

Life is a game
Play it in a Win-Win way

Learn T.A. and win @ GAME of LIFE

Dr. Jeetendra Adhia M.D.
Rajiv Bhalani



RUDRA
PUBLICATION

...publishing positivity...

25/B, Govt. Society, B/h, Municipal Market.
Off. C.G. Road, Navrangpura, Ahmedabad-380 009.
Ph. : 079-26447393 • Mobile: 098259 25947
email : rudrapublication1@gmail.com
www.rudrapublication.com
Buy online www.clickabooks.com

For Home Delivery: Mobile : +91-99241 43847

Learn T.A. and win @ GAME of LIFE

Dr. Jeetendra Adhia and Rajiv Bhalani

Copyright @ Dr. Jeetendra Adhia & Rajiv Bhalani

All Rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the copyright owner.

1st Edition - 4 September, 2014

₹ 130/-

Illustrations
Satpalsingh Chhabda

Design & Layout
Manu Patel

Printing
Rudra Publication

Publisher
Adhia International
Ahmedabad, India
website : www.drjeetendraadhia.com

In collaboration with
RichLife Systems
Ahmedabad, India
www.rajivbhalani.com

With Compliments...

Friend...

This Book provides you with excellent and effective tools to keep you ahead in the race of life. It also teaches you how to use these tools for maximum benefit.

We dedicate this Book to you with the hope and confidence that you will use it well.

Please do so.

With best wishes...
Dr. Jeetendra Adhia M.D.
& Rajiv Bhalani

Dr. Jeetendra Adhia M.D.

A recipient of several awards, Dr. Jeetendra Adhia is a native of Rajkot, Gujarat. He is a qualified medical doctor; he has worked in the medical profession for more than three decades.

Today he does something remotely different – he trains people to unleash the power of their mind.

He launched his training career in 1991 in his country of birth. He shares his knowledge with people not just in India, but across the world.

Apart from his signature program - *Mind Power* - he has written numerous books and conducts training on other topics: Memory, Relationships, NLP, Motivation, Leadership, Depression, Transactional Analysis etc.

He has presented his Mind Power program in numerous Indian cities, as well as in: Africa (Johannesburg, Kampala, Lusaka, Nairobi); Asia (Bangkok, Hong Kong, China); Europe (Antwerp, London); and North America (Chicago, Dallas, Houston, Los Angeles, New Jersey, New York, Orlando, Raleigh, San Diego, San Fransico, Santa Maria, Tampa, Toronto).

In India, he has conducted programs for organizations such as: Bhavani Gems, Birla Group, GNFC, Godhani Gems, GSFC, Gujarat Maritime Board, Hare Krishna Exports, Indian Rayon, Indraprastha Gas Limited, JB Diamonds, Kribhko, LIC of India, Nationalized and Cooperative Banks, Ramkrishna Exports, Raymond Woolens, Reliance Telecom, Sundaram MultiPap Limited, Surya Roshni Limited, and Suzlon. He has also worked with several government organizations: Gujarat Agricultural Department, Gujarat

Police Department, Income Tax Department, Navsari Jail, The Reserve Bank of India, and Tihar Jail.

Dr. Adhia has dedicated several of his books to society; most of are on best seller lists.

His maiden book: *Prerna nu Jharnu* has been a best seller since 1998; and has been translated into seven Indian vernacular languages. He has also created: audio CDs, audio books, DVDs, charts, and posters for the benefit of his audiences. He is a regular columnist of Gujarat's leading daily newspaper: *Divya Bhaskar*.

His dream of founding a 'Mind Training Institute' in Ahmedabad was realized in 2010. From here he conducts his various programs; with his *Change Your Life* workshop being the most popular.

Dr. Jeetendra Adhia is now working towards his dream of establishing a *Mind University* in Gujarat.

Rajiv Bhalani

Rajiv Bhalani is founder of ThinkBright Life Coaching, India. This company creates tools, techniques and training in the field of self development. Rajiv Bhalani is NLP Practitioner, Hypnotherapist, time-line therapist and a successful life coach. He is one of the most profound authorities in Mind Power in India.

Rajiv Bhalani runs his signature workshop PowerLiving every month in Ahmedabad which is a great blend of Mind Power, Law of Attraction and NLP. He has conducted his workshops in Mumbai, Delhi, Hyderabad, Pune, Raipur, Bhuvneshwar, Surat, and many other cities of India. His other courses like RichLife, Advanced Mind Power, Roots and Fruits, Smart Selling, RajMarg and Urja Shivir are also very popular.

His book Richlife is a masterpiece. It's on how to attract abundant prosperity. Prior to being published as a book, it had already gained popularity as a column in Gujarati Daily 'Divya Bhaskar'. Rajiv Bhalani's other best seller book is Man ane Smaran which is a powerful tool for reprogramming our subconscious mind for health, wealth and happiness.

Together with well known author and motivational trainer Dr. Jitendra Adhia, He has authored best sellers like Mann ane Jivan, Visulaization and Saat Pagla Safaltana.

Rajiv Bhalani is popular for his ability to use the magic of his sonorous voice to help us go deep into our sub-conscious mind. His audio CD Mind and Body Relaxation is being used by thousands of people globally every day. He has authored many other audio CDs. Rajiv Bhalani has translated Michel Lousier's international best seller book Law of Attraction and Wallace D. Wattle's classic book The science of getting rich into gujarati language.

Rajiv Bhalani has trained many trainers in India. He runs his Trainer Training Program in Ahmedabad.

He is a dynamic and very effective trainer with a great sense of humor and a blissful personality. His mission is to provide spiritual and scientific tools and techniques to help people take charge of their lives and create a bright future for themselves, community and country.

Our Gratitude to...

...our families: who took care of all our needs, and eased the mammoth task of writing this Book.

...our entire team: Tejas Patel, Manu Patel, Rupal Shah, Harkesh Desai, Pinal Thakkar, Rajesh Singan, and Gaman Desai, for their instinting support.

...our well wishers and those who assisted in the shaping of this Book: Nisargi Mehd, and Pravienna Naidoo (Johannesburg).

Table of Contents

1. Make a List	9
2. What T.A.?.....	13
3. Analysis of the Five Key Ideas	17
4. Ego State.....	22
5. The Changing Ego States	31
6. The Development of Child Ego State	34
7. The Development of Adult Ego State.....	43
8. The Development of Parent Ego State.....	46
9. Dominant Ego State	52
10. Transactions.....	56
11. Are You O.K.?.....	68
12. Life-Positions	76
13. The Stroke: Human Hunger	81
14. Games People Play	96
15. Know Your Life Script	108
16. The Seven Resolutions	119

1

Make a List

The beginning may seem a little bitter, but it will lead you to a sweet end. We hope you will understand this. Let us start with an interesting exercise.

We have a question for you. Close your eyes after you read the question, and think of the answer. Open your eyes, and read further only after you have the answer. Do not worry. The question is a simple one, and you have the answer. No one may have asked you this question before. Let us go straight to the question: “Whose behavior do you dislike?”

Now, close your eyes, think of the answer, and then read further.

You must have the answer now, recalling several names. They might be members of your family, friends, neighbours, colleagues, or relatives. It is possible that the list would contain the names of our nearest-and-dearest. The list may be very long.

It is natural that we would be affected most by the behavior of the people closest to us. Generally, we would not be affected the behavior of those who are not emotionally connected to us. Would we? We usually dislike the behaviour of many people.

You must have come across many persons whose behavior you dislike, particularly when:

- You do not get the appreciation you deserve.
- Others expect your help for something beyond your capacity.
- You are being given advice even when you don't need it.
- You are being treated as a fool, even when you understand everything.
- Others know you are very sensitive, and abuse your emotions.
- They know you are cool, calm and collected, yet they still try and irritate you.
- They try to teach you how to behave, but fail to do so themselves.
- They know how you like to be treated, but don't behave accordingly.

For you, such behavior would be quite irritating, perhaps even offensive.

The second question is –

“Have you ever tried to change them for the better?”

You will say: “Tried? Not once, but a hundred times!”

- Sometimes with patience, while sometimes with anger.
- Sometimes with silence, while sometimes with words.
- Sometimes directly, sometimes indirectly.
- Sometimes by pressure, sometimes by request.

And, as a last resort, I have even tried by praying to the Almighty!

Now the third question -

“Has there been any change in their behavior with all your efforts?” (You know the answer to that!)

- Why didn't their behavior improve?
- What is the solution to this?
- What can be done to improve their behaviour?

You must have considered many options, so leave it alone now.

The fourth question -

Now, try to recall the people who are after you to improve your behaviour.

Try and remember their names.

Who are those who are constantly trying to improve your behaviour?

- Sometimes amicably.
- Sometimes threateningly.
- Sometimes by not speaking with you.
- Sometimes directly.
- Sometimes indirectly.
- Sometimes by pressure.
- Sometimes by requesting.

Sometimes they, too, might be praying secretly to the Almighty God for you to change your behaviour.

Have they succeeded in bringing about any change in you?

(You know the answer!)

Do you think any change is required in your behavior? If it is required, would you like to change it? Even if you want to, can you do it? What is the solution

to this challenge? What can we do to bring about this change? Generations have faced this challenge. Isn't there any solution? Is it not possible to bring about any change, whether in ourselves or in others? Are we condemned to life like this only?

No!

There is a solution. And it is in T.A.

2

What is T.A.?

T.A. is the short form of Transactional Analysis. T.A. is the analysis of human behavior.

It is the study of personality; and is a very powerful tool for personal development and change.

The Father of T.A., Eric Lenard Bernstein (he later changed his name to Eric Berne), was born in Montreal in 1910. He settled in America after acquiring a doctor's degree. He joined the Army as a Psychiatrist during the Second World War. In the 1950s, he developed the Theory of Transactional Analysis. He devoted his life to the research and development of this Theory, giving the world a powerful tool capable of bringing about change in the lives of millions of people.

When we first studied TA, years ago, we felt as if we had suddenly a woken from a deep sleep. We began to see the behavior of the people around us differently. Our understanding of situations and people changed for the better. And, after adopting the principles of TA in everyday life, we were amazed with the results. We are pleased with our own progress undertaken with the help of T.A.

Sometimes, the thought does cross our minds that, had we not studied T.A., we would not have reached the heights we have reached today.

Those who have learnt T.A. from us have also reached great heights in their respective fields.

We are sure that once you finish reading this Book, you will know more about your own self. Once you start adopting the principles of T.A. you will be able to bring about a definite change in your own self.

T.A. has three building blocks: thoughts, feelings, and behavior. It is about our own inner world; and it is very practical. All our behavior is governed by our inner world. Our smallest actions are preceded by a series of related mental equations. All equations have been taken into account before we take any action. This process is not intentional; it happens without our realizing that we are undergoing this process. Each one of us tends to repeat this process every single time. The behavior of a person is based on this mental process. A person, therefore, behaves according every time.

Most people do not understand this internal mental process; hence they blame others for their undesirable behavior. In reality, however, it is this process which is responsible for any such behavior. TA helps us to understand this process.

You will have a great time once you learn T.A. You will be able to scan your own personality, as well as the personalities of others; and you will understand the reasons for being the way you are.

You will understand why your health is the way it is; why your social relations are the way they are; why your financial condition is the way it is. In short, you will understand all the '*whys*' of your life.

And...if you want, you will be in a position to change all that.

All obstacles hindering you from achieving success will be removed; and you will progress with utmost speed.

Once you acquire and understand this science complaint. Your life will become a pleasant journey. It will be easy to acquire mental peace, instead of struggling in its pursuit.

The whole world is searching for and hoping to find peace of mind. Everyone is trying hard and using various means to achieve mental peace. T.A. helps us to attain mental peace with ease. It teaches us that the mind and the human are two separate entities. It helps us to enjoy our own life to the fullest, whilst giving us the inspiration and capacity to help others do the same.

A spiritual journey helps us answer the question: “Who am I?” And the first step on this journey is to find out: “What kind of a person am I?” T.A. helps us in understanding the workings of our mind, and the way we think. Once we can do that, we can easily find solutions to most of our unresolved problems.

T.A. is a subject that requires deep study. It can be used extensively in several fields, right from child care to management. The results from its use are as unfailing as the sum of $1 + 1 = 2$.

You might have read our previous books. Unlike there, here we have tried to explain T.A. in its most basic form. The language of T.A. is different, and you might find many new words while reading this Book. Nonetheless, we have tried to keep the language and the style very simple. Therefore, please do not get stuck on the words; but try and understand their essential meaning.

T.A. is the study of the finer aspects of human behavior. However, the subject is based on a few key ideas. Let us first get an overview of some of them before we go on to study them deeper.

You will also encounter new technical words. Don't worry; until a few agos ago, we didn't know the words: **miss call** and **download**. Now they are commonplace. The same will happen here. People familiar with T.A. normally use T.A. language in their daily conversations with each other - even in their family!