

The climate of the home is established by the parents and presented to the children as a standard for social living. It is not a direct cause in the formation of personality but is a factor contributing to the Life Style of the child. Atmosphere is as the child sees it, for him, some common descriptions of family atmosphere are listed and probable results:

Rejective:

Child feels unloved (although this may not be the case).
Without the experience of love and acceptance, child is unlikely to develop self-trust and learn to accept and love others.
We may find that a child who feels rejected has a "good" sibling and that the "good" one pushes the "bad" one down, with the result that the latter experiences an atmosphere of rejection.

Authoritarian:

Children from authoritarian atmosphere may obey but rebel later.
Become sensitive to praise and blame.
Are usually polite, but often shy, seem anxious, may have nervous tics.
Lack creativity, spontaneity and resourcefulness.
Go "wild" in a permissive atmosphere.

Martyrdom:

Look down on others
Suffer "nobly" (alcoholic's wife)
Feel guilty.

Inconsistent:

Instability, lack self-control and motivation
Self-centeredness, crave excitement
Problems in work and human relations.

Suppressive:

Put up a "front," wear a "mask"
Indulge in fantasy ("lost prince/princess" etc.)
Avoid close relationships
Not trust own feelings and find it difficult to express feelings and ideas.

Hopeless:

The discouragement is contagious - feel hopeless
Frequent in slum areas.

Overprotective:

Do not develop courage and self-reliance
Become "getters" - "what's in it for me?"
Become "baby" - feels weak and helpless, put others into his service.

Analyzing Ego State Vocabulary and Body Language

PARENT

Sample words and phrases

should, don't, must, ought, always, never, now what, if I were you, let me help you, because I said so, don't ask questions, do not disturb, be good, what will the neighbors say, there there, sweetie, honey, and dearie.

You are: bad, good, stupid, ugly, beautiful, smart, ridiculous, naughty, evil, talented, cute, all wet, horrible, a trial, a blessing, a brat, an angel, absurd, asinine, shocking.

Try, don't be afraid; come on now; see, it doesn't hurt; don't worry; I'll take care of you; here's something to make you feel better.

Gestures and Postures

Pointing an accusing or threatening finger; a pat on the back; consoling touch; pounding on the table; rolling eyes upward in disgust; tapping feet or wringing hands in impatience; shaking head to imply "no-no" or "OK!" Arms folded across chest with chin set; face tilted up looking down nose; holding and/or rocking someone.

Tone of voice

Sneering, punitive, condescending, encouraging, supportive, sympathetic.

Facial expressions

Scowl; encouraging nod; furrowed brow; set jaw; angry; sympathetic or proud eyes; smile; frown; loving; hostile; disapproving.

ADULT

Sample words and phrases

How; when; who; what; where; why; probability; alternative; result; yes; no; what are the facts; this is not proven but opinion; check it out; what has been done to correct it so far; it's 4:30 P.M.; what are the reasons; have you tried this; mix two parts with one part; this is how it works; let's take it apart and look at it; let's look for the causes; according to the statistics...; change is indicated; the meeting is at 2:00 P.M. Friday.

Gestures and Postures

Straight (not stiff) posture; eye contact that's level; pointing something out (i. e., direction) with finger; listening by giving feedback and checking out understanding; interested.

Tone of voice

Clear without undue emotion; calm; straight; confident; inquiring and giving information.

Facial expression

Thoughtful; watching attentively; quizzical; lively; here and now responsiveness; eyes alert, confident.

CHILD

Sample words and phrases

Gosh, wow; gee whiz; can't; won't; gimme; dunno; want; wish; (any kind of baby talk); mine; eek. Ain't I cute; look at me now; did I do all right; I'm scared; help me; do it for me; nobody loves me; you make me cry; it's your fault; I didn't do it; he's no good; mine is better than yours; I'm going to tell on you; you'll be sorry; I wanta go home; let's play; phooey on this old job; more candy; I hope everybody loves me.

Gestures and Postures

Slumped; dejected; temper tantrums; batting eyelashes; joyful or exhilarated posture; curling up; skipping; squirming; nose thumbing; (other obscene gestures); nail biting; raising hand to speak.

Tone of voice

Giggling; gurgling; whining; manipulating; sweet talk; asking permission; swearing; spitefulness; teasing; sullen silence; taunting; needling; belly laughing; excitement; talking fast and loud; playfulness.

Facial expression

Teary eyed; pouting; eyes looking upward at another; downcast eyes; joyfulness; excited; curious; psyching things out; tilted head; flirty; looking innocent and wide-eyed; woe-be-gone; helplessness; admiration.

THE MINISCRPT CHART

Drivers:	Compliance (Inner Feelings)		Important Behavior				
	Physical	Psychological: Internal Discount*	Words	Tones	Gestures	Posture	Facial Expressions
1. Be perfect	tense	"You should do better"	"of course" "obviously" "efficacious" "clearly" "I think"	clipped righteous	counting on fingers cocked wrist scratching head	erect rigid	stern
2. Try hard	tight stomach tense shoulders	"You've got to try harder"	"It's hard" "I can't" "I'll try" "I don't" "know"	impatient	clenched, moving fists	sitting forward elbows on legs	slight frown perplexed look
3. Please me	tight stomach	"You're not good enough"	"you know" "could you" "can you" "kinda"	high whine	hands outstretched	head nodding	raised eyebrows looks away
4. Hurry up	anxious	"you'll never get it done"	"we've got to hustle" "let's go"	up & down	squirms taps fingers	move quickly	frowning eyes shift
5. Be strong	numb rigid	"you can't let them know you're weak"	"no comment" "I don't care"	hard monotone	hands rigid arms folded	rigid one leg over	plastic hard cold
Stoppers:							
Vengeful Child:							
Final Miniscript Payoff:							

*Suggested by John Kesterson