

IDENTITY TRAINING II

Introduction

We are excited to bring you this seminar because we believe that serious study and application of this material will not only greatly enhance personal freedom but will also immensely magnify the chances for closeness and intimacy. The common theme of Liberation Psychotherapy seminars (developed by the authors Frank and Dix Morris) is the unleashing of private autonomy. At the same time, they will pave the way for deep relationships. Identity Training II is pivotal to all our seminars because it deals with Scripts.

The notion of Script is rather modern, first used by Eric Berne in the late 1960's. The two key books on the subject are *What Do You Say After You Say Hello?* by Eric Berne and Claude Steiner's *Scripts People Live*. A Script is a part of the mind that kicks in when a person is threatened with closeness.

As Certified Transactional Analysts, we have studied available script material for years. After years of study, we have not found naming Scripts to be as therapeutically powerful as we had once hoped. While others have charts, fairy tale scripts such as Little Red Riding Hood or Cinderella, Greek mythological references such as Sisyphus and Arachne, occasional pejorative references, mazes where we get lost, or deal mainly with style (Hurry Up or Don't Grow Up Script), we looked for simplicity. Our goal has been to translate difficult material into common language that people can use for the development of their soul.

Our scheme for understanding a Script is very basic. A Script is *two Ricochets and an Adaptation*. A Script usually copies two major people and includes a given role that a child played over and over again. Later in life the person casts others into one of the three roles and is angry at the person, appreciates the person, or scorns the person according to the role given. That's it in a nutshell.

To elaborate, a child experiences two major figures having the same transaction repetitively throughout childhood. In response to that continually running movie, the child makes a social (surface-

level) and a psychological (internal) response. No one reasonably discussed this brainwashing repetition that occurred almost every time the important two others interacted. It was just taken for granted. It just happened. Dad goaded. Mom rejected. And the child stewed. This happened over and over and over again. The pattern sank into the brain/mind, later to emerge when the child-become-adult is faced with closeness or intimacy. It is strange, isn't it? Intimacy is the reward and bonus of life, yet precisely at that point the Script activates and ruins it. Isn't that amazing?

If "repetition be the mother of memory," mindless, strained, emotional, ignorant repetition is the earth mother of Script! The kid is imprinted. Two Ricochets and one adaptation. In other words, the child ingests two other people's material while developing his/her own little anti-philosophy for closeness. Another way to say it is that there are two primary emotional identifications.

An example: Let's say that Billy watched his dad and his mom engage in the same word rituals and emotional exchanges every morning and evening. Dad tries hard, is scared, and pleases, while Mom fantasizes, is lost in her own daddy's world, teases, and dances away. Billy watches this with fascination, transaction in and transaction out. Dad is somewhat of a nerd. Mom is just an overgrown four-year-old flirt. And Billy? His adaptation is to whine for attention, which brought him kicks from Dad and attention from Mom. Overtly, therefore, he hangs onto his momma. If you were to ask him, he would say that Mom was his favorite. Psychologically though, he would later tend to copy Dad and mostly become like his dad. (This, by the way is typical, but not always the same for everyone.)

Later in life Billy will be able to flip into three roles with anyone who comes very close:

- He can be a scared "Try Hard" type of guy.
- He can be a flirtatious other-worldly dreamer.
- He can be a whining complainer looking for negative strokes or indulgences to "poor little Billy."

Do you know when you replay the old movie from the past in which you act like your dad or mom or the way you did as a child? Do you immediately cease that old stuff and become the person you really are? Do you also know how a birth-attachment issue, an Oedipal tie-I, and a few traumas

with major decisions are involved? If you know all of that and have solved it so that you can be close, feel your way through anything, and love people from the center of your being, then you have no need to take this seminar, because those subjects are what we intend to teach.

Our goal is for you to experience a new surge of autonomy followed by the ability to be close. This Script material differs from all others because it shows how replaying an old movie destroys not only autonomy, but also intimacy of all kinds. We trust that you will find it exciting and energy-releasing. May you experience yourself with more freedom and be able to love even more.

Bon voyage!