



# I'm OK, you're OK

By Thomas Anthony Harris

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**I'm OK, you're OK** By Thomas Anthony Harris

**An enormously popular (7-million copies sold) and insightful classic of popular psychology based on Eric Berne's theory of Transactional Analysis that has helped millions of people who never before felt OK about themselves find the freedom to change, to liberate their ADULT effectiveness, and to achieve joyful intimacy with the people in their lives.**

Transactional analysis delineates three ego-states (parent, adult and child) as the basis for the content and quality of interpersonal communication. "Happy childhood" notwithstanding, says Harris, most of us are living out the not ok feelings of a defenseless child wholly dependent on ok others (parents) for stroking and caring. At some stage early in our lives we adopt a "position" about ourselves which very significantly determines how we feel about ourselves, particularly in relation to other people. And for a huge portion of the population, that position is that I'm Not OK-You're OK. This negative Life Position, shared by successful and unsuccessful people alike, contaminates our rational adult potential, leaving us vulnerable to the inappropriate, emotional reactions of our child and the uncritically learned behavior programmed into our parent. By exploring the four basic "life positions," we can radically change our lives.

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## **I'm OK, you're OK** By Thomas Anthony Harris Bibliography

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- Binding: Paperback

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## **Editorial Review**

From the Back Cover

"Happy childhood" notwithstanding, most of us are living out the NOT OK feelings of a defenseless CHILD wholly dependent on OK others for stroking and care. By the third year of life, says Dr. Harris, most of us have made the unconscious decision I'M NOT OK-YOU'RE OK. This negative Life Position, shared by successful and unsuccessful people alike, contaminates our rational ADULT potential -- leaving us vulnerable to the inappropriate, emotional reactions of our CHILD and the uncritically learned behavior programmed into our PARENT.

In personal Transactions, NOT OK people resort to harmful withdrawal, rituals, activities, pastimes, and games for getting needed strokes while avoiding painful intimacy with people they see as OK.

Dr. Thomas A. Harris's pioneering work in Transactional Analysis has had a fundamental impact on our understanding of interpersonal behavior. In showing us how to make the conscious decision I'M OK-YOU'RE OK, he has helped millions of despairing people find the freedom to change, to liberate their ADULT effectiveness, and to achieve joyful intimacy with the people in their lives.

About the Author

The late **Thomas Harris** was a Navy psychiatrist and a professor at the University of Arkansas. He practiced psychiatry in Sacramento, California and directed the Transactional Analysis Association.

## **Users Review**

**From reader reviews:**

**Eric Ballentine:**

The book I'm OK, you're OK give you a sense of feeling enjoy for your spare time. You can utilize to make your capable much more increase. Book can to become your best friend when you getting tension or having big problem using your subject. If you can make reading a book I'm OK, you're OK for being your habit, you can get far more advantages, like add your capable, increase your knowledge about a number of or all subjects. You could know everything if you like available and read a guide I'm OK, you're OK. Kinds of book are a lot of. It means that, science e-book or encyclopedia or others. So , how do you think about this e-book?

**Gabriel Reyes:**

Information is provisions for people to get better life, information nowadays can get by anyone in everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider while those information which is inside the former life are challenging be find than now is taking seriously which one works to believe or which one the resource are convinced. If you receive the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those

possibilities will not happen inside you if you take I'm OK, you're OK as the daily resource information.

**Lola Hernandez:**

Is it you who having spare time then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This I'm OK, you're OK can be the response, oh how comes? It's a book you know. You are and so out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these books have than the others?

**Irene Gonzales:**

As a scholar exactly feel bored for you to reading. If their teacher asked them to go to the library as well as to make summary for some guide, they are complained. Just very little students that has reading's soul or real their passion. They just do what the educator want, like asked to go to the library. They go to right now there but nothing reading seriously. Any students feel that examining is not important, boring and can't see colorful images on there. Yeah, it is to be complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. So , this I'm OK, you're OK can make you truly feel more interested to read.

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