

# **THE IDENTITY MATRIX**

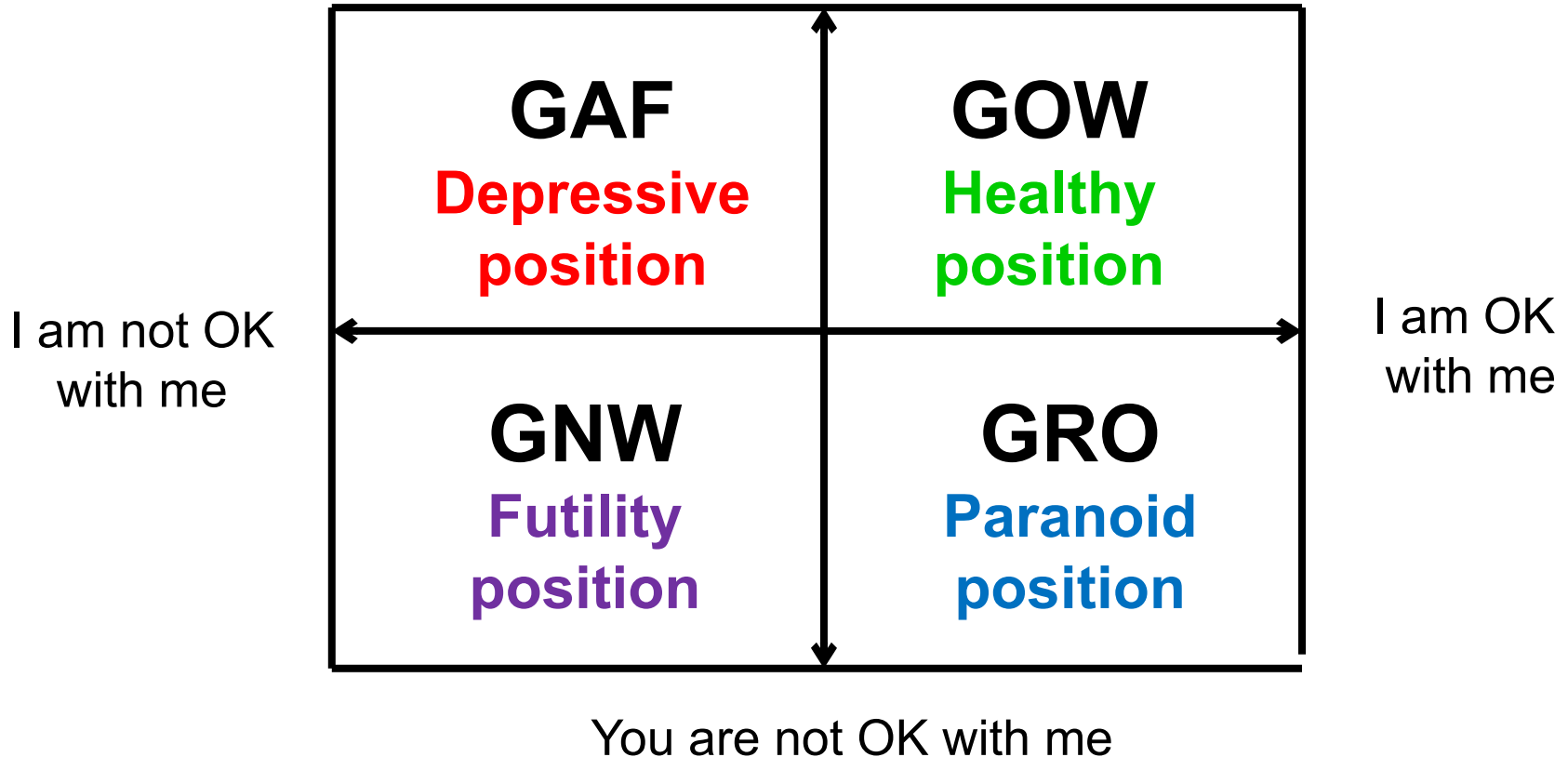


**An Integrating System.  
Developmental.  
Relational.  
Systemic.  
Holonc**

# THE OK CORRAL (ERNST 1971)

## Grid for what is happening

You are OK with me



# **ERIC BERNE (1962)**

## **Four Basic Positions**

**A DESCRIPTIVE CLASSIFICATION OF GAMES.**

**I AM OK YOU ARE OK.**

**I AM OK YOU ARE NOT OK**

**I AM NOT OK YOU ARE OK**

**I AM NOT OK YOU ARE NOT OK**

**Every game, script and destiny is based on one  
of these four basic positions**

**The OK – OK position is not so much a port to be arrived at but a constant destination.**

**Eric Berne**

# THE IDENTITY MATRIX **Felton 2012. Touchstone & Talisman**

## THINKING

18 months – 3 years

First experiences of personal power ( I + U - )  
Pushes & Tests Limits.  
Becoming Separate.  
Oppositional

Parents need to set firm boundaries.  
With kindness, empathy and concern.

Integration of thinking about doing  
Test Reality  
Learns about Anger  
Accepts the limit of others.

## BEING

0 – 6 months

First experience of an I + U + relationship  
Instinctive behaviour related to survival  
Make a noise to get needs met

Parents provide holding food warmth shelter  
Presence of a caretaker  
Needs stimulation to evoke joy in being.

Joy Juice – Oxytocin and opioids  
develop attuned relationship with (M)other  
“In Love” State of Bliss  
Accepts Good.



**IDENTITY** 3 – 6 years

First experience of despair (I - U - )  
Who am I ? Interest in difference  
Growing awareness of contrasts of human  
nature and the consequences of actions.

Parents need to encourage contact with  
others. Play, support testing out and decision  
making.

Development of Identity.  
Integration of good and bad experiences  
Learns about sadness whilst maintaining the  
capacity for Joy in Being.  
Accepts the limits of the human condition

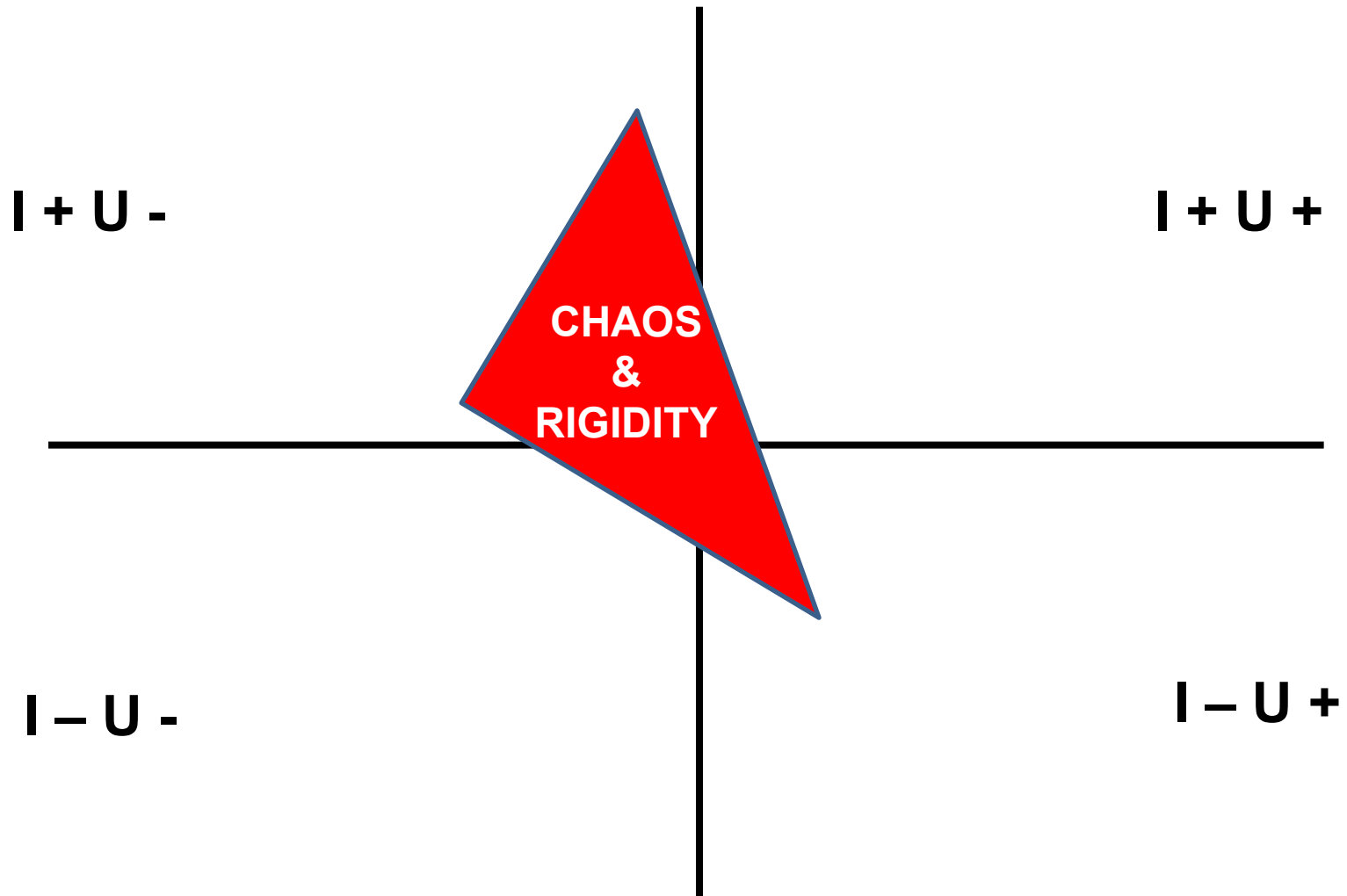
**DOING** 6 – 18 months

First experience of vulnerability (I - U +)  
Baby sits up, reaches, throws, crawls, walks,  
runs, climbs, jumps, grabs, pokes.  
Separation distress.

Parents have to think for the baby  
Provide permission to explore with adequate  
protection from harm

Dopamine triggers the seeking system.  
Develops curiosity creativity and motivation.  
Learns about fear  
Accepts own limits.

Ref:- *Levin (1988)* *Berne (1966)*  
*Moiso (1984)* *Ernst (1971)*



**When integration is not present  
- Chaos or Rigidity.**

**Siegel 2014**

# INTEGRATED IDENTITY MATRIX

I +

Authentic use of power to protect and prevent harm  
Leader Potent  
Sets effective boundaries, Internal, External  
Healthy use and expression of anger to effect change  
Strokes for change  
Accepts the limits of others.

Capacity to feel joy and delight  
Pleasure  
Peacemaker. Responsive  
Co-operative and shared power.  
Open communication.  
Go towards others  
Strokes for being  
Accepts good.

U -



U +

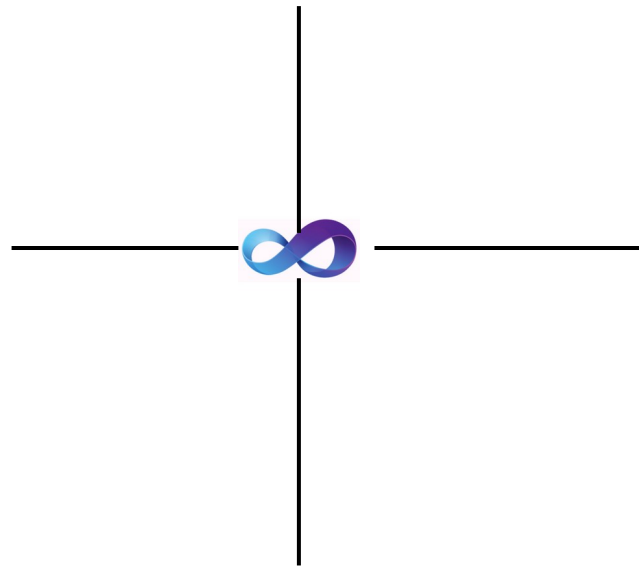
Capacity to hold not knowing  
To pause and reflect.  
Embrace process of grief and loss.  
Health expression of sadness.  
Desire to curl up and close up.  
Ability to hold difference.  
Strokes for reflection.  
Accepts the limits of the human condition.

Capacity to embrace vulnerability.  
To be a learner, feel fear  
A need for guidance and protection.  
Actively explore.  
Creativity is living adventurously.  
Learning skills.  
Strokes for doing.  
Accepts my own limits.

I -

**“We shall not cease from exploration and the end of all our exploring will be to arrive where we started and know the place for the first time”**

**T.S. Eliot.**





## THE PRINCIPLES OF PEACE.. Zhou Enlai Peace Institute. China..

- 1) Mutual respect for boundaries.
- 2) Mutual non aggression.
- 3) Mutual non interference in internal affairs.
- 4) Equality and mutual benefit.
- 5) Peaceful co existence.

Consider how it would be to apply these principles first to yourself.

Your internal process and dialogue.

To your relationships and parenting.

To your clients.

To our communities.

To our world.

Maybe the first step to **world peace** is **peace within INTEGRATION.**

# AFFECTIVE ATTUNEMENT AND INTEGRATION

**+ -**

**Compassion**  
**Acts of kindness**  
**Courage to act**  
**Turns towards suffering**  
**Directive.**

**+ +**

**LOVE**  
**Experience of good**  
**Integrated trust in self**  
**And the world = safeness**  
**Capacity and experience of joy.**

**HOPE**

**- -**

**Forgiveness = coming to terms**  
**with the limits of the human**  
**condition. Being at peace with**  
**oneself and ones past.**

**- +**

**Vulnerability**  
**Experience of**  
**Permission Potency Protection.**  
**To ask for and receive help.**  
**Ability to learn from mistakes.**

**Despair**  
**Hopelessness**

**I fall down a**  
**deep dark hole**