

THE OK CORRALL - Franklin Ernst Jr. M.D.

Swede, S. (1978). OK corral for life positions: A summary table. TAJ, 8, 59-62

- / + I'm Not OK You're OK
Get-Away-From-Not-OK-Self; Get-OK-From-Others (Taken-Care-Of)
Compliant Adapted Child, Victim, Lovable Adapted Child, Jerk

+ / + I'm OK You're OK
Get-On-With
Natural Child, Prince, SuperNatural Child, Buddha

PASS TIME

FAVORITE GAMES: (soft to hard Victim): Kick Me, Debtor, Wooden Leg, Harried, Poor Me, Ain't It Awful (about me), Schlemiel, Stupid, Frigid, Guilty, Crazy, Help!

PAYOFFS: Embarrassed, Blush, Foolish, Stupid, Inadequate, Helpless; Get away from Not OK self; Get taken care of (LOVED); Reassurance, Protection.

STROKES: Abusing, debasing, and smothering strokes are better than none.

SLOGANS: Love me, Help me, If only, I don't know, I can't think, I guess, Why, How, ???, Please, I'm freaked out. . . , Almost, I'm sorry, I'm guilty.

ACTIVITIES: Evading, Rejecting, Procrastinating, Withdrawing, Passivity, Hiding out, Running Away, Failing, Confusing, Needing, Trying Hard, Pleasing others, Hurrying, Self-effacing.

CHARACTERISTICS: Self-effacing (Compliant) Solution: Seeks love (OK-ness) from others. Subordinates self to others, depending on and appeasing them (affection at a price). Cultivates and exaggerates helplessness and suffering; feels guilty, inferior, contemptible, depressive, suicidal, foolish, rejected, not-OK. Prey to self-hate. Content with little; should not improve too much; no opinions or convictions. Fear of winning in games; hypochondriacal fears. Salvation lies in others; faith in the goodness of others; admiration of pride and aggressiveness in others. Needs help and plenty of it; needs turn into claims (demands); craves attention, feels abused. Measures value (+/-) in terms of love; love is sacrifice (cannot stand being alone).

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USE TIME, SPEND TIME, MAKE TIME

FAVORITE GAMES: (soft to hard Rescuer): Cavalier, Blarney, Homely Sage, They'll Be Glad They Knew Me, Happy to Help, Busman's Holiday, Gee You're Wonderful, Nirvana, Therapeutic Judo.

PAYOFFS: Laughter, Joyous, Jubilant, Glowing, Radiant, Spontaneous, Aware, Intimate, Enlightened, Ah-Ha!

STROKES: Real warm fuzzies are best.

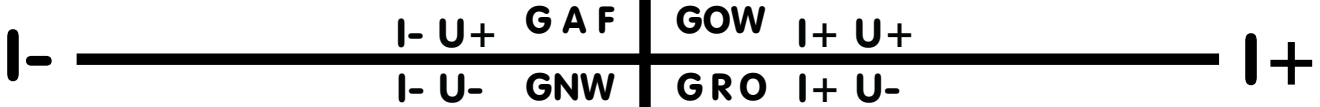
SLOGANS: We can, Thank you, Outasite, That's OK, Hi, I like you, I'll think, I'll feel, Let's go, Wow!

ACTIVITIES: Helpful, Listening, Objective, Responsible, Compassionate, Considerate, Giving, Accepting, Creative, Receptive, Winner, Warrior, Be the Best, Constructive, Intuitive.

CHARACTERISTICS: (Constructive [Growth] Solution): To see and feel own responsibility; acting realistically and constructively. Confidence in own ability to take charge, get-on-with. Feelings of friendliness, unity, and strength, accordance with self and life. Realization and actualization of given potential; deep experiencing of feelings, thoughts, sensations, and intuitions. Truthful to self; active and productive.

Natural Child (Prince): Authentic, autonomous, unadapted, appropriate responses, in the here and now; feels deeply, is spontaneous, disciplined, and caring.

SuperNatural Child (Buddha): Seeks fullest human actualization and realization through cultivation of natural thinking, feeling, sensation, and intuition, especially intuition. Visionary, sees beyond; sees with objectivity and compassion.



- / - I'm Not-OK You're Not-OK
Get-Nowhere; Ge-tAway-From-Seif-and-Others
Sleepy Adapted Child; Rebellious Adapted Child; Shallow Adapted Child

MARK TIME, WASTE TIME

FAVORITE GAMES: (Soft to hard Victim and Persecutor): Comer, Courtroom, Alcoholic (Lush and Whino), Drug Addict, Suicide, Wooden Leg, Ain't It Awful (about everything), Leisure Life, Cops and Robbers, Crazy.

PAYOFFS: Withdrawal, Humiliation, Bleary Eyed, Asleep, Get By, Explosion, Destruction, Emptiness, Mild Amusement, Cynicism.

STROKES: No strokes and negative strokes are better than plastic fuzzies (there are no warm fuzzies).

SLOGANS: I Can't, I Don't Care, Why Bother, It's Sort of Like, How Boring, Maybe, I Only Want, Don't Give A Damn, . . . , Leave Me Alone

ACTIVITIES: I Won't, I Don't, I Can't, Irresponsible, Childish, Indigent, Up-Tight, Sleepy, Rebellious, Shallow, Empty Play, Opportunistic Success, Automaton, Disinterest.

CHARACTERISTICS: Resignation (Freedom from) Solution: A process of shrinking, restricting, curtailing life and growth. Onlooker at self and life; on guard to let nothing touch or get close. Withdrawal with disinterest, don't care, nothing matters. Complies, then procrastinates or forgets; seeks to avoid friction; restriction of wishes (it is better not to wish). Resistance and hypersensitivity to influence, coercion or ties; aversion to change (internal or external). Life should be easy, painless, and effortless; seeks negative freedom (freedom from). Overeats, overdrinks, takes dope, goes crazy, loveless, joyless, paranoid, aloof, and suicidal.

Sleepy Child: Inertia in doing, thinking, and feeling. Checks on strivings and expectations; aversion to change and inner struggles. Puts up with life, strained and unproductive. Persistently resigned; emotional paralysis.

Rebellious Child: Rebellious against self and others, but not for anything. Stops putting up with, doesn't give a damn. Actively detached; seeks freedom; seeks autonomous inner life. Hectic productivity. Breaks rules and laws (internal and external).

Shallow Child: Loses depth and intensity of feelings; moves away from self and world; detachment deteriorates into unrelatedness, alienation. Cynical, superficial, shallow. May be Fun loving to hide from futility; may be opportunistically successful, prestigious (hollow strokes); or may be well-adapted automaton (flat and over-adapted).

+ / - I'm OK-You're Not-OK
Get-OK-from-Self (Pride); Get-Rid-Of-Not-OK-Others
Special Adapted Child; Perfect Adapted Child; Vengeful Adapted Child

KILL TIME

FAVORITE GAMES (soft to hard Rescuer and Persecutor): Blemish, Now I've Got You, You Son Of A Bitch (NIGYSOB), Rescuer, Rapo, Let's You and Him Fight, Uproar, Ain't It Awful (about you/them), I'm Only Trying to Help You, Yes-But, Drunk (High) and Proud, Cops and Robbers, Psychiatry, Guru, Mine's Better Than Yours.

PAYOFFS: Superior (Oneup, OK), Furious, Livid, Outraged, Righteous, Blameless, Vindicated, Revenged, Helpful, Potent, Strong, Perfect, Special.

STROKES: Coerced and plastic strokes are better than negative or no strokes.

SLOGANS: That's yours, I don't care, But anyway, That's not true, Drop dead, I know, How dare you, What's wrong with you, Who said You?, Don't blame me, My needs are more important, Look at me, You're -, I'm +.

ACTIVITIES: Defaming, Finding fault, Counting violations, Judging, Crusading, Revolting, Condemning, Meddling, Controlling, Manipulating, Working hard.

CHARACTERISTICS: Expansive (Mastery) Solution: Identifies with grandiose, glorified self: seeks specialness, perfectness, and/or vindictiveness. Excessive sensitivity to criticism; paranoid and will fight. Measures value (+/-) in terms of Power: Specialness, Perfectness, or Vengefulness. Cannot stand to be worthless, flawed, or helpless.

Special Child (Narcissistic): In love with own glorified self. Unquestioned belief in own greatness and uniqueness. Needs endless admiration and devotion. Must impress; if fails, then resentment and rage. Outwardly optimistic, inwardly pessimistic and despondent. Life is filled with (external) misfortune. (Grew up with admiration from parents.)

Perfect Child (Perfectionistic): Identifies with GOOD Parental standards; feels and acts superior because of high standards; looks down on others with arrogant contempt. Makes great efforts to live up to high standards. Meticulous, punctual, neat. Demands respect. (Grew up with rigid standards from parents.)

Vengeful Child (Vindictive): Identifies with pride, seeks vindictive triumph. Competitive and treacherous; humiliates and exploits others. When obstructed, then rages and furies, recklessness and indignation. Own needs respected, others disregarded. Offense is the best defense. (Grew up exploited and humiliated by parents.)



**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.**