

## #1 RULE IN RELATIONSHIP: BE GENUINELY NICE ☺

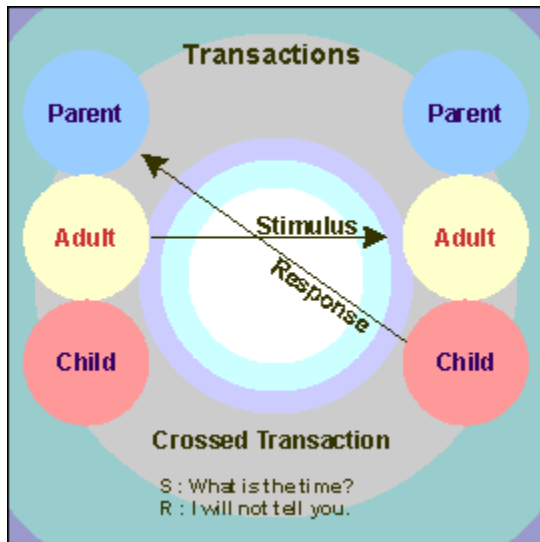
Dale Carnegie in his book “How to Win Friends and Influence People” speaks of being “genuinely interested in others” as main component in relationship success. Honesty, trust, genuine interest in others, these are things that are sensed in relationships; they are the emotional energy and intent that you bring to every person you meet and talk with. Are you building relationships that last? I have previously shared the story or ‘warm fuzzy’s and cold prickly’s” ([link](#)) as a fun metaphor of our communication. Today I invite you to learn more about some of the voices and states that determine “who you are” and what you can do to have more choice, possibility and success in your life! (Read on)

Is it really more complicated than the difference between being nice (warm fuzzy) and not nice (cold prickly?)... it can be! It can be more complicated and it doesn't have to be. Here are some of the more ‘complicated’ explanations offered by great thinkers and researchers of our time.

Every verbal and most (if not all) non verbal interactions in human relationships denote the relationship level of the relationship as part of the communication. Watzlawick, Bavelas and Jackson in their landmark work: “Pragmatics of Human Communication (1967): identified this as the “content” and “relationship” levels of communication stating “...every communication transaction has inherently a content and relationship aspect to it.” The content is the words being spoken, the relationship is “...how the verbal and non-verbal content describe the relationship of the participants in the interaction...”

Gregory Bateson also refers to this content and relationship aspect of relationship extensively in his extensive and influential work “Steps to an Ecology of Mind (1972)”. Bateson discusses this in detail as a communication phenomenon among humans and animals from an anthropological perspective.

Eric Berne, the developer of the field of Transactional Analysis was more descriptive; denoting ‘what’ the relationship level of communication is. (See chart below)



Berne went on to discuss how many so-called “normal” interactions are actually disguised transactions that have to do with things Berne refers to as games that include rules or scripts & payoffs. Where Watzlawick, Bavelas, Jackson Bateson and others identified such relationships as: “We are in good or equal relationship” or “we are in a ‘one-up’ relationship” and referred to such communications as denoting the nature of the relationship, Berne refers to such communications in much more ‘accurate’ manner.

Every communication is from one person’s ego state to another’s’. When they are adult communications, they are straight across. As well, when two people agree to both be in ‘child’ or ‘parent’ the communication interactions are directly from one to another. At times, as the diagram above, the participants “jump into” a state which then begins to muddle the transaction. Sometimes folks “agree” to stay in their prospective states and “play a game”. At other times, one of the people in the interaction do not agree; then there is trouble. Note: to agree always refers to either an overt or covert agreement among communication participants. At times, the overt communication is sent ‘in disguise’ as perhaps ‘adult-adult’ and the underlying message sent non-verbally is parent to child. When both people agree to participate in this overt/covert interaction, Berne referred to this as “a game”- with rules, scripts and payoffs. \*I have included some great ‘descriptors’ of how to identify these states in yourself or others below.

Lazaris takes this further much further into the metaphysical realm. Not only does he include the above ‘ego states’ or communication positions, he adds the adolescent. (As well as many unseen’s; not included so to not muck this up too

much). The Lucid Living folks offer an excellent model to use as a guide (see list below).

So at any given time, there are a number of voices that can be speaking, these include:

- Natural Child
- Wounded Child
- Natural Adolescent
- Wounded Adolescent
- Healthy Adult (mixture/synthesis of nc, na, np and pe)
- Negative Ego
- Critical Parent
- Embellishing Parent
- Nurturing Parent.

\*\*descriptions of these states and their general characteristics are described below:

So, at any given time, any one or a number of these are present and speaking. In this writers opinion, the messages from one group are all or most often tend to be either warm fuzzy's or cold prickly's. Here are my groupings:

Warm Fuzzy's (MMMmmm...)

Cold Prickly's (yuck!!)

Natural Child  
Natural Adolescent  
Adult  
Nurturing Parent

Wounded Child  
Wounded Adolescent  
Negative Ego  
Critical Parent  
Embellishing Parent (often in  
Disguise as nurturing parent)

I can go on here...so here's what seems like a simple truth:

\*we are either nice, or not

\*we are either communicating from healthy warm fuzzy places or less than healthy cold prickly places.

Where are you communicating from? Where do you want to?

## **\*Some ways to identify ego states**

### ***Parent***

Physical - angry or impatient body-language and expressions, finger-pointing, patronizing gestures,

Verbal - always, never, for once and for all, judgmental words, critical words, patronizing language, posturing language.

AND beware of cultural differences in body-language or emphases that appear 'Parental'.

### ***Child***

Physical - emotionally sad expressions, despair, temper tantrums, whining voice, rolling eyes, shrugging shoulders, teasing, delight, laughter, speaking behind hand, raising hand to speak, squirming and giggling.

Verbal - baby talk, I wish, I dunno, I want, I'm gonna, I don't care, oh no, not again, things never go right for me, worst day of my life, bigger, biggest, best, many superlatives, words to impress.

### ***Adult***

Physical - attentive, interested, straight-forward, tilted head, non-threatening and non-threatened.

Verbal - why, what, how, who, where and when, how much, in what way, comparative expressions, reasoned statements, true, false, probably, possibly, I think, I realize, I see, I believe, in my opinion.

And remember, when you are trying to identify ego states: words are only part of the story.

(From: [www.businessballs.com](http://www.businessballs.com))

Remember:

To analyze a transaction you need to see and feel what is being said as well.

- Only 7% of meaning is in the words spoken.
- 38% of meaning is paralinguistic (the way that the words are said).
- 55% is in facial expression. (source: Albert Mehrabian - [more info](#))

There is no general rule as to the effectiveness of any ego state in any given situation (some people get results by being dictatorial (Parent to Child), or by having temper tantrums, (Child to Parent), but for a balanced approach to life, Adult to Adult is generally recommended.

## **Ego States: General Characteristics**

### **Child:**

Natural essence: free, imaginative, creative, full of awe, innocence and wonder.

Engages life playfully and trusting.

Wounded child expression: highly self centered, defines self by what you have, uses strategies for seeking love and attention such as: weakness and neediness, withdrawal and isolation, bullying and hysteria, tantrums, trying to be perfect.

### **Adolescent**

Natural essence: highly curious, explores, fluid and flexible, tremendous energy, rebellion against limitation, seeks freedom and independence, idealistic and hopeful.

Wounded: highly self important, terror and panic need to belong by fitting in, melodrama, rebellion for the sake of contrariness, refuses to ask for help, highly developed performance. Defines self by what you do.

### **Parenting energy**

Natural: nurturing and loving, providing and protecting, creating a healthy structure and boundaries, helping you process failure and celebrate success, teaching you more effective way to engage life, a source of wisdom and guidance

Wounded expression: critical, demanding, perfectionist, judgmental, punishing and unforgiving OR indulgent, apathetic, enabling, fosters dependency.

## **Ego self**

**Natural Essence:** Messenger of content from the physical reality, the eye to the physical world, an ally on your journey.

**Wounded Expression:** resentful and out to punish you, threatens you with your worst fears, makes false promises of security ,point of interpretation to seduce you such as ; better than/less than, false emotions (SHAME AND GUILT), illusion of separateness, most vulnerability and authenticity.

So, if being ‘in adult’ is where we want to be (yes, it is a choice!):

**Adult:** Experiences life as a playground to learn and grow, chooses to love self regardless of the circumstances. Feels powerful and directs that power, always has a choice, trusts the heart’s desire and pursues it with passion ,knows the freedom of responsibility, feels fully loved and grateful, is trustworthy and trusts others with discernment, calibrates vulnerability based on trustworthiness and intimacy, has principles ,ideals and lives with character, courage to live authentically, has fun and creates it experiences a full range of emotions defines self by the qualities of being, not by what you do or have, motivated to give.

What are your thoughts about this? [Let me know now!](#)

**\*\*Descriptions used are originally from Lazaris and documented by Leza Danly; Lucid Living. For more information on the Lucid Living Program, visit: [www.lucidliving.net](http://www.lucidliving.net) or [www.lazaris.com](http://www.lazaris.com)**

\*\*\* For those who don’t mind a bit of ‘muddle’: about the ‘unseens’ or others. These I would refer to as the many beings in us, in our bodies, in our spiritual beings. Carl Jung, Lazaris and others refer to these as “anima” or “archetypes”, male, female, warrior, seductress, etc.... the roles that men and woman have played over the years related to our DNA and natural survival mechanisms, as well as the particular cultural meme’s passed down and that seem to have the same influence as it’s genetic counterpart. As well, the roles and ‘beings’ we have been handed down from our ancestors, our parents and grandparents, AND what we have ‘learned’ since living this lifetime. Some of these unseen’s can be and are also those we have ‘made up’ as inner consults; those visions or experiences of God, Goddess, All That Is; angels, spirits and the like. Write me: [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) if you’d like more information about the unseen’s.