



I'm OK, You're OK

Thomas Anthony Harris

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Transactional Analysis delineates three observable ego-states (Parent, Adult, and Child) as the basis for the content and quality of interpersonal communication. "Happy childhood" notwithstanding, says Harris, most of us are living out the Not ok feelings of a defenseless child, dependent on ok others (parents) for stroking and caring. At some stage early in our lives we adopt a "position" about ourselves and others that determines how we feel about everything we do. And for a huge portion of the population, that position is "I'm Not OK - You're OK." This negative "life position," shared by successful and unsuccessful people alike, contaminates our rational Adult capabilities, leaving us vulnerable to inappropriate emotional reactions of our Child and uncritically learned behavior programmed into our Parent. By exploring the structure of our personalities and understanding old decisions, Harris believes we can find the freedom to change our lives.

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From reader reviews:

Joaquin Hogan:

Playing with family in a park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love I'm OK, You're OK, you are able to enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

Jewell Garza:

I'm OK, You're OK can be one of your nice books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into joy arrangement in writing I'm OK, You're OK although doesn't forget the main level, giving the reader the hottest along with based confirm resource details that maybe you can be considered one of it. This great information can draw you into brand new stage of crucial pondering.

Laveta Blodgett:

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