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For better or for worse . . . the festive season is upon us and the Ghost of Christmas Past has already s

Life coach Martha Beck says that if you want to become enlightened, having malfunctional loved o

That's why Martha recently launched a game to get you through the holidays – Dysfunctional Fam

Talking about games, it is scary how many people grew up believing that communicating in an ope

Most of us have a dominant control drama which we play automatically, without even realizing wha

When you understand how others use control dramas to make you react, you can step out of the c

In his book, 'The Celestine Prophecy', James Redfield explains that control dramas are unconscio

According to James take energy from the state of the judge, and the physical. All people attract a

Psychiatrist dr Eric Berne looked at these same patterns in his book, 'Games People Play'. Since t

Eric defines a game as a series of interactions, such as facial expressions, words and body langu

In his book, Eric lists numerous games under different sections, such as life games, marital game

The first game Eric introduces is if-it-weren't-for-you. Mrs White complained that her husband sev

Mrs White promptly signed up for dancing classes. To her despair she discovered that she had a t

Eric explains that Mrs White married her husband precisely because she knew he would perform t

Of course Mrs White wasn't conscious of this. Family games are so well entrenched, mainly becau

Lissa Rankin recommends repeating (silently, of course, girlfriend): "Thank you for this gift of love."

Still, some deeper part of you knows that life lessons ride shotgun with disaster. And, bingo! Befor

Then you can truly say: "Thank you for this gift of love."