, F.H. Jr., M.D.: "Winners Defined," The Encounterer, 1:8, 4-20-1969, Golden Gate Foundation for Group Treatment, Vallejo, California.



TRANSACTIONAL ANALYSIS in the OK CORRAL: Grid for What's Happening



Transactional Analysis in the **OK CORRAL: Grid for What's Happening**. This is the diagram for classifying the outcomes of the events in your life:

Get-On-With, Get-Away-From, Get-Nowhere-With, or Get-Rid-Of

YOU CAN CHOOSE how you want a situation to come out **BEFORE** the end of it. Not all events can end in a get-on-with. To have a get-on-with for some events, you can choose to have other events come out in one of the other three ways. You cannot get-on-with everybody and everything. Healthy people use each one of the four ways at least once a day.

One person's get-on-with is also the other person's get-on-with.

One person's get-away-from is the other person's get-rid-of AND vice versa.

One person's get-nowhere-with is the other person's get-nowhere-with.

The arrow points on the four sides of the grid show there are four kinds of strokes a person can give: "I Am OK," "I AM Not-OK," "You Are OK," "You Are Not-OK." One person strokes the other, gives words (gestures and/or touches) to move (stimulate) the other, AND MORE: to move the other person to the extent that first person gets words given back, to complete one transaction. Whatever else, while transactions are continuing, the parties are negotiating the answer to the psychological-business questions of "What are we going to do with each other?" and "How is this going to come out?" For the persons involved, the ending will come out in one of the four corners of their respective OK Corrals when they have arrived at a psychological-level form of (mutual) agreement about each person being OK or Not-OK.

"I Am OK" is drawn to the right. For example: "I am going ahead."

"I Am Not-OK" points to the left. For example: "I am going backward."

"You Are OK" points up. For example: "I look up to you; think well of you; admire you."

"You are Not-OK" points down. For example: "I look down on you; think poorly of you; give you a put down."

When used for named people, insert the first person's name at the ends of the horizontal axis and the other person's name at the ends of the vertical axis.

People form alliances, friendships. The "I Am OK (or Not-OK)" becomes a "We" after "I" and "You" have negotiated to become a "We;" "You" recruit "Me" or "I" recruit "You," either way. The "We" are now dealing with others. The others can be a "You" (singular or plural), "He," "She," Named Person, "They" or Named Group. Then the "We" are listed on either end of the horizontal axis instead of "I" and the other party on either end of the vertical axis.

"You Are OK" Strokes: for example "Either way (you take it), you are OK with me!" "It's on me!" "Treat is on me!"

"I Am OK" Strokes: for example "Either way (you take it) I AM OK!" "It's on you, if you will be OK with me or not!"

"I Am Not-OK" Strokes: for example "It's because of me!" "It's my fault!"

"You Are Not-OK" Strokes: for example (the jeers, put downs and psychological rackets) "It's because of you!" (It's ALL MY FAULT means "It is your fault!")

All four kinds of strokes are useful.

Transactions of games are built on combinations of the four kinds of strokes: they will usually include more than one stroking (dynamic) arrow in the transactions given and received.

SOCIAL PROCESS is the long range trend of a person's or a group's life.

In closing: the strokes a person exchanges during his/her encounters with others (encounter by encounter) have consequences.

