

TIME STRUCTURE

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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

There are six ways of structuring time: WITHDRAWAL
RITUALS
PASTIMES
ACTIVITIES
GAMES
INTIMACY

THESE ARE LISTED IN ORDER OF INCREASING INTERPERSONAL EMOTIONAL INTENSITY.

WITHDRAWAL Mental escape from everyday external reality; away from the ordinary here & now.

Withdrawing -- Fantasies -- daydreaming -- creative thinking -- Meditation

RITUALS Transactions where everyone agrees to do the same thing at the same time - without intense emotional involvement.

Simple greetings -- Handshakes -- Introductions -- Saying Goodbye
Elaborate rituals include Church and Fraternal and Government functions.

PASTIMES The things that people talk about to "pass time", talking about something not in the here and now.

Weather -- politics -- kids -- travel -- bosses -- sports -- cars -- food
"He said...", "I said...", "Ever been to...?", "How about those Giants?"

ACTIVITIES Doing something for specific purpose or task, accomplishing goals.

Working for income, planning a vacation, bowling, fishing, preparing a party.

GAMES Utterior, false relationship, not saying exactly what is meant, transactions with hidden meanings that end with a bad feeling "payoff".

NOW I GOT YOU YOU S.O.B.(NIGYSOB), KICK-ME, POOR-ME, I'M ONLY TRYING TO HELP YOU, DEBTOR, WHY DOES THIS ALWAYS HAPPEN TO ME?, RAPO, WHY-DON'T-YOU/YES-BUT.

INTIMACY Candid, straightforward Child-to-Child relationships.

Making love -- enjoying each other -- expressing and sharing sincere concern -- sharing grief and loss -- staying in the here and now with feelings and talk.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.