

# Transactional Analysis Stroke Profile

## Positive Strokes

How often do you:

	Give positive strokes to others?	Refuse to give the positive strokes others expect from you?	Accept positive strokes?	Ask others for positive strokes?
Usually				
Always				
Frequently				
Often				
Rarely				
Almost Never				

## Negative Strokes

How often do you:

	Give negative strokes to others?	Refuse to give negative strokes?	Accept negative strokes?	Ask others (even indirectly) for negative strokes?
Usually				
Always				
Frequently				
Often				
Rarely				
Almost Never				



## Guide to Completing Your Stroke Profile

1. Using the table above, rate yourself in each of the four profile categories as to how often you do these things. Remember that any “transaction” (exchange) between two people represents a stroke.
2. Look at the overall picture. If you score too low or too high in one section and are not happy with this, consider how you wish to change and in which direction, then experiment with doing this. For example, if you think you don’t receive enough positive strokes, you could experiment with asking for some the next time you feel like you need (more) recognition. For example, if you have just received a compliment about your standard of work you could share that with a friend. So you could say, “I was so pleased today - my boss told me that he has never had such a detailed report before and is very impressed with my work. Isn’t that great?”

The aim is to develop the areas in which you have a negative score rather than reducing the areas in which you have a positive score.