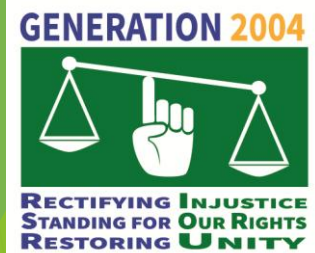


The Curse and the Spell in our life script: Injunctions, Drivers and Permissions

Transactional Analysis and
Understanding Harassment Dynamics

28 April 2026

Brussels



Content

- ▶ Understand childhood programming and invisible life scripts
- ▶ The Invisible Script Behind
- ▶ Injunctions - Drivers - Life Script - Permissions
- ▶ Understand harassment dynamics

Life Script

- ▶ **We Don't Live Reality**
- ▶ We live our **interpretation** of reality – a lens shaped long before we ever entered a workplace. The stories we carry as adults were written in childhood, authored by the people and environments that surrounded us.
- ▶ Unconscious
- ▶ Drives behavior
 - ▶ **The Life Script**
- ▶ A Life Script is an **unconscious life plan** formed in early childhood. It is written through repeated experiences, emotional responses, and the messages we receive from caregivers and society.
- ▶ Once written, this script runs silently in the background - shaping decisions, relationships, and self-perception throughout life.

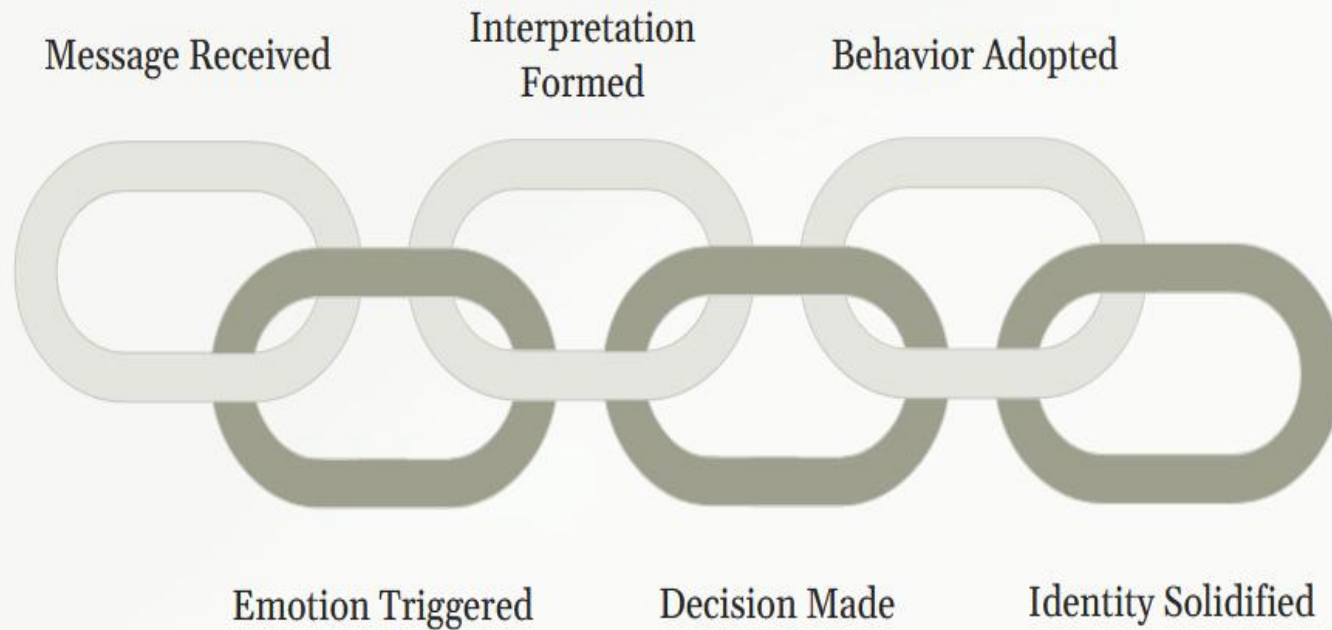


Injunctions

- ▶ Negative parental messages
 - ▶ Don't be important
 - ▶ Don't speak
 - ▶ Don't feel
 - ▶ Don't succeed
 - ▶ Don't exist
 - ▶ Don't be a child
 - ▶ Don't grow up
 - ▶ Don't be yourself
 - ▶ Don't be important



Identity Formation



Understanding this sequence is the first step toward interrupting it – and reclaiming authorship of your own story.

Drivers

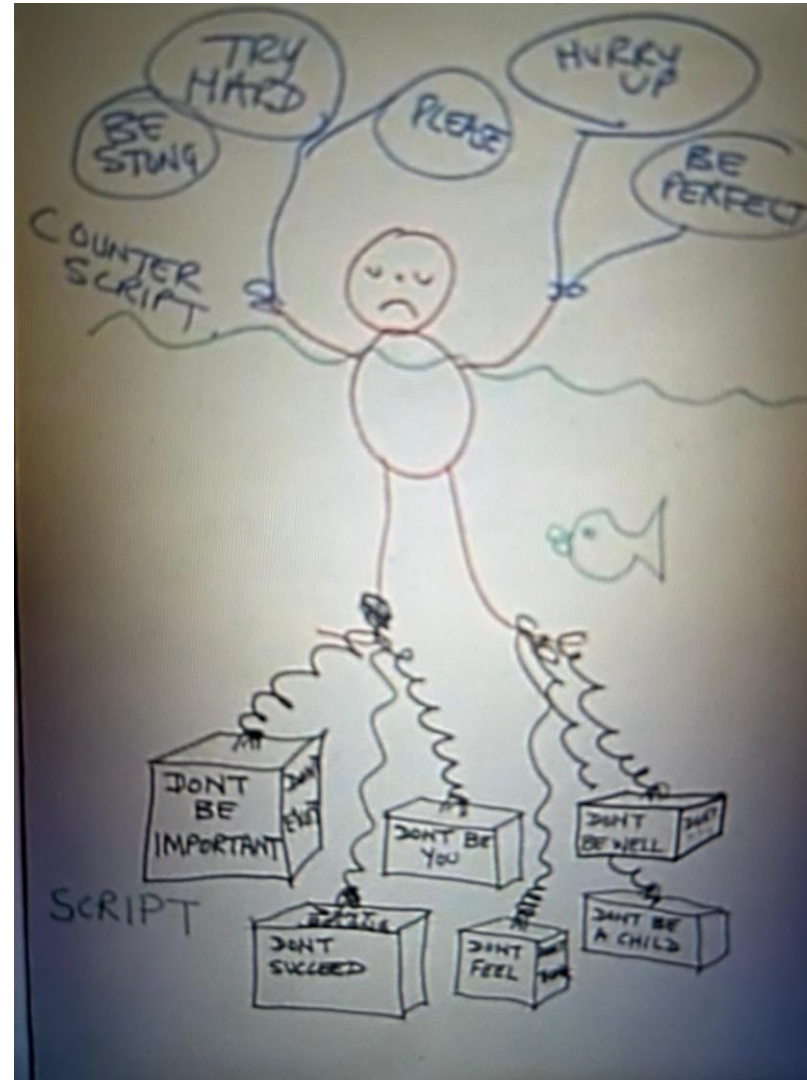
- ▶ Short-term antidote
- ▶ Condition for being OK
 - ▶ Be strong
 - ▶ Please others
 - ▶ Hurry up
 - ▶ Be perfect
 - ▶ Try hard
- ▶ Fear of rejection
- ▶ Fear of vulnerability
- ▶ Fear of losing love
- ▶ Fear of intimacy
- ▶ Fear of success

EXAMPLE

I can exist only if I please others

DO vs DON'T

- ▶ Injunctions = curse
- ▶ Drivers = antidote
- ▶ Injunctions = DON'T
- ▶ Drivers = DO
- ▶ No real autonomy
- ▶ Drivers help short term
- ▶ Limit long term



Harassment System

- ▶ Pressure valve
- ▶ Persecutor
- ▶ Victim
- ▶ Rescuer

Exercise

- ▶ Think about a frustrating situation
- ▶ What did you do to be accepted?

Permissions

- ▶ Turning point

Examples:

- ▶ You are allowed to exist
- ▶ You are allowed to be yourself
- ▶ You are allowed to feel

Impact of Permissions:

- ▶ Balanced relationships
- ▶ Clear boundaries
- ▶ Stable identity

Real Change

- ▶ Starts with permission

New Permissions

- ▶ Say no without feeling guilty
- ▶ Ask for help without feeling vulnerable
- ▶ Be vulnerable without feeling weak
- ▶ Take your time without missing the deadlines
- ▶ Be imperfect without feeling that you are not enough

Workplace

- ▶ Harassment = meeting of scripts

Final Message

- ▶ Drivers help you survive
- ▶ Permissions help you live

Conclusion

- ▶ You are not your reaction
- ▶ You are not your program
- ▶ You can choose

Exercise 1

- Identify your scripts



Exercise 2

- ▶ Break the script



