

Stoppers and Drivers:

Within TA we recognise 5 "Drivers" and 13 "Stoppers" that can be seen over the entire population:

DRIVERS

Be Strong.
Be Perfect
Please (the other)
Do Your Best
Hurry Up

STOPPERS

Don't feel, don't think, don't be a child
Don't get close, don't belong, don't
Don't be important, don't exist,
Don't Be Healthy, Don't Grow Up,
Don't have any success, have no needs,
Don't be yourself.

These Stoppers and Drivers limit our thinking and behaviour. By examining your Stoppers and Drivers, you will come to recognise triggers and unconscious defences that sabotage your relationships and communications. From out of this new awareness you can explore options and give a conscious response. A response in alignment with your own value, will and needs. A response instead of reacting out of old hurts or wounds.

With the help of TA we can strengthen your autonomy and unity. At the same time you learn to recognise and stay out of playing psychological games or undesired behavior in the form of Persecutor, Victim or Rescuer behavior. This releases more energy, gives options and establishes reciprocal relationships.

What do you want to change today? Lets book 5 life changing sessions of REDECISION Therapy to change your relationships into autonomous, mutually satisfying, empowering "happenings"!

