

PLEASE READ & REFLECT ON THE FOLLOWING BEFORE THE INTERVIEW

### ***The Impact of Trauma on our Current Life Stories***

#### ***A Humanistic and Transactional Analysis Enquiry into the influence of Trauma on Personal and Cultural Life Scripts (Unconscious Relational Patterns)***

##### **Trauma**

*“a damaging experience or set of experiences, particularly as the cause of psychological problems.”* (Tilney, T., 1998. Dictionary of Transactional Analysis.)

##### **Script (Life Story)**

*“an unconscious life pattern based on early decisions made, usually out of awareness, in childhood. This may take many years or even a lifetime to run its course.”*  
(Tilney, T., 1998. Dictionary of Transactional Analysis.)

This interview seeks to obtain professional opinion to explore and determine if it is possible to quantify and qualify the impact of trauma on our life stories or scripts, (unconscious relational patterns).

Information and quotes from the interview transcripts will only be used in this piece of research. Anything used will be subject to editorial approval and sign off by the interviewee, and referenced according to the interviewee's specifications. Logistically it is expected that most of the interviews will be on skype as opposed to in person.

The overall purpose of the research is to investigate and explore how trauma, or unhealed damaging experiences, and the resulting patterns of response, could be influencing and affecting our individual and cultural life stories or scripts.

Additionally it will seek to establish how significant the role of today's media is in the perpetuation of the patterns of response to trauma.

This research will form part of my dissertation for the BA (Hons) Degree in Humanistic Transactional Analysis, which I am completing at Peter Symonds College, Winchester, validated by Middlesex University. The approach of the research is from a humanistic and transactional analysis perspective.

*“Traumatic events call into question basic human relationships. They breach the attachments of family, friendship, love and community. They shatter the construction of the self that is formed and sustained in relation to others. They undermine the belief systems that give meaning to human experience. They violate the victim's faith in a natural or divine order and cast the victim into a state of existential crisis.”*

(Herman, J., 1992/1997. Trauma and Recovery, The aftermath of violence – from domestic abuse to political terror.)

*Life scripts are formed from incomplete experiences that become fixated as habitual patterns of attitudes and behaviours.*

(Adapted from Erskine, R., 2010. Life Scripts, A Transactional Analysis of Unconscious Relational Patterns.)

*“My years of observation have persuaded me that not only sufferers of severe post-traumatic stress, but the majority of us, live in a state of semi-permanent emotional shock. We forget traumatic incidents, don't remember how we felt, and don't know anyone who would listen patiently and sympathetically long enough to sort it all out. Consequently we go through life emotionally anesthetized, with most of our feelings locked up in our hearts, constantly disappointed in a wary and unreceptive world.”*

(Steiner, C., 2003. Emotional Literacy, Intelligence with a Heart.)

THANK YOU FOR AGREEING TO BE INTERVIEWED

OUTLINE OF INTERVIEW QUESTIONS

- Could you give me your definition of trauma?**
- Could you give me your definition of script or life story?**
- Could you give me your summary of the (common) patterns of response to trauma**
- Could you give me a summary of the (common) effects of unhealed trauma**
- Do you think or feel that most people are carrying around unhealed ('incomplete') trauma**
- Do you think or feel that most people are limited ('bound' or governed) by life scripts (unconscious relational patterns)?**
- Do you think or feel that personal unhealed traumatic event(s) impact most people's scripts or life stories?**
- In what ways?**
- Do you think or feel that collective unhealed traumatic event(s) impact cultural scripts or stories?**
- In what ways?**
- How significant do you think the role of today's media is in the perpetuation of the patterns of response to trauma?**
- Could you elaborate on any of the questions if you think or feel it could assist with the research?**