

# Transactional Analysis

## Life Positions

*I wish I could do that as well as you.*

*Hey, we're making good progress now.*

**You are okay with me**

**I am not okay with me**

**I am not OK  
You are OK**

*The One-down position*

**I am OK  
You are OK**

*The Healthy position*

**I am okay with me**

**I am not OK  
You are not OK**

*The Hopeless position*

**I am OK  
You are not OK**

*The One-up position*

**You are not okay with me**

*Oh this is terrible – we'll never make it.*

*You're not doing that right – let me show you.*

