**Scripts in Adult Life**

* As grown ups, we sometimes replay the strategies we decided up on as infants or children.
* At these times, we respond to the here and now as if we were in the world we pictured in our early decisions.
* When we do so we are said to be in script or we are engaging in scripty behavior.
* Why don’t we just leave our infant decision behind as we grow up?
* The main reason is that we are still hoping to resolve the basic issue that was left unresolved in our childhood: how to get unconditional love and attention.
* Thus as adults, we frequently react as if we were still infants. (Child ego state)
* When we get into script, we are usually not aware that we are reenacting infant strategies.
* We can predict when one gets into script by two factors:
* When the hear and now situation is perceived as stressful
* When there is some resemblance between the here and now situation and a stressful situation in childhood
* The greater the stress the more likely the person is to get into script. Usually 6/10 creates script like behavior.

**Example of Script as an Adult**

* I have a disagreement with a manager. This represents only a level 3 stress. So I stay out of script. We discuss our differences as adults and agree to disagree about the situation. Disaster averted
* Instead the manager calls in the CEO and the stress level hits a 6. Scripty behavior starts. I activate the same physical reactions, feelings and thoughts I used to as a child when my father loomed angrily over me shouting words of abuse. Without realizing it unconsciously, I have made the CEO into my father. I respond as a terrified kid of three years old would and cower to the CEO.
* Resorting to script behavior is called “Rubber Band”

**Why Script Understanding is Important?**

* The reason is that it gives up a way of understanding why people behave the way they do.
* We especially need this understanding when we are examining ways of behaving that seem on the face of it to be painful or self defeating.
* When we are in script, we cling onto infant decisions without conscious awareness, we seed to set up the world so that it appears to justify our early decisions or scripts.
* When in script, we attempt to meet adult problems by replaying child strategies. These responses bring about the same type of results as when you were a child.
* When we get these results we say, “Yes, the world is like I decided it was.”
* Each time we do this we confirm our script belief and take a step closer to our script payoff.
* Example- If I decided as an infant that people will reject me, I may further my life plan or script as a grown up by setting up to be rejected again and again. I tick up another confirmation that my closing scene is a lonely death.

**Script Breaking**

* Reflection upon possible script and behaviors to break ones script
* Review your own script and find out in which category you belong.
* Do you identify specific areas in your life where you have set yourself up to be a winner, a loser , a non winner?
* Are these areas in which you have so far been a loser or non winner and would like to become a winner?
* If so, for each of these areas, write down how you would know you were winning instead of losing or no losing in that area What would be your winning outcomes?
* For each area write down at least five actions you can take to bring about your winning outcomes. Do one of these actions each day.