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A1	<i>same as Adult in the Child.</i>
A2	<i>same as Adult ego-state.</i>
A3	part of the second-order structure of the Parent, representing Adult content introjected from a parent or parent-figure.
Activity	mode of time-structuring in which those concerned have the objective of achieving an overtly agreed goal, as opposed to merely talking about it.
Adapted Child	a sub-division of the Child in the functional model, indicating how the individual may use this ego-state in conforming to rules or societal demands.
Adult Ego-State	a set of behaviours, thoughts and feelings which are direct responses to the here-and-now, not copied from parents or parent-figures nor replayed from the individual's own childhood.
Adult in the Child	part of the second-order structure of the Child, representing the young child's strategies for reality-testing and problem-solving.
After Script	the process script which reflects the belief 'If something good happens today, I'll have to pay for it tomorrow.'
Agitation	the passive behaviour in which the person directs energy into repetitive, purposeless activity instead of problem-solving.
Allower	the positive converse of a driver.
Almost Script	the process script which reflects the belief 'I almost make it, but not quite.'
Always Script	the process script which reflects the belief 'I must always stay with the same unsatisfactory situation.'
Angular Transaction	an ulterior transaction involving three ego-states.
Antiscript	part of the script which a person has turned around to its opposite, following the opposite instead of the original message.
Area	(of discounting) whether discounting relates to self, others or the situation.
Attribution	a script message which entails the parents telling the child what he is.
Authentic Feeling	the original, uncensored feeling which the individual in childhood learned to cover with a racket feeling.
Autonomy	that quality which is manifested by the release or recovery of three capacities: awareness, spontaneity and intimacy; any behaviour, thinking or feeling which is a response to here-and-now reality, rather than a response

	to script beliefs.
Awareness	the capacity to experience pure sensual impressions in the manner of a new-born infant, without interpretation.
Banal Script	<i>same as</i> non-winning script.
Basic Position	<i>same as</i> life position.
Behavioural Diagnosis	judgement of which ego-state an individual is in by observation of that individual's behaviour.
Blamer	the third position on the miniscript, reflecting the life position I+U-.
Blocking Transaction	a transaction in which the purpose of raising an issue is avoided by disagreeing about the definition of the issue.
C1	<i>same as</i> Child in the Child.
C2	<i>same as</i> Child ego-state.
C3	part of the second-order structure of the Parent, representing Child content introjected from a parent or parent-figure.
Cathexis	(in energy theory) theoretical construct representing psychic energy, postulated by Berne to explain shifts between ego-states; (as proper name) name of institute founded by the Schiffs and of the 'school' of TA which using their approach.
Child ego-state	a set of behaviours, thoughts and feelings which are replayed from the individual's own childhood – i.e. an archaic ego-state.
Child in the Child	part of the second-order structure of the Child, representing stored memories of experiences from earlier stages of the child's own development.
Complementary Transaction	a transaction in which the transactional vectors are parallel and the ego-state addressed is the one which responds.
Con	a transactional stimulus which on the psychological level conveys an invitation into game-playing.
Conditional Stroke	a stroke relating to what the individual does.
Constancy Hypothesis	(of egograms) the hypothesis that when one ego-state increases in intensity, another or others must decrease in order to compensate, the shift in psychic energy occurring so that the total amount of energy may remain constant.
Constant	(of ego-states) <i>same as</i> excluding.
Contamination	part of the content of the Child or Parent ego-states which the individual mistakes for Adult content.
Content	(of ego-states) the stored memories and strategies that are classified as belonging in the different ego-states, or subdivisions of ego-states, in the structural model – i.e. <i>what</i> is placed in each ego-state; (of script) the set of early decisions, unique to the individual, which specify

	<i>what</i> there is in the individual's script.
Contract	an explicit bilateral commitment to a well-defined course of action; an Adult commitment to oneself and/or someone else to make a change.
Controlling Parent	a subdivision of the Parent in the functional model, indicating how the individual may use this ego-state to control, direct or criticize.
Counterfeit Stroke	a stroke which superficially appears positive, but which contains a negative 'sting'.
Counterinjunctions	script messages issued from Parent by the parent and housed in Parent by the child.
Counterscript	the set of decisions made by the child in compliance with the counterinjunctions.
Critical Parent	<i>same as</i> Controlling Parent.
Crossed Transaction	a transaction in which the transactional vectors are not parallel, or in which the ego-state addressed is not the one which responds.
Crossup	moment of confusion experienced by a game-player immediately after the Switch.
Decision	conclusion regarding self, others or the quality of life, adopted during childhood as the best available means of surviving and getting needs met within the constraints of the child's ways of feeling and reality-testing.
Decisional Model	philosophical stance which holds that people decide their own destiny, and that these decisions can be changed.
Delusion	<i>(used by Berne to mean)</i> contamination of Adult by Child.
Despairer	the fourth position on the miniscript, reflecting the life position I-U-.
Discounting	unawarely ignoring information relevant to the solution of a problem.
Discount Matrix	a model which analyzes discounting in terms of area, type and level.
Doing Nothing	the passive behaviour in which the person directs energy into stopping himself or herself from acting, instead of into problem-solving.
Drama Triangle	diagram which illustrates how persons may adopt and move between any of three scripty roles (Persecutor, Rescuer, Victim).
Driver	one of the five distinctive behavioural sequences, played out over a time-period between half-a-second and a few seconds, which are the functional manifestations of negative counterscripts.
Duplex Transaction	an ulterior transaction involving four ego-states.
Early Decision	<i>same as</i> decision.
Egogram	a bar-chart diagram showing an intuitive assessment of

	the importance of each subdivision of the functional ego-state model in an individual's personality.
Ego-state	a consistent pattern of feeling and experience directly related to a corresponding consistent pattern of behaviour.
Ego-state Model	a model depicting personality in terms of Parent, Adult and Child ego-states.
Electrode	<i>(used by some writers to mean)</i> Parent in the Child.
Episcript	a negative script message which a parent passes to a child in the magical hope that by so doing the parent will be released from the impact of that message.
Excluding	(of ego-states) the one ego-state remaining operational when the other two are excluded.
Exclusion	shutting out by the individual of one or more ego-states.
Executive	(of ego-states) that ego-state which dictates behaviour, in terms of having control of the muscular apparatus.
Existential Position	<i>same as</i> life position.
First-Degree	(of games or losing scripts) having a pay-off which the person is ready to discuss in his or her social circle.
First-Order Model	an ego-state model in which the three ego-states are not further subdivided.
First Rule of Communication	'so long as transactions remain complementary, communication can continue indefinitely'.
Formula G	a formula showing the six stages in a games (Con, Gimmick, Response, Switch, Crossup, Payoff).
Frame of Reference	the structure of associated responses which integrates the various ego-states in response to specific stimuli; it provides the individual with an overall perceptual, conceptual, affective and action set, which is used to define the self, other people and the world.
Free Child	a subdivision of the Child in the functional model, indicating how the individual may use this ego-state in expressing feelings or wants without censoring and without reference to rules or societal demands.
Function	(of ego-states) how ego-states are used or expressed.
Functional Model	an ego-state model which divides the ego-states to show us <i>how</i> we use them (their process).
Gallows	a communication in which the individual smiles or laughs while making a statement about something painful.
Game	<i>(Berne's final definition)</i> a series of transactions with a Con, a Gimmick, a Switch, and a Crossup, leading to a payoff.
Game	<i>(Joines's definition)</i> the process of doing something with an ulterior motive that (1) is outside of Adult awareness, (2) does not become explicit until the participants switch

	the way they are behaving, and (3) results in everyone feeling confused, misunderstood, and wanting to blame the other person.
Game Formula	<i>same as</i> Formula G.
Game Plan	series of questions used in analyzing the stages in an individual's game.
Gimmick	a transactional response which on the psychological level conveys that the person has accepted an invitation into game-playing.
Grandiosity	an exaggeration of some feature of reality.
Hamartic Script	<i>same as</i> third-degree losing script.
Historical Diagnosis	judgement of which ego-states an individual is in by gathering factual information about the individual's parents, parent-figures and own childhood.
Incapacitation	the passive behaviour in which the person disables himself or herself in an attempt to force the environment to solve a problem
Incongruity	mis-match between the overt content of a communication and the behavioural signals shown by the individual who issues the communication.
Injunctions	negative, restrictive script messages issued from Child by the parent and housed in Child by the child.
Integrated Adult	Adult ego-state incorporating positive qualities of Child and of Parent.
Intimacy	mode of time-structuring in which people express authentic feelings and wants to each other without censoring.
Level	(of discounting) whether discounting relates to existence, significance, change possibilities or personal abilities.
Life Course	what actually happens in the individual's life (in contrast to life-script, which represents what the person planned to do in early childhood).
Life Position	a person's basic beliefs about self and others, which are used to justify decisions and behaviour; a fundamental stance which a person takes up about the essential value he or she perceives in self and others.
Life-Script	an unconscious life-plan made in childhood, reinforced by the parents, 'justified' by subsequent events, and culminating in a chosen alternative.
Little Professor	<i>same as</i> Adult in the Child.
Loser	someone who does not accomplish a declared purpose.
Losing Script	a script in which the payoff is painful or destructive, and/or entails failure to accomplish a declared purpose.
Magical Parent	<i>same as</i> Parent in the Child.
Marshmallow-Throwing	giving out insincere positive strokes.
Martian	interpretation of human behaviour and communication

	which entails observation without preconceptions.
Miniscript	a sequence of scripty behaviours and racket feelings, always beginning with a driver, in which the individual plays through his or her script in the short to medium term and thereby reinforces the script.
Mode	(of discounting) <i>same as</i> level.
Natural Child	<i>same as</i> Free Child.
Negative Stroke	a stroke which the receiver experiences as unpleasant.
Never Script	the process script which reflects the belief 'I can never get what I most want'.
Non-Winner	a person who makes neither big wins nor big losses.
Non-Winning Script	a script in which the payoff entails neither big wins nor big losses.
Nurturing Parent	a subdivision of the Parent in the functional model, indicating how the individual may use this ego-state in nurturing, caring or helping.
Ogre (Parent)	(<i>used by some writers to mean</i>) Parent in the Child.
OK Corral	diagram in which the four life positions are related to specific social operations.
Open-Ended Script	the process script which reflects the belief 'After a certain point in time, I won't know what to do.'
Options	technique of choosing ego-states in transacting so as to break free of familiar, unconstructive 'locked' interchanges with others.
Overadaption	the passive behaviour in which the person complies with what he or she believes are the wishes of others, without checking and without reference to his or her own wishes.
P1	<i>same as</i> Parent in the Child.
P2	<i>same as</i> Parent ego-state.
P3	part of the second-order structure of the Parent, representing Parent content introjected from a parent or parent-figure.
PAC Model	<i>same as</i> ego-state model.
Parallel Transaction	<i>same as</i> complementary transaction.
Parent Ego-state	a set of behaviours, thoughts and feelings which have been copied from parents or parent-figures – i.e. a borrowed ego-state.
Parent in the Child	part of the second-order structure of the Child, representing the young child's fantasized and magical version of messages received from parents.
Passive Behaviour	one of four modes of behaviour (doing nothing, overadaptation, agitation, incapacitation or violence) which indicate the presence of discounting and are used by the individual as an attempt to manipulate others or the environment into solving his or her problems.
Passivity	how people don't do things, or don't do them effectively.

Pastime	mode of time-structuring in which people talk about a subject but have no intention of taking action concerning it.
Payoff	(of games) the racket feeling experienced by the player at the close of the game; (of scripts) the closing scene towards which the script is directed.
Permissions	(in the script) positive, liberating script messages issued from Child by the parent and housed in Child by the child.
Persecutor	(in Drama Triangle) person who puts others down or belittles them.
Phenomenological Diagnosis	judgement of which ego-state an individual is in on the evidence of that individual's re-experiencing events from his own past.
Pig Parent	<i>(used by Berne to mean)</i> Parent in the Child.
Plastic Stroke	an insincere positive stroke.
Positive Stroke	a stroke which the receiver experiences as pleasant.
Prejudice	<i>(used by Berne to mean)</i> contamination of Adult by Parent.
Primary Driver	the driver which an individual shows most frequently, usually also shown first in response to a transactional stimulus.
Process	(of ego-states) the ways in which the individual expresses the ego-states over time – i.e. <i>how</i> the ego-states are expressed; (of script) the ways in which the individual lives out the script through time – i.e. <i>how</i> the script is lived out.
Program	set of script messages issued from Adult by the parent and housed in Adult by the child.
Psychological-Level Message	a covert message, usually conveyed by non-verbal clues.
Racket	a set of scripty behaviours, intended outside awareness as a means of manipulating the environment, and entailing the person's experiencing a racket feeling.
Racketeering	a mode of transacting in which the individual seeks strokes from others for his or her racket feelings.
Racket Feeling	a familiar emotion, learned and encouraged in childhood, experienced in many different stress situations, and maladaptive as an adult means of problem-solving.
Racket System	a self-reinforcing, distorted system of feelings, thoughts and actions maintained by script-bound individuals.
Real Self	(of ego-states) that ego-state in which the individual experiences himself or herself to be.
Rebellious Child	<i>(used by some writers to mean)</i> mode of expression of Adapted Child in which the individual rebels against rules instead of following them.
Recognition-Hunger	the need for recognition by others.

Redecision	replacement of a self-limiting early decision by a new decision that takes account of the individual's full adult resource.
Redefining	distortion of an individual's perception of reality so that it fits his or her script.
Redefining Transaction	a tangential or blocking transaction.
Rescuer	(in Drama Triangle) person who offers help to others from a one-up position, in the belief 'they are not good enough to help themselves'.
Response	(in an individual transaction) the communication which is a reply to the stimulus; (in a game) series of ulterior transactions which follow the Con and Gimmick and repeat their covert messages.
Ritual	mode of time-structuring in which people exchange familiar pre-programmed strokes.
Rubberband	a point of similarity between a here-and-now stress situation and a painful situation from the person's own childhood, usually not recalled in awareness, in response to which the person is likely to go into script.
Script	<i>same as</i> life-script.
Script Matrix	diagram in which the transmission of script messages is analysed in terms of ego-states.
Script Message	a verbal or non-verbal message from the parents on the basis of which the child forms conclusions about self, others and the world during the process of script-making.
Script Signal	a bodily clue which indicates that the individual has gone into script.
Scripty	(of behaviours, feelings etc.) exhibited by the individual when in script.
Second-Degree	(of games or losing scripts) having a payoff serious enough to be an unacceptable topic for conversation in the individual's social circle.
Second-Order (Structural Model)	a structural model in which the ego-states are themselves subdivided to show the ego-state structure of the individual's own Child and of the figures incorporated in the Parent.
Second-Order Symbiosis	a symbiosis occurring between P1 and A1 of one party and C1 of the other party.
Second Rule of Communication	'when a transaction is crossed, a break in communication results and one or both individuals will need to shift ego-states in order for communication to be re-established'.
Social Diagnosis	judgement of which ego-state an individual is in by observation of the ego-states used by others in transacting with that individual.
Social-Level Message	an overt message, usually conveyed in verbal content.
Somatic Child	<i>same as</i> Child in the Child.

Spontaneity	ability to choose freely from a full range of options in feeling, thinking and behaving, including choice of ego-state.
Stamp	a racket feeling which the individual has stored away with the intention of cashing it in later for some negative payoff.
Stimulus	the initial communication in an individual transaction (to which the response is a reply).
Stimulus-Hunger	the need for physical and mental stimulation.
Stopper	the second position on the miniscript, reflecting the life position I-U+; an injunction which the individual hears when at that position.
Stroke	a unit of recognition.
Stroke Bank	collected memories of past strokes which the individual can re-use.
Stroke Economy	set of restrictive Parental rules regarding stroking.
Stroke Filter	an individual's pattern of rejecting and accepting strokes so as to conform with an existing self-image.
Stroke Quotient	an individual's preferred mix of different types of stroke.
Stroking Profile	a bar-chart diagram to analyze an individual's preference for giving, taking, asking for and refusing to give strokes.
Structural Analysis	analysis of personality, or of a series of transactions, in terms of the ego-state model.
Structural Model	an ego-state model showing <i>what</i> is classified as belonging in each ego-state or subdivision of an ego-state (i.e. showing content).
Structural Pathology	contamination and/or exclusion.
Structure	(in the ego-state model) classification of an individual's behaviour, feeling and experience in terms of ego-states.
Sweatshirt	a motto, signalled non-verbally by a person, which acts as a covert invitation into games or racketeering.
Switch	point in a game at which the player changes roles in order to collect his or her payoff.
Symbiosis	a relationship in which two or more individuals behave as though between them they form a single person, hence not using their full complement of ego-states.
Tangential Transaction	a transaction in which the stimulus and the response address different issues, or address the same issue from different perspectives.
Third-Degree	(of games or losing scripts) having a payoff which entails death, serious injury or illness, or a legal crisis.
Third Rule of Communication	'the behavioural outcome of an ulterior transaction is determined at the psychological and not at the social level'.

Time-Structuring	how people spend time when in pairs or groups.
Trading Stamp	<i>same as stamp.</i>
Transaction	a transactional stimulus plus a transactional response: the basic unit of social discourse.
Transactional Analysis	<i>(ITAA definition)</i> a theory of personality and a systematic psychotherapy for personal growth and personal change.
Transactional Analysis	<i>(Berne's definition)</i> (1) a system of psychotherapy based on the analysis of transactions and chains of transactions which occur during treatment sessions; (2) a theory of personality based on the study of specific ego-states; (3) a theory of social action based on the rigorous analysis of transactions into an exhaustive and finite number of classes based on the specific ego-states involved; (4) the analysis of single transactions by means of transactional diagrams (this is transactional proper).
Type	(of discounting) whether discounting relates to stimuli, problems or options.
Ulterior Transaction	a transaction in which an overt message and a covert message are conveyed at the same time.
Unconditional Stroke	a stroke relating to what the individual is.
Until Script	the process script which reflects the belief 'Something good can't happen until something less good has been finished'.
Vector	arrow on a transactional diagram connecting the ego-state from which a communication is issued to the ego-state to which it is addressed.
Victim	(in Drama Triangle) person who views himself or herself as one-down, deserving to be belittled or unable to get by without help.
Violence	the passive behaviour in which the person directs destructive energy outwards in an attempt to force the environment to solve a problem.
Winner	someone who accomplishes a declared purpose.
Winning Script	a script in which the payoff is happy or fulfilling, and/or entails success in accomplishing a declared purpose.
Witch (Parent)	<i>(used by some writers to mean)</i> Parent in the Child.
Withdrawal	mode of time-structuring in which the individual does not transact with others.