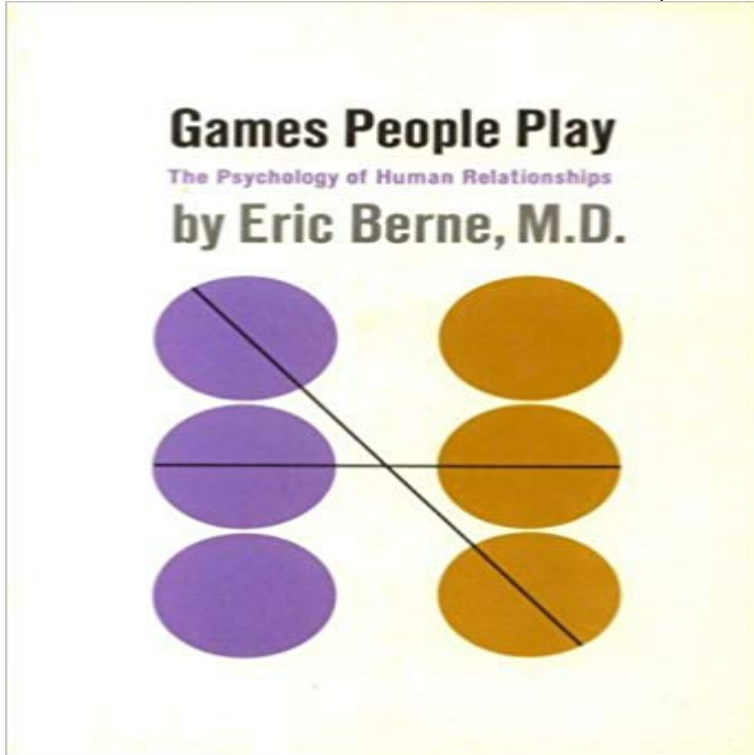


GAMES PEOPLE PLAY The Psychology of Human Relationships



People tend to live their lives by consistently playing out certain games in their interpersonal relationships. They play these games for a variety of reasons: to avoid confronting reality, to conceal ulterior motives, to rationalize their activities, or to avoid actual participation. These games - if they are not destructive - are both desirable and necessary, and in the present volume Dr. Berne offers the reader a thorough, fascinating analysis of thirty-six games, which he breaks down into seven major categories: life games, which transcend a specific mode of response in a given situation and pervade ones every action; marital games, which two people may utilize to sustain a frustrating or unrewarding life-a favorite marital game is Frigid Woman, in which one of the two parties provokes an argument, leading to anger and alienation of feelings, in order to avoid sex; sexual games, in which someone provokes sexual reactions in another person and then, as in the game called Rapo, acts as though he (or she) is the innocent victim ; exhibitionism - The Stocking Game - is another common sexual game; party games, which by definition are highly social and move from the perpetual gossip to the chronic complainer; underworld games, such as Cops and Robbers, which are most often played for material gain but can also be played for psychological gains; consulting room games, which, as the name implies, can be played by a patient with a doctor, to avoid getting cured (as in the game called Psychiatry, or a variation which Dr. Berne names Wooden Leg, wherein someone attempts to avoid responsibility by claiming illness, insanity, etc.).

Games People Play: The Psychology of Human Relationships by Eric Berne. International Journal of Group Psychotherapy, 15(3), pp. 413 Do you realise you, and all the people you know, play games? All the time? Sexual games, marital games, complex games that youre not even aware of as you Buy Games People Play: The Psychology of Human

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