

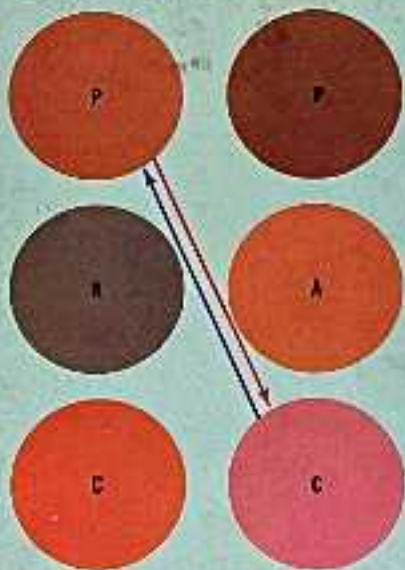
THE NEXT STEP AFTER
I'M O.K.—YOU'RE O.K.

AND

WHAT DO YOU SAY AFTER YOU SAY HELLO?

SCRIPTS PEOPLE LIVE

TRANSACTIONAL ANALYSIS OF LIFE SCRIPTS
BY CLAUDE M. STEINER



SCRIPTS
PEOPLE
LIVE

Transactional Analysis of Life Scripts

CLAUDE M. STEINER




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**HOW TO
CHANGE THE
STORY
OF YOUR LIFE**

Scripts come from decisions you made early in your childhood. They're patterns of action that keep you from living a full and free life. Like...

Mother Hubbard takes care of everyone but herself. She spends her life feeling that her worth is measured only by how much she gives to others.

Big Daddy is an exaggerated version of the responsible husband and father. The absolute ruler of his household, he knows everything best.

Scripts like these can make you feel powerless over your life course. **Scripts People Live** shows you how to break out of your trap and begin to lead a life of true freedom and fulfillment.

Claude M. Steiner, a West Coast clinical psychologist, was a close collaborator with the late **Eric Berne** in developing the principles of Transactional Analysis. He is also the author of the bestselling **Games Alcoholics Play**.



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