

Here're some "trips" we lay on or "games" we play against others (and sometimes even ourselves!). The first eight are YNOK ("You're not OK."), the others INOK ("I'm not OK."). In the "Ego State" column, write the dominant ego-state in the particular game; then, numbering it at the conclusion of the print (and running throughout p.2), use your own signals or code or abbreviations to note down (A) a time this game was played on you and (B) a time this game was played by you.

<i>THEME</i>	<i>GAME</i>	<i>EGO STATE</i>
BLAMING OTHERS	1. IF IT WEREN'T FOR YOU 2. SEE WHAT YOU MADE ME DO	
SAVING OTHERS	3. I'M ONLY TRYING TO HELP 4. WHAT WOULD YOU DO WITHOUT ME?	
FINDING FAULT	5. BLEMISH 6. CORNER	
GETTING EVEN	7. RAPO 8. NOW I GOT YOU, YOU SONOFABITCH!	
PROVOKING PUTDOWNS	9. KICK ME 10. STUPID	
ENJOYING MISERY	11. POOR ME 12. WOODEN LEG	
COPPING OUT	13. HARRIED 14. FRIGID	