



Transactional Analysis (TA) psychologists believe that the psyche of every person is made up of three parts: the parent, the adult, and the child. All three of these are aspects of a single whole, which is our human psyche.

In fact, Dr. Eric Berne, who developed the approach to interactional analysis, realized in his studies and experiences in this field that when we look at people carefully and observe their movements, we can notice noticeable and simultaneous changes in their facial expressions, words, gestures, body language, postures and actions, which may be accompanied by blushing or increased heart rate and breathing rate. On the other hand, these sudden changes can be seen in everyone, so these states are not something that is specific to a particular person or group and all individuals share having and experiencing these states. It has happened to all of us. After we have reacted to an event and behaved in a certain way, we have thought to ourselves, how could I have done this childish behavior? or even said to ourselves or someone else, why are you acting like a child? So we can understand that despite growing older, there is still a child inside all of us and it forms a part of our being.

Have you ever used the following statements about yourself or others?

- What a wise thing you did.
- Wow, that was a mature decision.
- It was a good solution to the problem.

Yes, these are the sentences of the adult part of our being. The adult is that part of each of us that has the ability to find solutions to problems and issues and organize them in the best way. Have you ever told a relative or friend whose parents and family you know that this reminds me of your father or mother? Have you ever been told that you are a copy of your father, mother or one of your close relatives (important people)? Yes, there are parts in all of us that seem to have been completely inherited from our parents and caregivers; this is what you can refer to as common characteristics of members of a family.

Eric Berne called these three states "ego states" and gave them the names "Parent", "Adult" and "Child" to represent these states.

"Child" and "Parent" are recorded in our brains as tapes of real experiences, including external events of the past and internal events of our feelings, most of which occurred during the first five years of life. Each of them is activated by using tape recordings of past information. This information contains real people, real times, real decisions and real feelings.

Tips

- Most of the Parent's information is due to observations that the child has recorded from parents or caregivers and other important people (siblings, elders, etc.).
- Child and Parent are recorded in our brains as tapes of real experiences that include external events (original past events) and internal events of our feelings, most of which occurred during the first five years of life.



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Student Counseling and
Mental Health Office

Transactional analysis

Getting to know the parent, the
adult and the child
Communication Skills 2

The Parent:

Behaviors, thoughts, and feelings that are learned from parents or their surrogates, in other words, the parent's emotional state includes a multitude of records related to external events in the brain that are received without question or even force in the early years of life, mostly in the first five years. These recordings are mostly from before the child leaves home to attend school and most of the Parent's information is due to the observations that the child has recorded from parents or caregivers and other important people (siblings, elders, etc.). For each person, the Parent aspect with all its similarities is unique because the recordings of his early experiences with parents and caregivers are unique; we can find out part of our parent's thoughts by answering the question, what words do I hear from my mother or father inside me? Of course, know that mother and father can be generalized to people who played an important role for us in childhood, people like older siblings, aunts, uncles, grandparents, etc. Whenever you are in the emotional state (Parent state), you can see how close and similar your behavior is to these people. Remember that the information stored in the Parent is direct and unmodified; so why do we record this information unmodified? Yes, that is true. The answer lies in the weakness of the child. The young child needs caregivers in order to continue his life and this vital need for his parents and caregivers and his inability to understand and comprehend the main meanings of events and behaviors make it impossible for him to explain and modify. All the rules, laws and warnings that the child has heard from his parents or observed from their behavior are stored and maintained in the Parent's aspect.



The Child:

It is the position of feelings, thoughts and behaviors that are nurtured from childhood.

Simultaneously with the recording of external events in the Parent, another recording also occurs, which is related to internal events, or in other words, the responses or reactions of the young child to what he sees, hears and understands. Because the child lacks the ability to express himself verbally in the early critical years of his development, most of his reactions are recorded and registered in the form of feelings. As a result, the type of reactions of the Child part of our psyche is emotional. There is no doubt that emotions are desirable and can be crucial for human survival and correct decision-making, but it requires a relatively long discussion that does not fall under this category. In the early years, the child is small, helpless, needy and dependent.

Imagine for a moment how weak and fragile such a needy being who is unable to express himself verbally can be. An adult should know what a sulk can mean, but what about a toddler? A sulk in a child can only produce a feeling that is like a wound in him that adds to the sources of negative information about himself: Again, I am guilty. In this age of incapacity, we have high expectations of the child that are incompatible with the ability of his logical mind. On one hand, he must, based on his genetic programming, occasionally and even untimely fulfill his natural needs, move, explore, break, make noise, show and express his feelings and emotions and enjoy all of the resources. But on the other hand, he is asked by his parents or caregivers to put aside all these necessary pleasures and satisfactions for their satisfaction and if he wants to be loved, he has to behave logically, that is, to behave



according to the logic of his parents, rules that are incomprehensible to a child. The result of these do's and don'ts and pointless upbringing that is not in line with the child's logical intelligence is nothing but a box of negative and unpleasant emotions, based on which the child in the early years perceives that I am not good, which is the result of continuous experiences of unhappy and harmful emotions that come one after another and reinforce and confirm each other and are deposited and consolidated in the child's brain and cannot be erased or changed so easily.

The Adult:

Behaviors are thoughts, feelings and actions that directly respond to the here and now reality that leads to problem solving. Before the age of ten months, the child is not able to move actively in the environment and as a result, he has no will of his own. Before the age of ten months, the child has accepted everything that has happened; but after the amazing experience of walking, he can escape from the prison of stillness and actively experience the surroundings. It is at this age that the child gradually realizes that he can do things with his own consciousness and thought. These are the initial sparks of the Adult aspect. The child can gradually understand the difference between the information given by the parents and the information he obtains by exploring the environment. So the Adult records the information that is obtained through research, measurement and experience. The Adult is very fragile in the early years of life and easily surrenders to the commands of the Parent or the fears of the Child. The Adult is actually a computer for streaming and processing information. The Parent's job is to make decisions based on the information he obtains from various sources. It is important to remember that the Adult's job is to free the Parent and the Child from making decisions. So we can say that the place of self-awareness is in the Adult, in other words, there is no freedom of choice unless it comes through the Adult passage. In future issues, we will explain the interaction and contrast of these personality levels in interpersonal communication. By following the content, you can steer your bad and inappropriate communication in a more appropriate direction and increase your knowledge of yourself and those around you.