

Transactional Analysis Philosophy, Principles and Practice

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