

TONY'S BASICS

T O N Y ' S B A S I C S

I used to be able to hold "Therapy Workshops" for all my clients.

During these workshops I would share my basic beliefs about human personality, how we got to be the way we are, what we can do to change, etc.

Unfortunately it is no longer practical to hold such workshops - but I miss the days when we all knew "basic theory" and when everyone had some basic understanding about "where I was coming from", etc.

The attached "cheat sheets" or "therapy crib notes" are an attempt to get the same kind of general agreement among us about theory, therapy, etc. Only one general topic, "Feelings", is covered in this packet - but I can say that it is the most important one I could have covered in this way.

Please read this over once, when you get it - and also keep referring to these sheets whenever you find yourself thinking about the things we talk about in therapy. I think you'll be surprised by the insight you can get from these simple concepts. (If you keep a "therapy diary" you might like to keep this nearby.)

These sheets are purposely designed to be as simplistic as possible. My goal was to make these concepts so simple that an average eight-year-old could understand most of them. (I've always thought that basic information about therapy should be taught in about the third grade so children would have a real head start at self-understanding....)

I have many ideas for additional pages, so from time to time I might be adding pages to this document. If you like you can check with me from time to time, even if you are no longer in therapy, to ask if there are any additions.

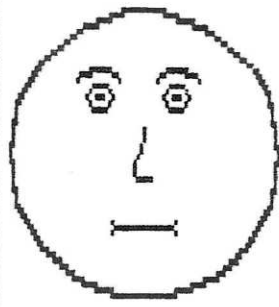
Most importantly, PLEASE GIVE ME FEEDBACK about what you understand and what you don't, ideas about how to clarify the concepts further, etc.

Hope this is useful!

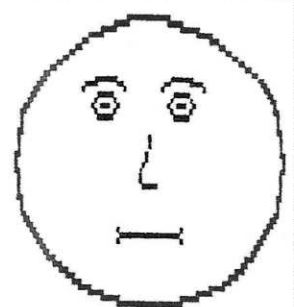
E N J O Y

Y O U R

C H A N G E S



ENERGY & FEELINGS



We get our ENERGY from taking care of our bodies WELL (not "perfectly"). We only need to eat, sleep, and exercise "well enough" for our bodies to give us all of the information we will ever need through FEELINGS.

FEELINGS are "ENERGY SURGES" which tell us WHAT we want or need. When we notice them we can be CERTAIN WE HAVE ENOUGH ENERGY to handle the WANT or NEED they are telling us about.



NEEDS



NEEDS are about SURVIVAL.

**WE WOULD DIE IF WE DIDN'T
TAKE CARE OF OUR NEEDS.**

**An adult NEEDS the same things
an infant NEEDS.**

**We need enough FOOD and AIR
and SPACE and EXERCISE. We
need TO AVOID BEING TOO HOT OR
TOO COLD. And we need to GET
RID OF WASTES EFFICIENTLY by
urinating and defecating.**

**We also need ATTENTION OR
"STROKES" from each other.**



STROKES



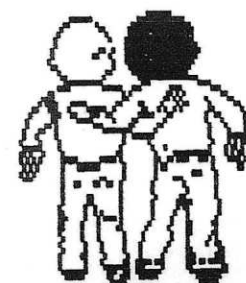
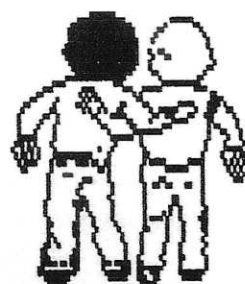
A "STROKE" is a
"UNIT OF RECOGNITION".

When we receive a "stroke" we
are BEING NOTICED by someone.

Infants NEED strokes to survive.

Adults WANT strokes so much
that getting attention or
simply being recognized is
THE STRONGEST
WANT

WE WILL EVER
EXPERIENCE
IN OUR LIVES.



4 KINDS OF STROKES

Read The Examples Below of the Various
Types of Strokes. GET GOOD AT GETTING
AND AT DEEPLY OBSORBING THREE OF THE
FOUR... and LEARN HOW TO TURN DOWN
UNCONDITIONAL NEGATIVES POWERFULLY!

Conditional Unconditional

P
O
S
"I Like How
You Did
That."

"I Like You."

"You Are
Special."

N
E
G
"I Don't
Like How
You Did
That."

"You're No
Good."

"You Are
Worthless."



THE FIRST SIGN OF DISCOMFORT



**Some people IGNORE NEEDS. They
LIVE IN PAIN and may die from it.**

**Most of us don't ignore NEEDS.
We NOTICE our NEED, but then we
WAIT while the discomfort gets
more and more painful.**

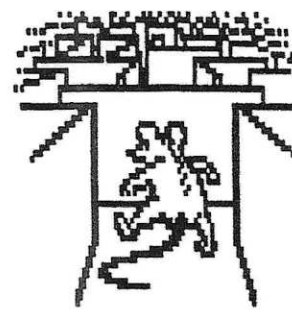
DON'T WAIT!

**Get good at noticing the very
FIRST FEELING OF DISCOMFORT!**

**Avoid emotional problems by
taking care of NEEDS at the
FIRST SIGN OF DISCOMFORT!**



"TRIGGERS" FOR FEELINGS



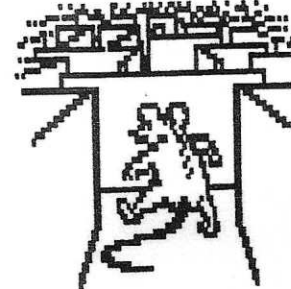
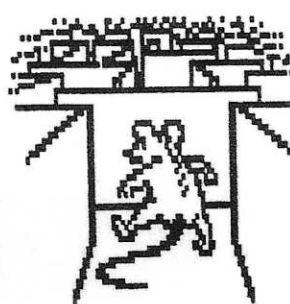
FEELINGS are "Triggered"
either by REALITY or by FANTASY.

REALITY comes to us THROUGH OUR SENSES.
If we can SEE it, or HEAR it, or TASTE it,
or SMELL it, or FEEL in on our skin,
then it is REAL.

FANTASY is ALL MENTAL ACTIVITY including
THOUGHTS, MEMORIES, DREAMS, IDEAS, etc.

FANTASY doesn't come TO us, it
comes FROM us - from our own brains.

If we ONLY THINK IT, it might be true or it
might be false - but
it is NOT REAL.





FEELINGS WE CREATE



FEELINGS which start in our BRAINS
rather than in our SENSES are
UNNECESSARY or OPTIONAL.

If we CREATE PAINFUL FEELINGS we will need
to CHANGE HOW WE THINK to FEEL BETTER.

If we CREATE PLEASANT FEELINGS, that's
GREAT - as long as we REMEMBER
WE ARE ONLY IMAGINING.

Sometimes we CREATE positive or negative
FEELINGS which are SO STRONG that they
COVER UP REAL FEELINGS from our SENSES.

When we do this we are IN DANGER OF
MAKING SERIOUS MISTAKES because we are
OUT OF TOUCH WITH REALITY.



NATURAL OR REAL FEELINGS



FEELINGS that start in our bodies, in
our SENSES, are NATURAL RESPONSES
to the REAL WORLD.

When we notice REAL ANGER, or REAL
SADNESS, or REAL SCARE we are noticing
that SOMETHING'S WRONG IN OUR LIVES.

When we notice REAL JOY or REAL
EXCITEMENT we are noticing that
SOMETHING'S GOING WELL IN OUR LIVES.

NATURAL FEELINGS are ALWAYS TRUSTABLE.

Learn what they are saying to you.
USE THEM WELL.





When A Feeling Starts
We Automatically Make
Three HUGE Decisions
IN LESS THAN A SECOND.



These Decisions Are:

1ST - WILL I ADMIT TO MYSELF WHAT I FEEL?

- If I don't I know I'll feel "out of touch"
or "Crazy" or UNCENTERED.

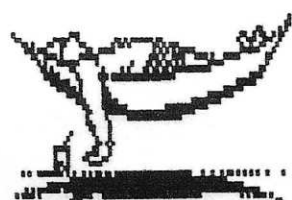
2nd - WILL I EXPRESS THE FEELING (ENERGY)?

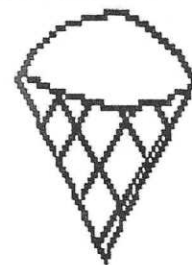
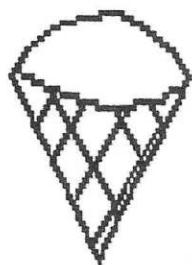
- If I don't I know I am giving up some chance
at getting RELIEF from the feeling.

3rd - WILL I TAKE ACTION TO IMPROVE THINGS?

- If I don't I know I'm giving up some chance
to make my FUTURE better.

When We Are Having Problems, It's
Wise To SLOW THIS PROCESS DOWN
So We Can THINK THROUGH
EACH STEP.





There Are Five NATURAL Feelings

SAD MAD

GLAD

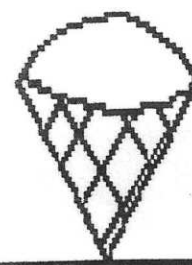
SCARED

EXCITED

There are very many different
UNNECESSARY feelings - and all
of them can cause problems.

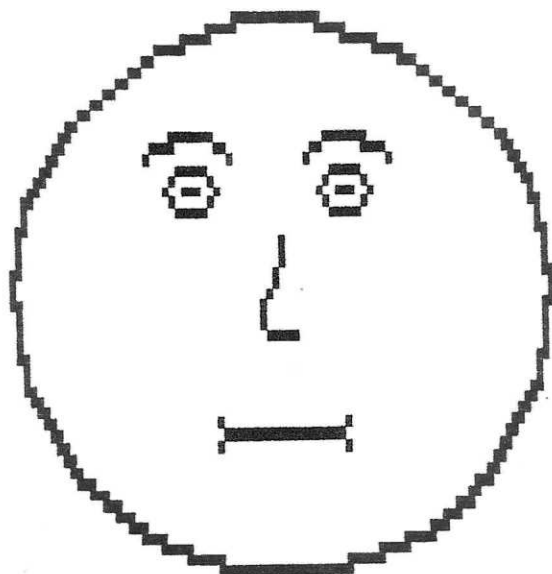
GUILT and IMAGINED FEAR

are by far the most
troublesome.



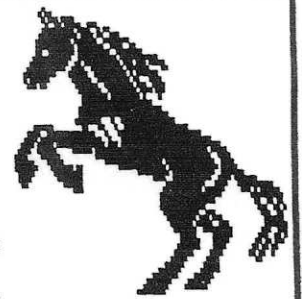
SADNESS

**Is The Energy
You Feel When
Something You
WANTED Has
Been LOST**





Use The Energy
That Comes Along
With SADNESS To:



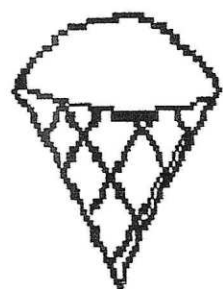
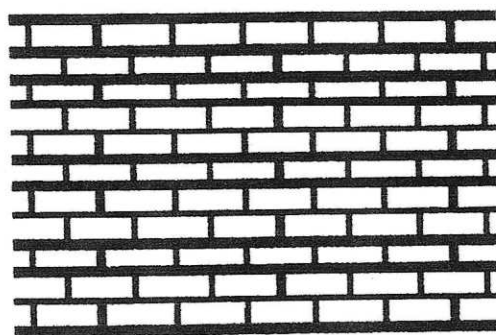
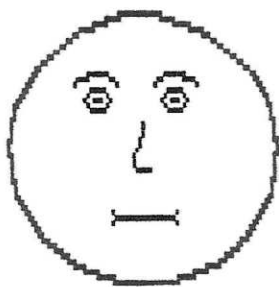
1ST - FEEL the Sadness
Through, So You Learn
How Big Of A Loss You
Have Suffered...

Then, Use The Extra
Energy To Begin To
REPLACE

What You Have Lost

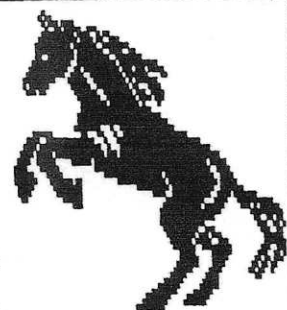


A N G E R
Is The Energy
You Feel When
There Is A
BLOCK Between
YOU And What
You WANT





Use The Energy
That Comes Along
With ANGER To:



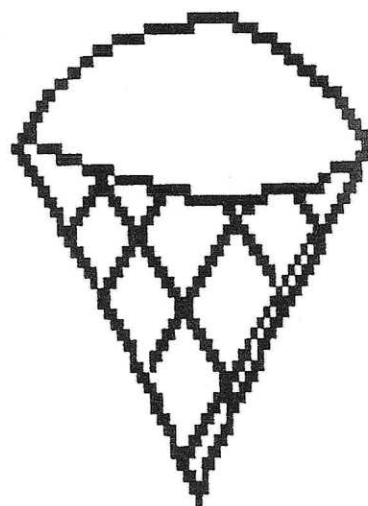
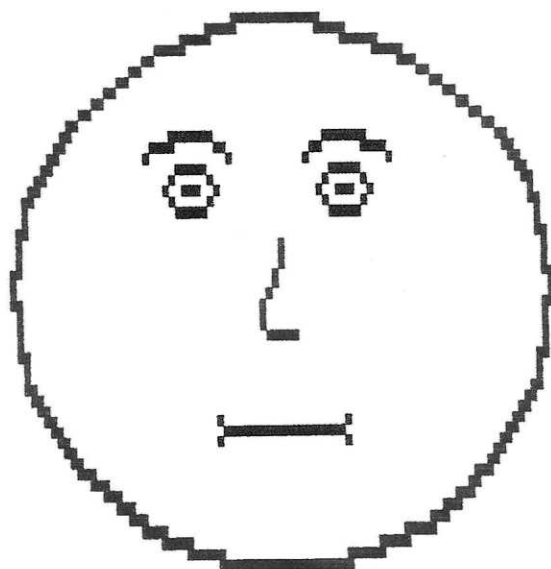
1ST - FEEL the Anger
Through, So You Learn
About Your Power
And Your Strength...

Then, Use The Extra
Energy To Get
AROUND
THE BLOCK.



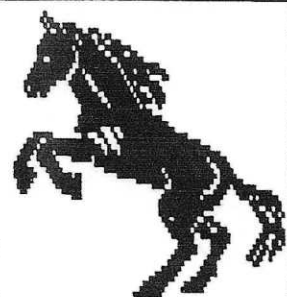
J O Y

**Is The Energy
You Feel When
You Have GOT
What You
WANT**



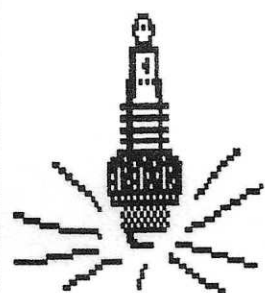


Use The Energy
That Comes Along
With JOY To:



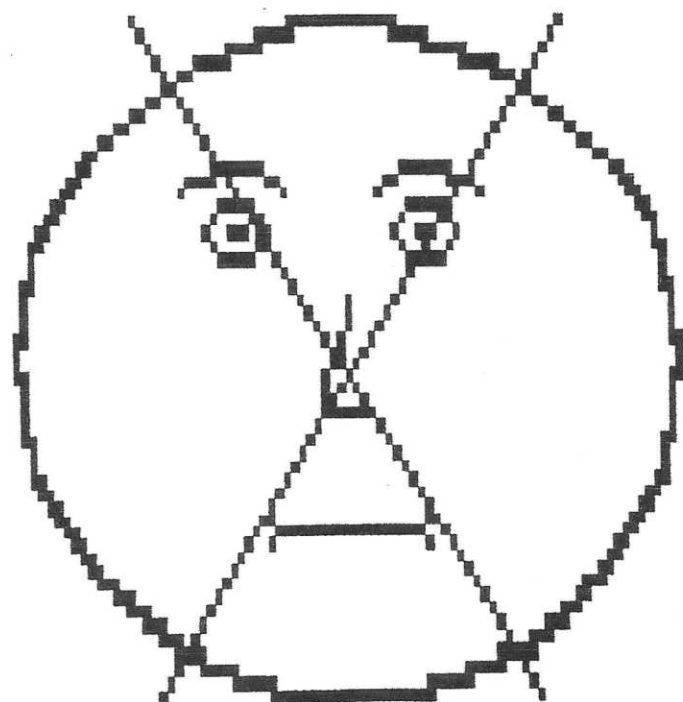
1ST - FEEL the Joy
Through, So You Learn
How Happy You Are And
How Good You Are At
Getting What You Want...

Then Use The Extra
Energy JUST FOR THE
FUN OF IT!



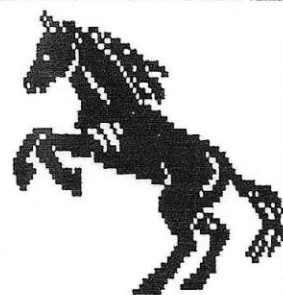
S C A R E

**Is The Energy
You Feel When
Your EXISTENCE
Is Threatened**





Use The Energy
That Comes Along
With FEAR To:



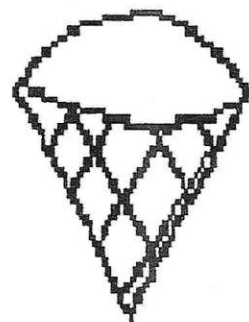
1ST - FEEL the Fear
Through, So You Learn
QUICKLY How Dangerous
The Situation Is...

Then, Use The Extra
Energy To Tune Into Your
Senses, To Begin To
PROTECT YOURSELF



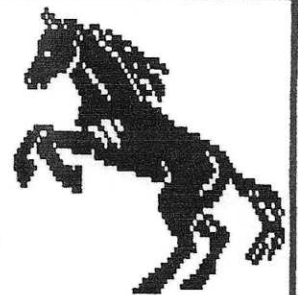
EXCITEMENT

**Is The Energy
You Feel
When You Are
ON YOUR WAY
To What
You WANT**





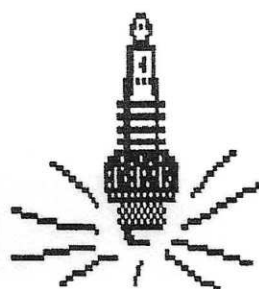
Use The Energy
That Comes Along



With EXCITEMENT To:

1ST - FEEL the Excitement
Through, So You Learn
How Good You Feel About
What's Coming...

Then, Use The Extra
Energy JUST FOR THE
FUN OF IT!



**GUILT is a COVER-UP
for ANGER.
It leaves you feeling SAD.**

Why Am I Depressed?

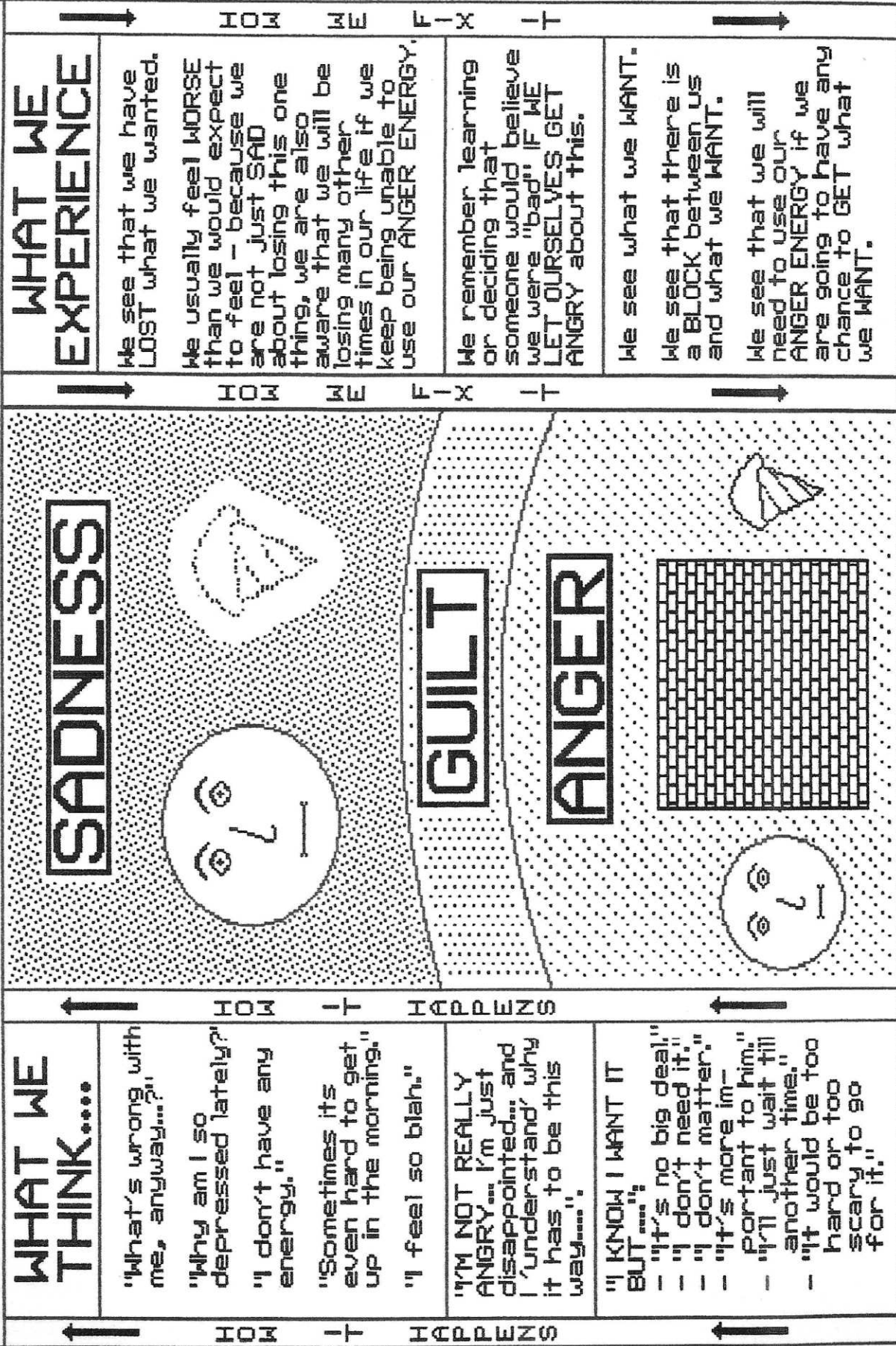
**Why Do I Always
Feel So Sad?**

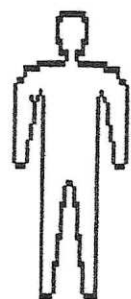
G U I L T

ANGER!!!

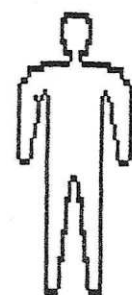
Be PROUD Of Your Anger!
Make a CONSCIOUS CHOICE:
ANGER or DEPRESSION?

GUILT is a COVER for ANGER that FEELS SAD



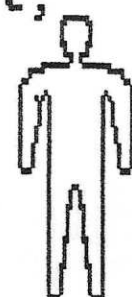
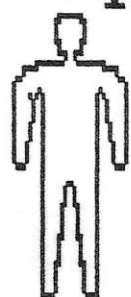


WHERE I FEEL EACH FEELING



Use The Outline Of A Person On
The Next Page To FILL IN THE
actual PLACES in your body
where you feel each of the
basic emotions (Sad, Mad, Glad,
Scared, Excited... and Guilt
if That Is A Problem).

Here's How: Remember A Time
In Your Life When You Felt Each
Feeling VERY Strongly, Then
Draw An Arrow To The Part Of
Your Body Where You Felt It,
Then Label It (Like:
"SCARE - Heavy Chest").



SAD

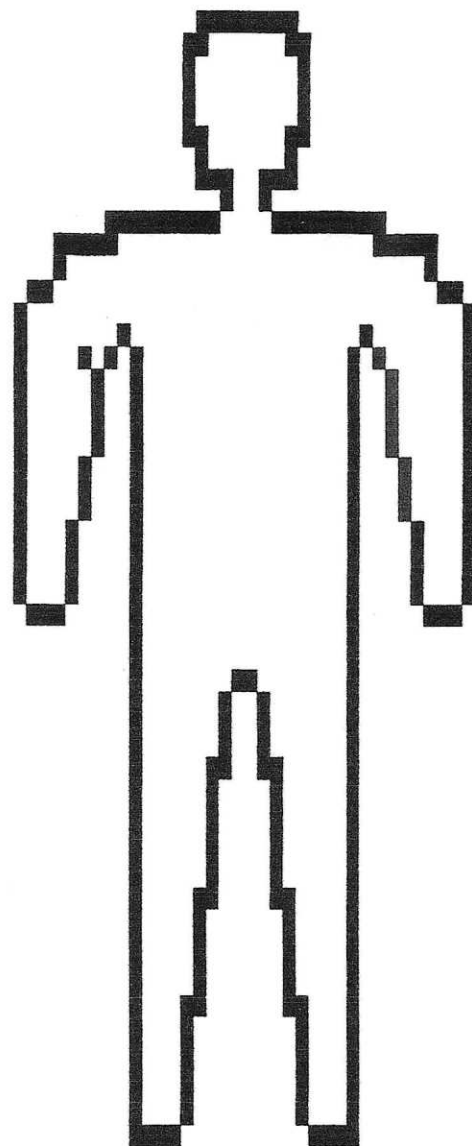
MAD

GLAD

SCARED

EXCITED

GUILTY (?)



**WHERE Do You Feel Each Feeling
And WHAT KIND OF SENSATION Is
It (e.g.-"Sad-Empty & Heavy")....**

**If The Feeling Seems To Start In Your
Head, Try To Find Another, Earlier
Sensation Someplace In The Torso Area.**

Specific, detailed information contained in these sheets comes primarily from Transactional Analysis, a theory of psychotherapy.

My own unique understanding of the basic tenets of Transactional Analysis was strongly influenced by Jack Kaufman and Bill Falzett - two Clinical Teaching Members of the International Transactional Analysis Association.

Some other theories may also be reflected here, most notably those usually considered as a part of Gestalt Therapy.

If you'd like to read more about this way of thinking, look for topics and books such as the following:.

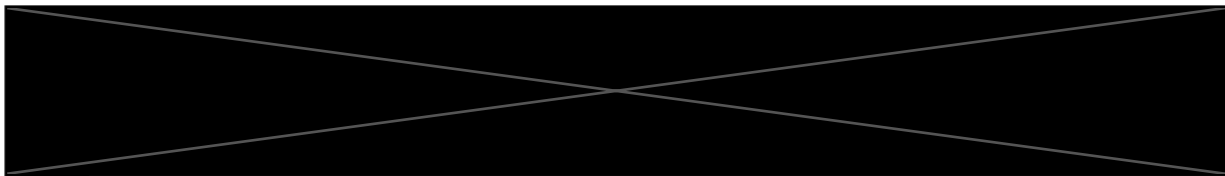
General Topics

Psychotherapy
Comparative Psychotherapy
Humanistic Therapy
Gestalt Therapy
Rational Emotive Therapy

Transactional Analysis Books

- * What Do You Say After You Say "Hello"?
- * Scripts People Live
- The Theory and Practice of Transactional Analysis
- T.A. In Psychotherapy
- The Structure and Dynamics of Organizations And Groups
- Born To Win
- Games Alcoholics Play
- Games People Play (Not strongly recommended. The author eventually acknowledged theoretical errors - after the book had become immensely popular.)
- The T.A. Primer

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☒ I do give permission for you to give this to others, this last page MUST be a part of what you give them.

TONY SCHIRTZINGER, ACSW
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Psychotherapist

