
Process Therapy Model[©]

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Introduction

Although I have been focusing on my Process Communication Model^{®1} (PCM) and its applications in education, family life, religion, business, politics, and in other non-clinical areas for the past 25 years, I have continued my interest in the clinical research and applications of the outgrowth of the miniscript into the Process Therapy Model^{®2} (PTM).

Several books have referenced PTM, most noteworthy of which is Joines and Stewart's Personality Adaptations³. I was happy to sign the release form for copyright allowance of many tables, diagrams, research correlations, and instructions on how to do PTM, their presentation of some of which was outdated, and subsequently inaccurate. The intent of this article is to give the history of PTM, including the work of my dear friend and colleague Dr. Paul Ware, and the latest research and current applications of this model in psychotherapy.

The PTM is both a model for doing therapy and a basis for a valid, computer-generated profile report on a client, determining transactions, perceptions, psychological needs, drivers, injunctions, games, scripts, failure mechanisms, and life positions. In addition, the Transactional Analysis Script Profile^{®4} hypothesizes issues, impasses, defense mechanisms, and the authentic feeling to be encouraged. To further assist the therapist, suggested directions in the therapeutic process are given, including how to make initial contact, and which theories/techniques might prove more beneficial.

Six Miniscripts

Originally I thought there would be dozens of miniscripts, yet research has indicated that there are six basic miniscripts⁵ that account for most of the general population. My 1972 research⁶ showed that people's distressed behavior factor loaded in six separate clusters. However, in 1979 in *Process Therapy in Brief*⁷ I identified seven personality type miniscripts: Workaholic, Overreactor, Doubter, Daydreamer, Disapprover, Manipulator, and Cyclers [to account for a very small percentage], integrating some of the 1972 research correlations with Drivers, scripts, injunctions, rackets, games, roles, myths, and transactions.

Writing the *Process Therapy in Brief* booklet stimulated my thinking about personality structure and dynamics. I hypothesized that instead of having a single personality type [miniscript], or even having characteristics of just two [miniscripts], that since we all have all the positive characteristics of every personality type, to some degree, then I should be looking at personality structure consisting of all six personality types. If this were an accurate picture of personality, then like a six floor condominium each type would occupy a floor, and have an order of relative strength. I was ecstatic.

Some people "change" over time, but still remain the "same" in lots of ways. I thought of the words "phase," "phases," and "phasing." What if personality structure is layered like a six-floor condominium. We can shift from floor to floor, just as we can change [positive] ego states, use different [positive] transactions, view the world differently [perceptions], etc.

My original interpretations of the research findings did not allow for this insight. For example, I had looked at a cluster that had the following significant correlations: ego state: Adult; transactions: Adult to Adult; Driver: Be perfect; Script: Until. So far, this is quite consistent with the current personality structure model.

But in the original research there were sub-clusters that I had missed. I realized that since some people "change," then there are phases in life. What if phase means having a new, different personality type phase miniscript? Like "moving," phasing to the next floor in the personality condominium. In other words, someone has Workaholic as the first (base) floor in his/her personality. He/she would have many of the positive characteristics that my early research findings confirmed: Adult, Adult to Adult, thoughts, [and with later research character strengths, environmental preferences, management styles, etc.] But in the original research I expected to find significant correlations to match "Workaholics" in distress: -CP, racket anger and frustration, Don't be close, Don't have fun, I'm OK - - You're Not OK, NIGYSOB, etc.

I did find these "Workaholic" distress clusters, but not at a level of significance. Phases! So if this Workaholic has phased to his/her next floor, let's say Overreactor, then all the positive behaviors are still strongest with Workaholic, but now the phase is a Overreactor miniscript. So by re-examining the original research was there significant Overreactor miniscript correlation with that Workaholic? Yes! Here's a Workaholic, but who shows a Overreactor phase miniscript correlation: I'm Not OK - - You're OK, Don't feel what you feel, confusion, Kick Me, etc.

Resurrecting and re-examining the original research was necessary, as well as new research. I had discovered phase, and later the issues as to why we phase.

This insight led to the creation of the Process Communication Model®⁸, the non-clinical outgrowth of both positive and negative miniscripts. At the time I had been hired by Dr. Terry McGuire, psychiatric consultant to NASA for many years. Terry saw the predictive and team interactional value of the models, and subsequently used PCM in his interviews for selection of astronauts until his retirement in 1996. As hundreds of the best of the best needed to be interviewed in person, it was time to validate a paper and pencil questionnaire that would produce the same personality dynamics information that we were getting in the interviews. NASA helped to fund this study, which took me two years, resulting ultimately in PCM inventories, profiles, and seminars, as well as solidifying the PTM presentations. Terry and I became the best of friends, training together many of his psychiatric residents in PTM for years. He is soon to publish his book, which will include applications of the PTM for the general public.

Research did yield evidence [1982]⁹ of six Personality Types stacked and ordered in each of us. Furthermore, there were significant correlations with each positive Personality Type and the way the world was viewed-- perceptions, as well as the strongest ego state, favorite transaction, and preferred psychological need (to name a few relevant to PTM). And although we each have access to these six personality “floors” within us, only one miniscript will be observable in normal distress -- that of the phase [“floor” that determines our current psychological need(s)]. Two out of three people in North America will exhibit a different Personality Type miniscript when in normal distress, as opposed to severe distress¹⁰. One out of three people in North America will exhibit the same Personality Type miniscript whether experiencing normal or severe distress¹¹.

My personality type terms that I have used since 1979, with the publication of *Managing with the Process Communication Model*¹² are: Workaholic, Reactor, Persister, Dreamer, Rebel, Promoter. When I speak of a given personality type miniscript, I do not refer to a clinical diagnosis, but rather give correlations with psychological needs, drivers, injunctions, games, scripts, failure mechanisms, life positions, rackets, roles, negative ego states, and myths.

Dr. Paul Ware¹³ was the first in T.A. to condense classical diagnostic categories into adaptations, identifying them as: Hysterical, Obsessive-Compulsive, Paranoid, Schizoid, Passive-Aggressive, and Antisocial. Independently Paul and I wrote of six categories: my frame of reference from miniscript combined with my 1972 research; his from simplifying classical neuroses, personality disorders, and psychoses nomenclatures into linear adaptations, and speculating on their Drivers and injunctions. He included his treatment intervention model of feelings, thoughts, and behaviors for each, but did not identify miniscripts, rackets, ego states, games, roles, injunctions, scripts, transactions, three degrees of distress or any other T.A. terminology.

Paul is a psychiatrist with many years of experience, and is currently Head of the School of Medicine at LSU. We are undertaking a research project of profiling patients with the TASP, assessing them by his adaptations, and correlating the results with classical diagnostic categories of the DSM-IV. Then we intend to combine efforts to train professionals in using our approaches in doing psychotherapy and counseling.

Connecting With Clients

The two primary ways to connect with a client are by using his/hers strongest transaction, combined with favorite perception [view of reality]. This requires knowledge of what the client's base personality type is, as well as which transaction and perception correlates to that type. (If the therapist naively continues to use his/her own favorite transaction and/or perception, s/he is relying on luck alone to make the therapeutic connection, the social diagnosis of which becomes observable with the client's base Driver response.)

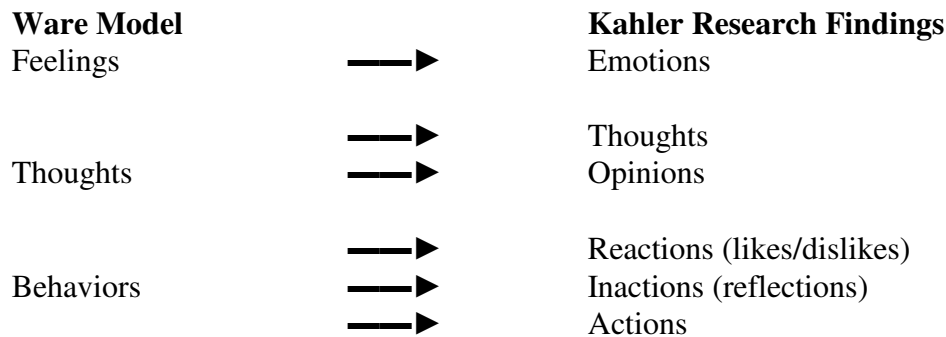
Eric Berne¹⁴ defined a transaction as a unit of social intercourse, consisting of a stimulus and a related response. I refined this by identifying the positive and negative parts of the functional ego states with the five behavioral clues - - words, tones, gestures, postures, facial expressions: all positive for the Adult ego state, two negative and two positive parts of the Parent ego state, and two positive and four negative parts of the Child ego state¹⁵. The four parts that I identified for the Parent were: the positive Critical Parent (+CP), the negative Critical Parent (-CP), the positive Nurturing Parent (+NP), the negative Nurturing Parent (-NP)¹⁶. The six parts that I identified for the Child were: the Free Child (FC), the positive Adaptive Child (+AC), the Vengeful Child (VC), and three types of negative Adaptive Child (-AC): I'm okay if - - you're okay (if, okay), I'm not okay - - you're okay (-,+), and I'm not okay - - you're not okay (-,-)¹⁷.

This functional ego state nomenclature afforded me the diagramming ability to show sequences and precise transactions. My second refining was the result of my original research study in 1972, which gave me ego state and transactional correlations with Drivers¹⁸, and later the six Personality Types. There were four transactions* that were found to be statistically significant: +CP=A, A=A, +NP=FC, and FC=FC. These four transactions are ranked in the TASP from the highest to the lowest, indicating the client's ability to use of that transaction (with the offer on the left and the acceptance on the right) as an initiator, as well as the client's ability to receive these from others. The higher the score, the more likely that what is said to the client will be better heard and understood if the therapist uses that transaction.

Perceptions

Eric Berne¹⁹ defined ego states as “coherent systems of thought and feeling manifested by corresponding patterns of behavior”. Paul Ware²⁰ further conceptualized thoughts, feelings, and behaviors as being sequential. He showed the clinical value in determining this order in a patient, matching the strongest of these three in order to make initial contact with the patient (the Open Door), then next focusing on the probable growth potential area (the Target Door), and avoiding the last area (the Trap Door).

Paul spoke of “doors” of feelings, thoughts, and behaviors, identifying these as “areas in which each client invests energy”²¹. He did not identify them as perceptions, ego states, or transactions. In my 1979 – 1982 research, I found significant correlations between each of six Personality Types, and what I called “perceptions”²². The following diagram compares Ware’s model of looking at feelings, thinking, and behavior, and my research findings of perceptions



In the TASP report, strong perceptions of the client will be presented and ranked, reflecting the ability of the client to shift into that experiencing of the world. Monitoring predicates and phrases cannot only alert the therapist to the client’s perceptual frame of reference, but also can be a way for the therapist to invite the client to understand the content being discussed. For best results, use a combination of the appropriate transaction and perception. If missed, the client is likely to respond with the Driver of his/her base Personality Type.

*These four transactions are copyright presented in the Process Communication Model[®], as “Channels”, along with faces for each “Part”.

Psychological Needs

Two of the most common reasons for a client to come to therapy are because he/she is not getting the psychological needs of the phase met positively, or because he/she is phasing -- not dealing well with the issue of the phase.

In 1970 Eric Berne²³ identified six hungers: 1) stimulus hunger; 2) recognition hunger; 3) contact hunger; 4) sexual hunger; 5) time structure hunger; and 6) incident hunger. He postulated that these are the reasons for human motivation, but never referred to them as psychological needs. Nor did he identify them with ego states, transactions, games, scripts, or attempt any other behavioral correlation.

Berne used stimulus hunger to refer to the need to experience the senses. Recognition hunger was the need to be acknowledged. Contact hunger was physical touch. Sexual hunger was the drive, or need of, penetration. Time structure hunger was the need to structure time. Incident hunger was described as needing a heightened payoff.

In my 1972 doctoral dissertation entitled "Predicting Academic Underachievement in Ninth and Twelfth Grade Males with the Kahler Transactional Analysis Script Checklist,"²⁴ I tested these hungers [except the sexual hunger] in my research. The results were too inconsistent and inconclusive to interpret with value.

It was obvious to me that recognition hunger - - needing to be acknowledged - - had to be separated into more definitive, mutually exclusive categories. For example, recognizing work for some was very important, while being recognized for just being me is more important for other people. So, I created my own hypothesized hungers, called them psychological needs, and tested them in my 1970 - 1972 research²⁵. I knew that sexual hunger was not likely to be privy to one clustering of people. I was trained at Purdue University in behavioral psychology, and accepting the term "stimulus hunger" to refer just to the senses didn't make sense to me. My terminology for this simply was "sensory." I realized that this stimulus hunger for the senses and contact hunger for touching were really the same hunger, but on an intensity continuum. But I kept the term contact to refer to the psychological need for playful contact, either with others or the environment. This insight had come from my dissertation research and having worked with adolescents.

Time structuring was certainly important to a variety of people, so I wanted to include it in my research. I had done T.A. training with Dr. Martin Groder at the Marion, Illinois Maximum Security Prison, and saw ample evidence of some people's need for incident. Berne implied a negative connotation for incident, but I saw the change in inmates when Groder helped them get positive excitement needs met with his Asklepion model²⁶. So, I called the psychological need, incidence. I further saw that some people thrived with just the opposite of incidence - - the need to be alone. I called this "solitude" need from my experiences at the prison and my interest in Eastern meditation practices.

The results of my 1970 – 1972 research studies showed strong, but not significant correlations between a given psychological need and one of these six clusters. I was at a loss to explain these results.

In 1978, I discovered what I called “phase”, referring to the factor – loading cluster that is currently in one’s foreground. Specifically, it is our current negative miniscript, and explains what activates it, and most likely what could alleviate it. I hypothesized that each of the six clusters represented a Personality Type, and were present within all of us, established in order early in life, and motivated by a specific “psychological need”, which if not satisfied positively would drive the individual to get it satisfied negatively. The behavioral evidence of the attempt to get this psychological need met negatively was the person’s current miniscript. I resurrected my 1972 data and looked at the correlations for psychological needs and the current personality miniscript, rather than just with the cluster. I further postulated that when a given psychological need is not satisfied positively, then the personality phase type requiring this need will exhibit its matching [negative] miniscript.

So my presentations, correlations, definitions, and descriptions of my eight psychological needs and how they fit with the six Personality Types is unique to the PTM and the PCM, depending on copyright presentation. My 1979 – 1982 research²⁷ yielded these eight mutually exclusive and statistically significant psychological needs: recognition of work, time structure, conviction, recognition of person, sensory, solitude, contact, and incidence.

The client’s phase psychological need will be identified. It is the most important need to get met. If there is a base psychological need presented other than the phase, then it is the second most important need to get met. If there is a stage psychological need presented (a floor between a phase and a base), then it is the third most important need to get met.

Personality Phasing

Some people experience what I call a phase change in their lives. This phase shift often explains some major motivational and distress pattern changes we sometimes notice in ourselves or others.

Phasing is the process of shifting out of a current "floor" of a person's personality condominium to the next, to the extent that the Personality Type and accompanying psychological needs of that next floor become of great importance and relevance to the person.

1. The psychological need of the phase determines what motivates a person personally and professionally.
2. The foundation (base) Personality Type always remains "home base" for the individual: still strongest there are perceptions, and transactions, as they are in the order of the personality condominium.
3. About two-thirds of the population in North America experience a phase change.
4. A phase shift will be to the next floor, if it occurs.
5. A phase shift is most often (about 99 percent of the time) the result of long-term, intense distress that the person eventually resolves (works through).
6. PTM is a growth model only when the person "needs" to grow. Phasing is most often a result of a specific life event, which naturally should result in a painful, but healing (emotional) response. When this response is repressed or suppressed, distress behavior continues, until the person finally experiences the underlying, healthy response (emotion), resulting in a phase change to the next "floor" in the condominium.
7. The goal is to learn how to satisfy the psychological needs positively of the current phase.
8. Phases may last a lifetime.
9. An experienced phase, other than the base is called a stage.
10. More than 600,000 people have been profiled worldwide, resulting in the following phasing statistics: 33% have not phased; 28% have phased once; 20% have phased twice; 15% have phased thrice; 3% have phased four times; and 1% have phased five times.

In phasing a person exhibits second-degree miniscript behaviors associated with his or her current personality type so often and so intensely as to indicate the presence of an unresolved issue. Even meeting phase psychological needs positively and regularly does not solve the problem. However, after the person has resolved the issue, he or she will have new foreground psychological needs and a new (negative) miniscript sequence. These times of new psychological needs and accompanying miniscripts are called phases and last a lifetime. Phasing helps explain many situations in life -- divorce, burn-out, mid-life crisis, and why we are the same person throughout life even though our motivations [dreams, aspirations, careers and personal goals] may change.

People who "need" to phase apparently are those who have personality type-specific issues to resolve. Evidence that a person is a candidate for a phase change is the presence of frequent and enduring second-degree distress behaviors which serve to defend against experiencing the unresolved "catastrophic" authentic emotion and "its consequences". At such time these miniscript distress behaviors may constitute a clinical diagnosis.

Miniscript Sequence Template

The TASP report is based on a web available questionnaire, accessible to professional therapist for their clients. The computer determines the miniscript information, unique to the personality structure of the client (there are 4,320 combinations of condominium order, including phase).

1st Degree

Driver:
Words:
Defense Mechanism:
Position:

2nd Degree:

Failure Mechanism:
Warning Signals:
Role:
Position:
Ego State:
Racket Emotions:
Authentic Emotion:
Game(s):
Injunction(s):
Myth:

3rd Degree:

Payoff:

Life Script:

Potential Issue:

Probable Impasse:

Miniscript Sequences

- If the client has not phased, then only one miniscript sequence will be presented -- that of the base Personality Type.
- If the client has phased, then two miniscript sequences will be presented -- that of the phase Personality Type, and that of the base Personality Type. It is important for the therapist to observe and determine which of these two miniscripts is being activated, in order to be most effective in helping the client.
- Three degrees of distress are presented with each miniscript. In my original miniscript article²⁷, I showed four positions, but combine positions 2 and 3 into 2nd degree distress, as I did in *Process Therapy in Brief*²⁸. To my knowledge, I am the first to categorize distress sequences this way.
- I discovered the five Drivers in late 1969 and early 1970. That was the foundation for the miniscript concept. I wanted to have an integrated, consistent model that could reflect second-by-second if someone were in positive or negative behavior, and determine the degree of distress. In order to be able to do this, I had to identify the positive and negative behavioral clues for the functional Parent and Child ego states and postulate sequences of positive and negative miniscripts. There are ten ways Drivers can be observed functionally: the five Drivers from the negative Nurturing Parent (-NP) with a behavioral position of I'm OK - - You're OK if...; and the five Drivers from the negative Adaptive Child (-AC) with a behavioral position of You're OK - - I'm OK if...^{29, 30}

The research findings of 1979 - 1982³¹ resulted in six of these ten possibilities with a given Driver significantly correlated with a specific Personality Type miniscript. "Confronting" a Driver by pointing it out, or by attempting to "mirror" it is often counterproductive, as it is unwise to invite a client to stop it, or to get into Driver behavior with him or her, especially if it is the Driver of the current miniscript. To attempt this, even in the form of offering a "permission" to stop it, is tantamount to asking a client to give up his/her defense mechanism. In T.A. terminology the Driver of the current miniscript is often connected to the second degree unconscious "consequence" of the person's early decision (i.e., the impasse is unresolved). Therefore the appropriate intervention of the therapist should be to offer the positive replacement to the Driver, not to identify it. This is accomplished by understanding that most people show this first degree Driver because they are "tired" of being offered transactions or perceptions other than their favorites. The following interventions are appropriate for Drivers:

When you observe this Driver.

Try hard
Please you
Be perfect; Be perfect-P*
Be strong; Be strong-P

Use this transaction and perception

FC=FC with reactions (likes/dislikes)
+NP=FC with emotions
A=A with thoughts; opinions
+CP= A with inactions (reflections); actions

* "P" indicates from the Parent

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- Classic defense mechanisms are hypothesized.
 - Examples of the second-by-second Driver words are presented³², and the behavioral life position. Frank Ernst³³ had identified four life positions. Drivers indicate that there is another behavioral life position: OK if... [I believe there is only one existential life position: I'm OK - - You're OK. The other four are only behavioral].³⁴
 - 1979 – 1982 research identified a significant Failure Mechanism³⁵ for each Personality Type in 2nd degree distress.
 - The 1970 – 1972 and 1979 – 1982 research studies identified Warning Signals³⁶ for each Personality Type in 2nd degree distress.
 - At 2nd degree distress there are two possible roles in Steve Karpman's Drama Triangle³⁷ that can be observed: Persecutor and Victim (of/to Persecutor). The 1970 – 1972 and 1979 – 1982 research studies³⁸ identified the Role for each Personality Type in 2nd degree distress.
 - Two behavioral Life Positions of the four identified originally by Frank Ernst in his O.K. Corral can be observed at 2nd degree distress: I'm Not OK - - You're OK or I'm OK - - You're Not OK. The 1970 – 1972 and 1979 – 1982 research studies³⁹ identified the behavioral Life Position for each Personality Type in 2nd degree distress.
 - Three possible ego states are observable at 2nd degree distress. Eric Berne discovered ego states, identifying them as Parent, Adult, and Child, and classifying them as existing in structure and function.⁴⁰ In 1970 I began to identify the behavioral cues - - words, tones, gestures, posture, and facial expressions - - for the positive and negative parts of the functional ego states. These observations were published in the miniscript article in 1974, in which I separate the functional Parent into -CP, +CP, - NP, and +NP, and the functional Child into +AC, FC -AC (subdivided into VC and three types of -AC).⁴¹ The 1970 – 1972 and 1979 – 1982 research studies identified the three ego states involved at 2nd degree distress - - VC, -AC, and -CP - - and the one that correlates with each Personality Type at 2nd degree distress.⁴² The intervention strategy when presented with one of these three ego states is: determine which personality phase is involved, and then offer the psychological need of that phase type to the client (transactions and perceptions alone are not "strong" enough).
 - In 1966 Eric Berne defined rackets as "the sexualization and transactional exploitation of unpleasant feelings."⁴³ In the Miniscript article I showed that rackets are feelings that exist only at positions 2 and 3,⁴⁴ which are combined into 2nd degree distress in PTM. 1st degree distress is Driver level, and has no feelings involved. 3rd degree distress does not involve transactions, so no rackets are there, only collected stamps. This leaves 2nd degree distress which is activated by a shift form -NP Driver sequences (introjected or projected) to -CP injunctions (introjected or projected). I further explained this in my 1975 article, "Structural Analysis: A Focus on Stroke Rationale, A Parent Continuum and Egoforms."⁴⁵ Results from the 1970 – 1972 and 1979 – 1982 studies identify the rackets most correlated with each Personality Type in 2nd degree distress.⁴⁶
 - In 1947 Eric Berne⁴⁷ defined games as having an orderly series of transactions, an ulterior aspect, and a payoff. By 1970 Berne⁴⁸ had developed "Formula G," which is C+G=R→S→X→P. In the 1974 miniscript article⁴⁹ and in depth in my 1978 book, Transactional Analysis Revisited,⁵⁰ I diagrammed these moves in games using the miniscript, showing that all games start with a Driver at the Con and Gimmick level, and progress to [2nd Degree] at the Response, Switch, Crossup, and Payoff, with Payoff possibly lingering as a stamp at 3rd degree distress.

The value of this integration of games into miniscript and now the PTM is that clinicians do not need to memorize the more than dozens and dozens of games to stop the beginning moves in a game, but rather know how to identify just six Driver behaviors and know the appropriate intervention [confrontational] strategies for them.

Results from the 1970 – 1972 and 1979 – 1982 studies identify the games played depending on the person's phase and personality condominium structure.⁵¹ Games cannot just be ascribed to a given Personality Type or Adaptation, as it depends on other factors as well, for example, whether the person has phased and how that affects what games are played given the personality structure combination.

- In 1966 Claude Steiner⁵² coined the T.A. term injunction, referring to a negative message that prohibits or inhibits the free behavior of the child. Bob and Mary Goulding⁵³ originally identified ten primary injunctions: “don't be,” “don't be you,” “don't be a child,” “don't grow,” “don't make it,” “don't be important,” “don't belong,” “don't be well (sane),” “don't think,” and “don't feel.” *In TA Revisited*⁵⁴ I showed the integration sequentially of the miniscript both structurally and functionally, identifying [1st Degree] Drivers as the functional manifestations of structural counterscripts and [2nd Degree] Stoppers as the functional manifestations of structural injunctions. The results of the 1970 – 1972 and 1979 – 1982 research studies support how important the injunctions are: although there are significant correlations with base (first floor of condominium) Personality types in 2nd degree distress and specific injunctions, these same correlations vary as a function of the phase and what the individual may have phased through.⁵⁵ This is particularly important, because a therapist should not assume a simple correlation exists between a given Personality Type [or adaptation] and one or more injunctions. That assumption is only valid if the individual has not phased. Primary injunctions will be identified, Secondary Phase Injunctions will be identified, and Secondary Base Injunctions will be identified. These are in that order of importance in dealing with clinically.

[Author's note: Research indicates the primary (base) injunctions of the offspring are a function of his/her personality type, no matter what the personality type (and therefore injunctions) of the parent(s). This is also true of Drivers (functional counterscripts). Each of the six personality type bases has a primary Driver that significantly correlates to it, no matter what the personality type of the parent. This warrants re-examination of classical script injunction and counterscript theories.]

- I conceived of the idea of the Four Myths in 1972.⁵⁶ Eric Berne cautioned that a theory/model was not complete until it could be explained in eight-year old language. Steve Karpman's Drama Triangle reflects such genius and simplicity. With the Four Myths I wanted to be able to say in simple language how do we know when we are in distress, have a contamination, are furthering our script, are discounting ourselves or someone else, or in any other descriptions, explain the underlying dynamic involved. I believe the answer is found in the Four Myths.

These Four Myths that further negative behavior transactionally are:

“I believe I can make you feel good emotionally.” [R→V]

“I believe you can make me feel good emotionally.” [V→R]

“I believe I can make you feel bad emotionally.” [P→V]

“I believe you can make me feel bad emotionally.” [V→P]

The results of the 1970 – 1972 and 1979 – 1982 research studies identify a myth with each Personality type at 2nd degree distress.⁵⁷

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- I used the term psychological needs when researching motivation and personality dynamics because it was more precise than hungers for my purposes. As I have stated previously Berne's "hungers"⁵⁸ were more content and situation specific than process and personality type differentiating. So I created and operationally defined my own terms and tested to see if they were mutually exclusive and significantly correlative with each Personality phase.

The 1979 – 1982 research findings confirmed two things: 1) the correlation between the following psychological needs and certain Personality phase types: recognition of work, recognition of person, time structure, convictions, sensory, solitude, contact, and incidence; 2) that when a phase need is not met positively, the individual will try to get that very same need met negatively, and predictably go into their phase miniscript sequence in doing so.⁵⁹

- Payoffs are at 3rd degree distress, and can be seen as the left-over fallout in stamps from not getting psychological needs met positively. The results of the 1970 – 1972 and the 1979 - 1982 research studies show the correlations of these stamps and each Personality type in 3rd degree distress.⁶⁰
- In his 1970 book, *Sex in Human Loving*, Eric Berne identified six life scripts: Never, Always, Until, After, Over and Over, and Open Ended.⁶¹ He gave a thesis and a mythological explanation for each. He did not, however, integrate them with ego states, transactions, roles, distress sequences, games, personality typology or clinical adaptations. Some of the original T.A. theorists postulated that the script was a result of script injunctions. No one had researched scripts to find correlations to help determine causalities. I had inserted life script items into the 1970 – 1972 research study, and found stronger correlations between Drivers and scripts, than between script injunctions and scripts.⁶² According to the postulations of the early script theorists this seemed inconsistent.

In the summer of 1971, as I attempted to interpret my research results, I asked myself a simple question: "What is it, that is to say, what occurs hundreds of times a day that could reinforce a life script." I smiled, realizing having "committed" a Be Perfect Drive with the parenthetical, "that is to say." And Eureka! I had the answer! As we move into Drivers, energy is drained from the Adult, and this affects how we [preconsciously] structure our thoughts, as evidenced by Driver contaminated sentence patterns. Within hours I hypothesized the sentence patterns of the scripts, and verified the significance of the Driver – script combinations in the research data⁶³. Further empirical observations verified the findings, as well as the 1979 – 1982 research showing the integration among the thirty-six combinations of miniscript personality phases.⁶⁴ I have published the findings in articles and books, beginning with the miniscript in 1974.⁶⁵ In the 1975 article, "Scripts: Process and Content"⁶⁶, I integrate both Drivers and script injunction theories into the development of life scripts. I point out that Drivers [functional counterscripts] cause the script by altering sentence patterns. These altered sentence patterns reinforce subtly, yet hundreds of times a day, the script theses. So "counterscript Drivers" cause the formation of the life script. However, script injunctions [at 2nd degree distress] determine how intensely - - to what degree of harm - - we will play out the script.

In another article in 1975 called "Drivers: The Key to the Process of Scripts"⁶⁷, I gave the correlations between Drivers and sentence patterns and life scripts.

After analyzing the results of the 1979 – 1982 research data, I realized that although base Personality Types had a certain script because of the correlation, phasing created new miniscripts, and therefore a new script. This required analyzing the data, and looking at the ordering of six Personality Types within an individual, and then looking at the script for a given Personality phase within that structure: 4320 combinations. Therefore, some of the original information that I published in my *T.A. Revisited* in 1978 was not complete. Data and research now does not support the assumption that a given Personality Type or adaptation will have a given script. If a person has phased (as have two thirds of the population), then their script may have changed, and not likely be the one expected of that type. For example, a Workaholic in a Reactor phase will not have as a phase script “After” [the one correlated with Reactor base types], but rather will have an “Almost II”, and experience “Is this all there is?” when in script distress. The TASP reports the client’s phase and base script. They may be one and the same, if the person has not “phased”. The script that will be the potential problem for the client will be of the phase. The more second and third degree distress the client experiences in the phase, the more the script will be “played out” in their life - - including with the therapist. Understanding the script and how to help the client deal with it is important. The PTM model offers several strategies: how to get phase needs met positively; working through the phase issue to resolve the impasse and experience the underlying authentic emotion, deal with the primary injunction, etc. When the base miniscript sequence is experienced, the base script becomes again the major problem script.

- Issues are most often the keys to whether we phase in life. I discovered these key issues, one for each Personality phase miniscript through observation and empirical feedback from the personal experiences of random samplings of people who have phased, and experienced working through these issues. (Our data collection on issues has been since 1987).

Each personality miniscript has an accompanying issue, unique to that phase in determining if a person phases again or not. The following are the issues identified with their corresponding phases [It is not within the scope of this paper to explain the issue terminology and dynamics in clinical detail.]:

<u>Personality miniscript phase</u>	<u>Issue</u>	<u>Authentic feeling</u>	<u>Racket</u>
Workaholic	loss	sad	frustratedly angry
Reactor	anger	angry	sad
Persister	fear	afraid	righteously angry
Rebel	responsibility	sorry	vengeful
Dreamer	autonomy	potent	insignificant
Promoter	bonding	intimate	vindictive

A fascinating dynamic of these issues is that it is only the issue of the corresponding miniscript phase that determines if a person will phase or not when presented with it. For example, most people are likely to have a significant loss in their life if they live long enough. But it is only the Workaholic phase person who will be a candidate for a phase change when the loss occurs, if s/he does not feel the sadness, but rather covers the loss with extended periods of feeling frustratedly angry through –CP.

Each of these issues when not experienced in an authentic, healthy way are suppressed or repressed, resulting in the predictable cover-up racket feeling. This continues with that phase miniscript sequence behavior at a level in the person's life that causes personal or professional problems. Once worked through to the authentic feeling, the person will phase to the next floor in their condominium.

- Impasses. The T.A. term impasses was popularized by Bob and Mary Goulding.⁶⁸ They took Berne's concept of the Adult redeciding {decontaminating}, to the cathected state of the Child, thereby enhancing the significance of the experience. In my 1978 book, *Transactional Analysis Revisited*, I devoted a chapter to integrating degrees of impasses, and the miniscript, including structural and functional explanations and examples.⁶⁹ With the additional insights into phasing and issues, a probable impasse for each Personality phase miniscript is provided in the TASP report.
- Therapeutic Impressions: Suggested phase myths, impasse issues, defense mechanisms, and the authentic emotion are offered. These are presented to be representative of this client, and of value to the therapist in identifying the specific and individualized impasses and issues.
- Suggested Directions: Specific transactions, perceptions and psychological needs are identified for the therapist to use with the client. In addition, suggested therapeutic models are offered.

I am excited with the discovery of phases, phasing, and issues, and gratified that therapists of the quality of Dr.'s Paul Ware and Terry McGuire have been using the model, and stating that "I find that my patients have been achieving their goals much faster." (T. McG.).

Author's note: I openly share PTM with you, my colleagues. Please respect that the non-clinical application of this material is copyright presented and protected.

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