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By Catherine Holden

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Transactional Analysis in Bite Sized Chunks is a series of e-booklets, each introducing a key concept in Transactional Analysis. The aim isto make TA accessible and to demonstrate how it may be applied by everyone to enhance understanding and aid self-development.

Scripts can be described as our internal survival guides, created in childhood and followed in adulthood where their imperatives can either work for or against us. This booklet outlines how concepts shape our scripts, what we can expect to find in our scripts, what drives us to certain behaviours and how to opt out of them should we choose.

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