

TRANSACTIONAL ANALYSIS

YOUR PERSONAL LIFE-SCRIPT QUESTIONNAIRE

Directions: Write a concise answer to each question. Attempt to give your initial response and then later go over all the questions with more reflection. One suggestion for classroom use is to have students form into dyads and then share selected portions of the Questionnaire. It is important that each student choose what he or she will share with another person and that subtle coercion be carefully avoided.

1. How do you see yourself now? _____

2. What are three things you'd most like to change about yourself? _____

3. What has been preventing you from changing those things? _____

4. Are you your "own person," or are you living up to others' expectations of what you "should" be? _____

5. How do you see your mother? _____

6. How are you like your mother? _____

7. How are you unlike your mother? _____

8. What does your mother say when she compliments you? _____

9. What does your mother say when she criticizes you? _____

10. What is her main advice to you? _____

11. What could you do to make her happy? _____

12. What could you do to disappoint her? _____

13. How do you see your father? _____

14. How are you like your father? _____

15. How are you unlike your father? _____

16. What does your father say when he compliments you? _____

17. What does your father say when he criticizes you? _____

18. What is his main advice to you? _____

19. What could you do to disappoint him? _____

20. What are some of the main "do's" that you have learned and accepted? _____

21. What were some of the main "don'ts" that were programmed into you? _____

22. What is one important early decision you made as a child? _____

23. What is one early decision you made about yourself that you feel you have since changed by making a new decision? _____

24. What is one new decision that you would like to make? _____

25. What do you most like about yourself? _____

26. What do you least like about yourself? _____

27. What did your mother tell you (either directly or indirectly) about
you? _____
life? _____
death? _____
love? _____
sex? _____
marriage? _____
men? _____
women? _____
your birth? _____
28. What did your father tell you (either directly or indirectly) about
you? _____
life? _____
death? _____
love? _____
sex? _____
marriage? _____
men? _____
women? _____
your birth? _____

29. How did you see yourself as a child? _____

30. How did you see yourself as an adolescent? _____

31. What manipulative games did you play as a child to get what you wanted?

32. What were the pay-offs (rewards) of those manipulative games? _____

33. What games do you still play that you played as a child? _____

34. If you were to give up those games, what do you suppose it would be like?

35. How did you see yourself five years ago? _____

36. How would you like to see yourself five years from now? _____

37. What are you doing now to make that ideal become real? _____

38. If you were to write your own epitaph, what would it say? _____

39. What words do you fear might appear on your tombstone? _____

40. What do you wish your mother had done differently? _____

41. What do you wish your father had done differently? _____

42. What do you most want out of life? _____

43. If you could have three wishes, what would they be? _____

44. What was a critical turning point in your life? _____

45. When do you feel most "alive"? _____

46. When do you feel okay about yourself? _____

47. When do you feel not okay about yourself? _____

48. When was the best time or period in your life? _____

49. What kinds of risks have you taken lately? _____

50. What kind of new script would you like to write for yourself? _____

