I suppose crying is quite appropriate in these times, as people getting shut or brown to bits while praying, woning, slapping or just breathing doesn’t even make the cut for “breaking news” anymore. A year ago we celebrated our 1st anniversary, marked as a mark of respect for the brutality a child had to experience. And now we are again, marking our entry into toddlerhood while mourning the deaths of hundreds of innocent civilians at the hands of terror. Our hearts go out to the near and dear ones of the deceased, and with renewed vigour, we will bring to you stories from the trenches, of people transforming their lives through compassion, self-awareness and healthy relationships. We need these now more than ever, as violence and extremism threaten to wipe us out even before climate change does.

Perhaps the best to introduce the Creative Corner first up, as the child-like nature of creatively emerges. Praveen’s artistic depiction of the journey of a TA practitioner is a sight to behold, and the two lovely poems by Dhananjaya and Nandana celebrate the excitement of appying To the Earth and to relationships. A rich line-up of experiences include a poignant “Child is the father of man” by Ratukumara, a breeze “Japan Nalla Japan” by Madushanka, analytical “Esri’s Thinking”, a touching “Relationship transformation” by Bhuvana Shanthar, useful tips for online love by Dr. Priyawasa and an exploration of life positions by Ragini Rao.

“TA News” section, “Skilled Manpower: A Training and Exams”, has some important updates regarding the SAATA Diploma Pilot Manual. The dates and details of the upcoming exam writing workshop are also finalized as are the dates of some of the upcoming TA 101s.

Priya celebrates the completion of her first year as co-editor with a kickass TAza dedicated to the Who’s Who of psychology. Many congratulations to Priya, and to the winners (Radhika) and runner-up (Kasun) of the previous prize.

Finally, a reminder about the “Caselet Contest” we announced in January 2019. It is an ongoing contest and we invite each one of you to post a Caselet and email us to newsletter@saatta.org. You can view the details of the contest in this issue as well. Here’s the link.

Thank you for journeying with us. I wish you an immersive experience!

Dhananjaya
Managing Editor

Dear Members,

I am writing this note on the second anniversary of the relaunch of our newsletter, the aftermath of the devastating terror attack in Sri Lanka. I feel extremely disturbed ever since I heard the news. It’s not the reaction to this single incidence, but it is a cumulative effect of many such almost on a regular basis in the recent years.

The sense of outrage and helplessness that I feel is inexcusable. It’s saddening and affecting my being on a daily basis. I’m only wondering how our transactional analysis help ourselves, others and communities in large in coping with these effects, in a healthy manner. I believe transactional analysis has immense scope in helping not only individuals but also society at large in healing the past and moving ahead with love and compassion.

I’ve noticed in our newsletter members sharing many experiences of how they find peace and compassion for self and others through their encounter with TA. My heart congratulations to the newsletter team who have offered this space for us to share such experiences in varied creative ways. Bringing these volumes every quarter is not an easy feat. Thanks to Shanthar, Renuka and Priya for keeping the fire burning.

I invite and urge all our members to share more such stories so that we said and spread positivity around us in those times when hate and cowardice is being spread around us all around!
TA Talks is a video series, brought to you exclusively by the SAATA Newsletter team. It is a platform where practicing TA professionals briefly share their expertise and experience on a variety of TA topics. If you have specific topics and/or people that you’d like to listen to, please email us at newsletter@saata.org. We will do our best to bring them to you. Enjoy watching! And, remember to share your feedback through our feedback form.

TA Talks is also available on the SAATA India Youtube channel
https://www.youtube.com/channel/UCGTWWZ8mOEINnOuH2x9jA

Relational Approach in Transactional Analysis
Deepak Dharmaji shares with Jo Stuthridge on various aspects of the Relational approach in Transactional Analysis.

EXPERIENCES
- Attitude Change – Understanding Life Positions to Make the Difference
  - Ragini Rao
- Overthinking, Thinking or Underthinking?
  - Kishor Katawa
- Child is the Father of the Man
  - Rakesh Ramanathan
- Japan Nalla Japan
  - Malthangi Ramprasad
- Love in Online
  - Dr. Raveena Nihalwala
- Relationship Transformation
  - Bhavani Shankar

CREATIVE CORNER
Poem: Here and Now
  - Praveen Patel

Journey of a TA Practitioner
  - Prasad Naveen

Poem: TA, TA Where Will You Take Me Today
  - Rachana Mittal

FEEDBACK
Thank you for including me on the mailing list for your newsletter. I loved receiving it. What a wonderful job you have done!
Read more...

Please send your content to
newsletter@saata.org
Click here for guidelines.

Subscribe
Pen A Caselet (PAC)

As a warm up exercise for our budding TA practitioners and GTA assistants in the journey towards becoming successful Transactional Analysts, we are excited to announce the Pen A Caselet (PAC) contest.

We invite you to write a snippet of your work or application to self using appropriates PAC concepts as applicable to your field.

<table>
<thead>
<tr>
<th>Concept</th>
<th>Applicability</th>
<th>Rewards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promote your writing and articulation skills</td>
<td>The contest is open to all SAITA members. Language of writing must be English</td>
<td>For all participants: 1. One free supervision hour per caselet from a PISTA of your choice from a panel of volunteer supervisors. 2. Constructive feedback for all submissions</td>
</tr>
<tr>
<td>Help strengthen your TA conceptual knowledge and its application</td>
<td>You may choose to write a caselet on application of TA to your client/j your organization</td>
<td>For Content Winners: Cash worth Rs. 1000/- that can be redeemed in the SAITA shop for any of the following: 1. SAITA membership renewal 2. Passes for SAITA events like NLL 3. Supervision hours</td>
</tr>
<tr>
<td>Doing is as essential as doing and crucial to the caselet-writting process</td>
<td>You’re not thinking ‘how do I start writing for my exam?’ Then this is the opportunity to un-stick yourself!</td>
<td></td>
</tr>
<tr>
<td>Toss more of your work publish with the SAITA Newsletter</td>
<td>Leverage the KISS principle - Keep It Short and Simple!</td>
<td></td>
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Content Guidelines:
This contest is open for all SAITA members.

- **Word-count**:
  Capture the essence of your caselet, writing to a maximum of 1000 words only. We encourage the use of diagrams/multimodal narratives, but please keep to the stipulated word limit (max. 1000 words, including everything).

- **Outline**:
  It being to the specific, here’s a sample outline you may use for your Caselet:
  1. **What is the problem statement?**
  2. **What is the intervention employed to bring about change/movement in self and/or client?**
  3. **What were the outcomes?**

This is a sample. Your caselet need not follow the entire process outlined here. For e.g., if you are using (or have used) TA only for diagnosis, or intervention, or in part of an on-going case, feel free to pen it the way you like! Choose your unique style, use your creativity and showcases your conceptual thinking and application. This is your space, go ahead and shine the spotlight on your passion as a TA practitioner. Note: We are looking for caselets and not full-fledged case-studies. Share a snippet showcasing your application of TA concepts. It could even be what you did in one session with a client, for example no application is too small.

- **Client Protection, Anonymity and Confidentiality:**
  Should you choose to write a caselet on your client’s organization, please ensure you maintain confidentiality, keep your references genuine and do not divulge any sensitive information. Please note that the responsibility of seeking necessary permissions from your client lies with you. SAITA’s newsletter team will not be held liable in any way.

We also suggest you choose a caselet which would be different from what you intend to submit for any of the SAITA or GTA exams, to protect your anonymity for exam submissions. Look at PAC as the springboard for you to jump your way to brilliant, comprehensive exam case studies.

- **Review & Assessment:**
  Successful entries, as judged by a panel of volunteer supervisors who are PISTA in the chosen field, will be published in a future issue of the SAITA Newsletter, as and when there are sufficient entries.
  The caselets will be evaluated on the following parameters:
  1. Conceptual understanding and application
  2. Flow, structure and coherence of the caselet
  3. Creativity in application and presentation of the caselet

Go ahead, snap up your writing gear, Pen A Caselet, & e-mail us to newsletter@saita.org

This will be an ongoing contest. The last dates for submission are as follows:
- 28th February (End of April issue)
- 31st May (End of July issue)
- 31st August (for the October issue)
- 30th November (for the January issue)

If you wish to write in any language other than English, please email us and we will do what we can to support.

Note: ‘These guidelines replaces the one published in the previous quarter issue of October 2018’
Crossword

TAzzle
Solve this TA crossword and mail us your solution to newsletter@saata.org. The first 3 winners (TAzzlers) would be featured in the next issue along with the solution. Have fun and happy learning!

Across
1. Proponent of "The Big Five" theory (8)
2. A major proponent of existential psychotherapy and author of the influential book "Love and Will" (3)
3. First name of the woman psychologist who designed the "strange situation procedure" to assess early emotional attachment between a child and its primary caregiver (4)
4. The proponent of psychoanalysis (5)
5. This Norwegian psychologist enumerated 10 neural needs for affection and approval (6)
6. Named as one of the world's most influential intellectuals, he is the author of several books and is known for his advocacy of evolutionary psychology and the computational theory of mind (5)
7. He developed the theory of the "collective unconscious" and was also interested in dream interpretation (4)
8. Well known for his conformity experiments, in which he demonstrated the influence of group pressure on opinion (4)
9. He coined the term "Cognitive Therapy" (5)
10. He is responsible for the influence of 1951 Bobo doll experiment (7)
11. First name of the man who is often recognized as the "father of social psychology" and was one of the first to study group dynamics and organizational development (4)

Downs
12. This man believed and propounded "multiple intelligence" (7)
13. He was one of the founders of ethology, the science of animal behaviour. He was particularly well-known for his studies with gorilla peas (5)
14. He developed the first widely-used IQ test (5)
15. He created the widely-used ink blot test personality test (8)
16. He conducted a famous experiment where he discovered that many people, when commanded to do a task by "authority figures", would deliver extremely painful shocks to other test subjects (7)
17. The father of Operant conditioning, based upon the idea that behaviour can be altered through reinforcement (7)
18. The behavioral psychologist who said any behaviour can be learned (6)
19. A German-American developmental psychologist and psychoanalyst most famous for coming the phrase identity crisis (7)
20. The person behind the "person centred approach" (5)
21. He developed a concept of the intellectual growth of children that is widely used in teacher education (5)
22. Regarded as the "father of experimental psychology" (5)
Crossword Winners

Solution for Tazzle January 2019

```
A  L  O  W  E  R
I  N  A  T  E  E  U
X  B  R  I  S  R  T
I  I  M  M  P  F  O
E  D  F  U  O  G  N
T  O  U  L  N  R  O
Y  Z  U  S  M  M
Z  S  E  I  Y
P  H  Y  S  I  S
I  E  G  O
H  I  N  D  S  I  G  H  T
G  E  N  O  G  R  A  M
C  O  N  F  I  D  E  N  T  I  A  L  I  T
```

Congratulations!
Correct entries received.

Radhika Iyer - Winner!

Kavya Khandiyap - Runner-up
Anniversary Issue

SAAT Newsletter

Attitude Change – Understanding Life Positions to Make a Difference

A good grad at Psychology from Deakin’s University and a teaching and Supervision-Transactional Analyst (STA) certified by International Transactional Analysts Association (ITAA), Maggie has had 25 years of experience as a Trainer and Theorist. She has been involved for 10 years in helping people to make a change in the way they think about their personal and shared problems.

Attitude Change – Understanding Life Positions to Make a Difference

"Attitude is a predisposition to respond positively or negatively towards a certain object, person or situation,"... further reference.
A positive attitude towards life is very important and believes. Whatever the issue is, a positive attitude can do a lot to lighten the mood and show the way forward. If the fact is that we are all born with primary and secondary patterns of thinking, why do different people and how do we bring about an Attitude Change in a difficult situation?

As a mental health professional, I consider Attitude is an area to listen to a person’s identity, Attitude, in form, is connected to the personal expression of identity, cultural, and social.

Feelings are innate and born emotions. Emotions are our view about the world. Life, others and self and take the guiding principle with which we lead our lives. Our beliefs and values shape the kind of thinking we apply to the situation we are in.

However, Attitude Change is possible with the help of experts and experienced people. However, Attitude Change is possible with the help of experts and experienced people.

Life Positions – Diotis Alfonso’s Transactional Analysis

According to Diotis Alfonso’s Transactional Analysis, there are four existential positions that typically all individuals adopt to live very exist as in these lives. These are

1. I’m OK, You’re OK
2. I’m Not OK, You’re OK
3. I’m OK, You’re Not OK
4. I’m Not OK, You’re Not OK

The renowned master of the 20th century’s behavior’s philosophy has a practical meaning. A person of different behavior’s positions are worthless, reckless and unchangeable.

I believe that all individuals are born OK, But, alfonso believed, however, in our initial experience of life, we say they are not good, loved, or perfect. This is the first impression of all the positions.

Eric Berne called these positions Life Positions. A psychosociology that is individualized within itself to reflect and process these positions within ourselves. Our positions are an important aspect of the way people are. How we think and what we think are the positions that others observe about us.

Behavioral Choices and Positions

1. I am a person who has a reasonable healthy and being childhood was a healthy positive life
t of the past 50s, Remember, which means the person has been good to other person. This person is able to hear others and assist the other person. At the same time, he has a rational and moral position.

2. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

3. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

4. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

5. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

6. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

7. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

8. I am a person who has a reasonable healthy and being childhood was a healthy positive life of the other

However, the positions can be changed by improving our behavior. These positions can be changed by improving our behavior. These positions can be changed by improving our behavior.

When we become conscious of our behavior, what we are experiencing, what we are thinking, and how we are reacting, it affects the way we think about ourselves. If we change the way we think, we can change the way we act.

Attitude Change comes with the Partnership

The humanistic and positive approach of Diotis Alfonso’s Transactional Analysis philosophy is that people have the ability and the ability to be railroaded. We cannot change our life, but we can change the way we think about things in the present. This has the capacity to heal the past and the worst at the same time.

How can we make an Attitude Change?

People with the life position of the past 50s, Maggie can see

1. Seek positive and loving relationships; associate with friends who are genuine and caring. 2. Learn to find people’s mistakes. 3. Learn to trust people and ask people what you need from the past. 4. Learn to appreciate and value others. 5. Practice positive affirmations, which can be very revealing one for held positive thoughts.

People with the life position of the past 50s, Maggie can see

1. Identify the source of anger and express it in a healthy relationship. Learn to talk about anger rather than blaming or deeming violent. 2. Choose a partner or professional guide you in this process. 3. Choose an alternative to societal norms and embrace self-awareness. 4. Start by thinking about the past and learn what has been left behind. 5. Learn to wear and be able to positively identify and express.

Institutionalize the life position of the past 50s, Maggie can see

1. Depending on the severity of the problem, professional help may be needed. 2. Again identify the source of the problem and bringing about meaningful change. 3. Choose healthy, nurturing and professional relationships. 4. Overcome difficult tasks. 5. Learn to wear and be positive and motivate others.

Aesthetics and Life Positions in Transcendentalism

Aesthetics and Transcendentalism in the Life Positions

This article was originally published on www.deakinuni.edu.au and has been republished with new content.
OVERTHINKING, THINKING OR UNDERTHINKING?

On Jan 4-5, 2019 I attended my first NLP (Multi Level Learning event) in Chennai. I had no idea and no expectation of what this event would entail. And it so happened that the event literally jolted me off my structural mindset!

To briefly answer what happened in the event: all the attendees were split into 4 groups, with each group having a facilitator, a supervisor, a supervisor’s supervisor and a Martian. The facilitator and supervisor’s team would change for each session. There were 4 sessions in 2 days, each running for around 1.5 hours. The interesting part is that there was no agenda of what is going to be discussed in the group’s session. We all get into the group and be there and anything may evolve in the groups discussion.

This significant event occurred in the 4th session, the last one, on the second day. We, as a group, had decided to talk on 2 topics. Our facilitator wrote them on the white board and we started the discussion. As the time progressed and the conversation was building, no one was speaking about the topics that were written on the board. Instead, we were talking about having a bowl of noodles in the world except the topics that were on the board! I didn’t bring my objection in the group’s space and instead was sitting on my thoughts (my process), which was: “Come on! what are you guys are talking, talk about the ones which are on the board!”, So, 30 minutes passed by like this and our session was nearing the end. Our facilitator asked us to bring it to a closure and share the feedback of what we all learnt and what we are taking away. And everyone started sharing what they learnt from the conversation that happened in the group and when it came to me, I was almost clueless and said, it was 50-50 for me. The session ended in a few minutes.

This opened a new door in my thinking process. I realised that I was so much bound to the structure (what was written on the board) that I literally ignored every word spoken during that 30 minutes in the group. That was my ‘Be Perfect’ driver in action. It is important for me to take a thought to an end, irrespective of whether it matters in the context or not. In other words, it is this driver behaviour from Child instead of Being in Adult.

Expanding this to a very important aspect of my life, I was recognised for my analytical skills. In my 15 years of IT skill, I have enjoyed Business Analyst role. I was recognized for my questioning skills by IMC professors in my Executive Mgmt course. I was praised by Julie Hay saying: “Kiran, you ask some interesting questions” and so on. There are some golden stones which I have got for my analytical and questioning skills. On the other hand, I was also given feedback as: “I overthink, over analyse, question too much, in my TA course?” This had created a dilemma in me. I started wondering when to ask and when not to ask the question.

After the above incident of NLP, I realised where I was going wrong. Often, when a thought entered my mind, I wanted to take it to an end and I went on asking the questions, irrespective of the context (whether it is really required or not) or ignoring what the other person wants to say or is saying. So, whenever I have put the question in the context or with a rationale, I have provoked the thinking in the others. And when I have gone along with my ‘Be Perfect’ driver and have missed the context or rationale, I have come across as over analyser. So all I want to do is to check that my questioning or analysing is coming from Adult, considering the context and the intention and not from Child, driven by ‘Be Perfect’. This helped me to resolve another important thing: When I ask a question and someone says I was overthinking, I am not impacted by that feedback and on the other hand, I don’t have the fear of not asking something for the fear of being labelled as over thinker and lose the chances of learning!

Thank you SAATA and the team for this life changing event. I am looking forward to next year’s event :)

Kiran Katara is working as Agile Coach with an MNC in Bangalore, carrying 35+ years of IT industry experience. He is pursuing his 2nd year in TA in Organization theme with SAATA. He is also ACC/Associate Certified Coach trained coach, working towards his ICF accreditation. He loves teaching, Kannada literature and reading books. He is reachable at kiran.katara@gmail.com
Child is the Father of the Man - Ravi Ramanathan

Ravi Ramanathan, TA trainer (P) with Masters in engineering and 24 years of corporate experience. Interests include philosophy, yoga, astrology, music and sports.

Conversation between Ravi (that is me) and my five-and-a-half-year-old son Adhway.

The context is my reading room where Adhway had stuck multiple stickers on the cupboard. A pair of stickers caught his attention and our conversation went like this...

Adhway: This man is the boss and he is shouting at this (other) man. So this man feels sad.
Ravi: Then what happens...
Adhway: Police comes (sets a sticker of a motor cycle near them). Then the police comes (bigger motor cycle). They took this boss (past the two motor cycles and the boss sticker in a different spot).
Ravi: Where did they go?
Adhway: Police put him in jail.
Ravi: Okay, so what happens to this man (one who was originally sad)?
Adhway: He is sad because that man made him feel sad.
Ravi: Oh is it? What did the police do? You said that other man is in jail...
Adhway: Mmm yes. That man is not sad. He comes back (gets released from jail).
Ravi: Then what happens?
Adhway: They are happy (seeing the stickers). But this man looks sad :-(
Ravi: What can you do?
Adhway: I want to make them all happy.
Ravi: How?
Adhway: I will take a sketch pen and put smiles on their faces.
Ravi: Yeah go ahead and do it.

He happily sketched smiles on the faces and ran off saying everyone is happy :-(

Some of the permissions I think gave him in these transactions were to Feel, Think and Express. Be yourself.

He filled me with positive strokes and happily moved on. I immediately wrote this in my journal with thoughts that I allowed his imagination to flow. It was indeed revealing to observe and appreciate that kids naturally know the values and connect them to context. It was then that I heard this statement in my head: "Child is the father of man".

---
Japan - Land of the rising sun, has always fascinated us. It has never been a must to be on our travel list. And then suddenly in one of our conversations we said why not Japan? Then the idea became a reality. And what a reality it was! 10 days of sightseeing included two half days of travel and transit всего at the same time, walking, running, strolling, backpacking, hiking, so much to witness, learn and observe. And most of all, as we are alone where she could just be "we" with the surroundings. The ancient temples, pristine beauty of nature naturally brought out the Free Child in me and a sense of calm descends automatically. 

Our visit to Nara, showed us to experience the Nara airport, and all the public spaces and private, most of those spaces were scrupulously clean. We quietly grabbed our Japan rail pass and drappled along our suitcases to take the super fast bullet train. On my feet, that was amazing, the Free Child in me woke up to be in the super fast Shinkansen.

And at my shower announcement, the free train would roll in at 15:13 and precisely did just that. There were clear signs up to where we had to stand to board the cars of the train and then began a fascinating 2 hour journey of our much beloved safety, people watching, what was there were with their phones of course playing down to pick up information, there were some cute kids with mum, waving, people noticed many old people were with their cane or with their cane. It was a comfortable and serene journey and very moving, independent and struggling on crane had great sense of determination and dedication. I thought to myself maybe the years of hard work and what the visionaries have gone through has shaped them to be thus and mentally formed my hands in a Namaste, otherwise, the train would be uncomfortable and we loved the trip especially because they name "equipment" the latest toilets and all 10 toilets. The Adult in me was resurfacing our how and why?

The spent four days exactly, Four days of Tokyo. Moving around Japan with a rail pass, osaka, hiroshima, ueno were very easy once we moved into our Adult Ego State to find out where, where, where?

Each and every one we asked to help with directions, stopped with a smile and had a safe way of walking directions for a few moments to allow us the roads. Their nurturing Parent State helped us overcome even the language barriers. Such was the warmth we felt. The weather was pleasant and to be honest, the thick layers and deep layers were everywhere. The beauty of the flowers were incredible and amazing. Arashiyama, one of the places we visited had a right path amidst the trees and a bridge and a river. What beautiful photo op!

Apart from the tall, extraordinary modern skyscrapers built for the super smart Japanese workforce, in contrast the old Buddhist temples were maintained as well. Automatically a sense of calmness prevailed around as we entered the places of worship. Huge statues of Buddha, Taisa, and other gods of Buddhist holocaust stand tall and strong. While standing in their mightiness, presence of a sense of humility creeps in without any effort.

I saw the Perfect meeting style predominantly in most of their action. Goshha that we had, like fashion or or any other thing they know how to love and throw only at specific areas where they were less.

And what was amazing is I saw an old monk woman who had thrown down a lot of paper and she behemoth to bend down pick up and put it in her bag. I suppose it is a habit.

Among the Japanese, I found that the Adult Ego State is quite active in giving, receiving information and apart from a few smiles, I don't really see too much of a dramatic emotional display in the time that I was there. May be they don't express emotions in public so much (thus could only be mind reading and not supposed to be seen).

The Adult Ego State which gives very precious information looks like a robot sometimes, also spends a lot of time doing work on improving stuff, making lovely designs of household things which makes them easy to use.

The systematic way in which we were taken up and down the Kyoto tower was amazing. I didn't see one person pushing, pushing or pushing all the time. Such was the logic to the system and ideologically.

As much as there are many smash showing the latest in world fashion, we also saw women attractively dressed in their traditional costume while going to the temples and so were the men. Cultural archetypes being maintained in such a modern, cosmopolitan city. The Tokyo was very interesting to observe. 

We were treated at the time, so much so was there greater such encounter with a low and "I'm not sure." The Positive Adopted Child appeared to be very strong. Being a vegetarian we were sometimes like wild animals searching for food, wondering where and when we will get our food. And as usual, the local people we did get some white smoke, amazing Japanese vegetables and keep at pony-vegan Restaurants.

We were also given a Sushi for being an Indian when one Japanese said Indians are very smart people. 

The art and culture of Japan was indeed fascinating and we had an opportunity to meet a kabuki training to be a Gokatsu. What elegance, charm and grace with which she used her smile and legs. With all of us going for her "attention training" we could not but understand that the Kabuki is very interesting to listen.

We saw Japan and the Japanese, a beautiful blend of the East and West, the best of both the worlds, the suffering, their need to iodinize, (impale any one thing away, (rural Ueda Ego State), from confusionality (flurrying Parent State), and a lot of Positive Adopted Child. The incredible art and the temples and arts of the garden showed an excellent creative Free Spirited Child State with a sense of order.

I felt positive, appreciated and accepted and never at any moment Discriminated. 

Liking away from the humdrum of our daily routine, I also found a lot of time to introspect and use TA principles and consciously in my interactions with family.

Flavor of Japan was like the little bit of green grass that was found growing under a huge ultra solid silk artical imperial palace in Tokyo, perpetuating the TA concept brings freshness and zest to life.

As we ended our trip, ... Japan... Malta... Japan...

Buenas!
Love is blind and loves are constants.

You need people who are online looking for the same thing you're looking for. The people I know have either been dumped or are looking to meet new ones. Some of these cases have been a combination of both and they end up falling in love and finding true love.

Case 1: Jatlin, a 27-year-old woman was looking to meet someone new. She had been single for a few years and was interested in meeting someone new. She met her husband online and they fell in love.

Case 2: A 32-year-old woman was looking for a relationship with someone who shared her values and interests. She met her partner online and they started dating.

Feedback

Previous Issues

Footprints: This week we're focusing on the topic of online relationships. We've heard from users about their experiences and what they've learned. We've also included a guest post from a relationship expert. Please let us know what you think and share your own stories.

Subscribe to our newsletter and receive updates on upcoming issues and events.
Relationship with my spouse transformed with TA

I was suffering with marital issues, being stuck, unable to divorce and continued to be in the relationship which was not working for a long period of time. I had issues with my spouse but was living together due to social pressure and cultural binding. I felt that TA is a matter of upgrading my knowledge to do service to society post my retirement in my profession.

As I was learning TA, I got an ‘aha’ moment when I understood that “If a person approaches the other person during a calm situation and gives a strong, the relationship will improve between the two,” utilising the same to experiment. As I practiced, I also understood many of my reactions and took therapy to address these. For e.g., I had the inclination of not enjoying. During therapy I understood that the instruction was given to the child in me, who was shocked and not ready to receive such a huge bomb, i.e., when I was aged below eight, playing with children and understanding gender differences. I felt strongly given an instruction as not to enjoy, which continued till thirty plus years of marriage. Therapy allowed me to re-decide that I am allowed to enjoy the pleasures of life.

Also, in my childhood, when I had happened to see my father and elder brother (who is elder to me by 14 years), they were often involved in a verbal fight. I inherently developed a fear against verbal fight. As a child I used to get away from such a scene. The same continued as I grew up. I used to avoid confrontation of any cost on any issue against anyone. At work as a team to accomplish the goal set I developed my own winning formulae with work group managed to be successful, but at home nothing worked so there is no one to review and monitor and result, and give feedback. I also remain calm with those negative feelings. Instead, I accumulate my negative feelings to collect stamps and once in a while burst out in anger with my spouse as per my script. The same continued as a pattern in our relationship. By understanding the same pattern and bringing my awareness to the various ego states I was behaving from, I made conscious changes in my behaviour. For e.g., instead of behaving from the Adapted Child ego state (being reactive, flight in case of confrontation), I stood my ground and communicated what I felt in the moment, thus behaving according to the context (adult). Journaling all these on record through EFT Epigram chart helped me reduce the practice of playing games resulting with negative feeling, and gradually within a short span of time, we were totally put off.

My elder brother used to physically and emotionally abuse me, dominating me to act on his requirement. As a child I made the decision to read and react those who dominate me to serve their own interest. As a grown up, I used to put my brother’s face onto my spouse’s whenever she raised an issue which was not acceptable to me. This also created a huge gap in my relationship with my spouse. The same was also corrected with understanding of my client and personal therapist, disconnecting the rubber bands I used to practice. I also improved my here-and-now response to such situations. For e.g., whenever I am communicating to do anything, I get angry. I now stop for a moment, think what I can do best in a calm, polite way without hurting myself and others. I reply in a firm yet soft voice “do you mean this, now? I’m interested in doing that activity. Let me do that which is naturally interesting to me.” Gradually I took responsibility to do certain tasks myself without anyone’s interference.

Now having understood and correcting my mistake I started practicing time structuring, I practised myself how to communicate without getting angry and also in an adult position. Also whenever an opportunity comes I started to give strokes to my spouse. Though the efforts failed initially and my ego raised questions like “why should I do these, undergoing so much stressful situations?” the Ethics grid came to guide me to move in the right direction in our relationship. Thus I could continually progress irrespective of having both positive and negative experiences. I started to develop a relationship and a new dimension of understanding while practicing. I could make changes and clear the distortion of change in my pattern of behaviors. Thus, I could express my side of behaviors appropriately. I could communicate my feelings and desires correctly in an appropriate way, making the relationship with my spouse more open. I was earlier not available for relationship with her due to my flight away in case of confrontation” script I used to hide myself in activities like reading books, journaling or doing some activity that isolated me from her. After understanding that any relationship becomes strong only with either positive or negative strokes I involved myself to mix with her, irrespective of positive or negative feelings. I witnessed my father hitting my mother when I was aged below five, and I decided that woman should not be hurt. So I was taking care that don’t share any of my hurt feelings with my spouse, keeping all negative feelings within me and this was causing our relationship to be ill. The awareness of it is to have and communicate negative feelings and it will enhance relationship made me to act and bind fruitful relationship.

During discussion of my transformation in the TA class room with support group I realised as a part of motivating myself I used to journal paperworks about the relationship from “you are not of position”. As I had my dear please others, I used to give strokes to my spouse for every little thing I felt worthwhile; and do activities of her interest, the moment my spouse did not accept or criticised any of my activity, I would react for a while from “I am on you not on position”, than immediately go to trainer mode as in mini-script finding faults in her criticising part and started react to her. Through this awareness, I brought myself to look at and practice more and more from “I am on you are of position” enhancing my relationship further. During the moments when I was criticised. I started thinking “is it ok, the other person has the right to think in their own way” I did not let it get to my head. I neglected the criticising words house on the taxi I was involved in and moved on. Later on, during a calm time, I told my spouse how her words made me feel. Thus now I realised into my self. TA helped me to travel my life journey in joy and peace.
Poem: Here and Now - Pragmesh

It's always about the Here & Now.
I thought about the past and wondered how
I think about the future and wonder now
TA taught me to live in the Here & Now

While I work with people now
I keep on contracting and they wonder how
It's about levels three: administrative, professional and psychological
Done in the Here & Now

While I talk to people now
They tell me I have changed and I wonder how
I know it's about using my ego states in the Here & Now

I thought about how I spend my time now
I kept spending in haste, withdrew and games wondering how
Then it was to add more time in activities and pastimes in the Here & Now

While I think about myself now
I used to negatively stroke myself wondering how
I now unconditionally know to stroke myself in the Here & Now

While I think about others now
I never asked for strokes from them wondering how
I now ask for strokes when I need it in the Here & Now

I know the OK positions impacted me how
I was not OK and Others were OK wondering how
I am now practicing I am OK and You are OK in the Here & Now

I am different my family tells me now
I was strict and aggressive with them wondering how
I am now functioning as an Adult and Free Child in the Here & Now

While I know the journey has just begun now
I will keep learning to improve each day now
By practicing all concepts of TA in the Here & Now
Journey of a TA Practitioner

Prasad Naveen

Prasad Naveen is a therapist and facilitator at Amrit Darshan. He uses techniques based on eastern philosophy, yoga, audio, energy management, dance and movement, psychodrama, Gestalt, TA, Mandala-art, Yoga nidaa based tools and techniques. He has passion to train sports personal in integrating these techniques to enhance their ability and better their achievement. He is also a advanced TA trainer.

Journey of a TA Practitioner

The Artist, has depicted the Journey of a TA Practitioner (an explorer of the self)

Travelling the waves of contamination and confusion to reach the goal of being an Adult, who has choices, and holds the power to live life well and with awareness.

It's like the sun (the adult), depicted inside the upward and the downward triangle. With spontaneity and intimacy.

Creative Corner

Poem: Here and Now
- Pragnesh Patel

Poem: TA, TA Where Will You Take Me Today
- Ruchina Mittal

Feedback

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Receive Our Newsletter
Poem: TA, TA Where Will You Take Me Today - Ruchana Mittal

I am a TA trainer. Completed the SAATA pilot Diploma 2018. The poem was written for the exam. If you think I am a poet then let me tell you Bibi is the second poem of my life written by me. So what was the first poem? It was a poem for my fiancé who is now my husband for 19 years. I am a director of a company and Psychotherapy is my passion. Mother of two lovely kids.

TA TA Where Will You Take Me Today

TA TA where will you take me today
To a land of unknown feelings, keeping me away from my Adult
To my P0 where I heard my parents when I was in my mother’s womb
To my Script that I wrote as a child and find it hard to change now

TA TA where will you take me today
To the land where I find it difficult to take the positive Strokes
To the land where I don’t give Permission to enjoy life
To a place where I feel my Racket feelings are true

TA TA where will you take me today
Where I collect Stamps as if it’s my hobby just to exchange it
Where I play Games just to occupy my time
To a place where I fight to prove I am OK and you are not OK

TA TA where have you brought me today
Here where I am ready to break my Defense mechanism
Here where I allow my Free Child to express what I feel
Here where I am the Nurturing Parent to my kids

TA TA Where have you brought me today
From a place where I don’t understand poetry
To a place where I am able to write one today
Here where I can feel I am me again 😊

TA TA where have you brought me today

EXPERIENCES

- Attitude Change - Understanding Life Positions to Make the Difference
  - Ragini Ray
- Overthinking, Thinking or Underthinking?
  - Kiran Kalwara
- Child is the Father of the Man
  - Ravikumar Ramachandran
- Japan Nalla Japan
  - Mamtangi Ramprasad
- Love is Online
  - Dr. Ruvana Nulwala
- Relationship Transformation
  - Bhavini Shankar

CREATIVE CORNER

Poem: Here and Now
- Pragnesh Patel

Journey of a TA Practitioner
- Prasad Naware

Poem: TA, TA Where Will You Take Me Today
- Ruchana Mittal

FEEDBACK

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