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minutes - I'm  
ok, you're ok by  
Thomas A Harris**  
~~I'm OK, You're  
OK~~

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Games People

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Play

(Unabridged) -

Part 1 ~ Eric

Berne ~

Audiobook ~

Transactional

Analysis ~~I'm Ok~~

~~You're OK - Book~~

~~Review 20~~

~~Communication~~

~~model - I'm ok -~~

~~you're ok~~

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I'm Ok You're Ok

- Eric Berne |

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Andrew Lake  
Podcast #006 ~~I'm  
OK, You're OK~~

**Transactional  
Analysis 1: ego  
states \u0026  
basic  
transactions**

*It's Ok, You're  
Ok - Bonjr*

AMERICAN GYPSY  
I'M OK , YOU\"RE  
OK **It's OK,  
You're OK -**

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**Bonjr (1 Hour  
Version) My  
Chemical Romance  
- \ "I'm Not Okay  
(I Promise)\ "  
[Dialogue/MTV  
Version] Stop  
Saying \ "I'm  
Fine\ " - Speak  
English Like a  
Native! I am ok  
you're Ok book ☐☐**  
**Chloe Adams -  
The Doctor Said**

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~~What Does I'm  
OK, You're OK  
Mean?~~

---

I'm Ok, You're  
Ok - Original  
Mix**American  
Gypsy - I'm Ok,  
You're Ok. (12\''  
Inch Very  
Extended Mix)**  
*Transactional  
Analysis Life  
positions I-M-Ok  
You-Re*



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Thomas A. (ISBN:  
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~~Harris M.D.,~~

~~Thomas A . . .~~

I'm OK – You're

OK is a 1967

self-help book

by Thomas

Anthony Harris.

It is a

practical guide

to transactional

analysis as a

method for

solving problems

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in life. The book made the New York Times Best Seller list in 1972 and remained there for almost two years. It is estimated by the publisher to have sold over 15 million copies to date and to have been

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translated into  
over a dozen  
languages.

~~I'm OK — You're  
OK — Wikipedia~~  
History has not  
been kind to I'm  
Okay-You're  
Okay: Inter-  
racial marriages  
and pre-marital  
sex are not  
quite the taboo

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subjects they  
used to be and  
it's been a  
while since I  
saw the word  
"retards" used  
seriously.

~~I'm OK - You're  
OK by Thomas A.  
Harris -  
Goodreads~~

I'm ok - you're  
ok - The Book of

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Harris. In 1967, Thomas Anthony Harris published the book titled I'm ok - you're ok. The title was borrowed from the Ok-positions and reflects a fundamental position of the Transactional Analysis. In

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fact, the book  
is an  
introduction to  
Transactional  
Analysis.

~~I'm ok - you're  
ok: Learn  
everything about  
this concept~~  
I'm OK, You're  
OK provides  
counselling  
services for

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children and  
young people,  
well-being  
training and  
supervision for  
schools &  
colleges, and a  
range of CPD  
training courses  
in counselling  
children and  
young people for  
counsellors and  
other



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professionals.  
Our main purpose  
within schools  
and colleges is  
to help develop  
a comprehensive  
mental health  
and emotional  
well-being  
service, which  
is responsive,  
preventative and  
sustainable.

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~~I'm OK, You're  
OK — Home~~

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Transactional  
Analysis eBook:  
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Ok: A practical  
guide to  
Transactional~~

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Thomas A. and a  
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In an episode of  
Seinfeld, Jerry  
opens the door  
of his apartment  
to find all-time  
hopeless case

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George Costanza  
spread out on  
the couch  
reading I'm OK –  
You're OK. For  
Jerry, reading a  
self-help book  
with a silly  
title is just  
one more piece  
of proof of his  
friend's loser  
status. I'm OK –  
You're OK is

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indeed an icon of the pop psychology boom of the 1960s and 1970s. Demand for the book was tremendous, and today it sits comfortably in the pantheon of self-help titles that have ...

~~I'm OK — You're~~

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~~OK by Thomas A.  
Harris MD |  
Influenced by~~

~~...~~

Thank you for a truly amazing day, I look forward to the next one! Jane Pattison, Children's Hospice South West "I have nothing but



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praise for the day. I learnt so much that I will be able to take back to practice in school but also to be able to use personally. ... Feedback on I'm OK, You're OK Family Systems Training "It was so ...

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~~TRAINING — I'm~~  
~~OK, You're OK~~  
I'm not OK -  
You're OK When I  
think I'm not OK  
but you are OK,  
then I am  
putting myself  
in an inferior  
position with  
respect to you.  
This position  
may come from

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being belittled  
as a child,  
perhaps from  
dominant parents  
or maybe  
careless  
teachers or  
bullying peers.

~~The OK Not OK~~

~~Matrix~~

~~Changing minds~~

The I'm Ok,

You're Ok model

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created by  
Thomas Anthony  
Harris, brings  
this balance to  
life: I'm ok  
means I respect  
myself and feel  
confident to put  
forward my  
thoughts and  
opinions. I'm  
not ok means I  
don't feel able  
to express

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myself or my  
ideas. You're ok  
means I respect  
you, I am  
interested in  
your perspective  
and want to hear  
it.

~~I'm Ok, You're  
Ok—~~

~~Assertiveness at  
work explained~~  
And for a huge

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portion of the population, that position is "I'm Not OK -- You're OK." This negative "life position," shared by successful and unsuccessful people alike, contaminates our rational Adult capabilities,

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leaving us  
vulnerable to  
inappropriate  
emotional  
reactions of our  
Child and  
uncritically  
learned behavior  
programmed into  
our Parent.

~~I'm OK--You're  
OK--Thomas  
Harris--Google~~

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~~Books~~

I'm OK – You're  
Not OK. I'm OK –  
You're OK. The  
emphasis of the  
book is on  
helping people  
analyse how  
their life  
position affects  
their  
communications  
(transactions)  
when interacting



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through one of their Parent, Adult, or Child ego states. As an example, children will see that adults are strong, big and competent whereas they will see themselves as small, weak and making mistakes,

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so conclude that  
I'm Not OK –  
You're OK.

~~I'm OK – You're  
OK: How to have  
adult-adult  
conversations~~

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Ok - YouTube~~  
I'm Not OK,  
You're OK 2. I'm  
Not OK, You're  
Not OK 3. I'm

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OK, You're Not  
OK 4. I'm OK,  
You're OK I  
remember from my  
Social Worker  
class that the  
Transactional  
Analysis is the  
concept of the  
Parent, Adult,  
and Child ( P-A-  
C) ego states  
that are compose  
every one of our

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personalities.

~~I'm OK-You're~~

~~OK: Harris,~~

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I'm OK, You're  
OK, by Thomas A  
Harris MD, is  
one of the most  
successful self-  
help books ever  
published. It

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offers a practical guide to Transactional Analysis as a tool for solving problems in life.

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OK | Psychology  
Wiki | Fandom~~  
"I'm OK – You're  
OK" (1967)  
introduces

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transactional  
analysis to the  
general public.  
Thomas Harris,  
the author,  
shows readers  
how to apply PAC  
to our daily  
social  
interactions,  
how to self-  
analyze  
ourselves, and  
how to learn to

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become more  
discerning,  
rational, and  
empowered human  
beings.

~~I'm OK - You're  
OK: Book Summary  
& Review | The  
Power Moves~~

Apply  
transactional  
analysis of I'm  
OK, You're OK to



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life and mind  
through a Zen  
lens. I'm Okay,  
You're Okay is  
the sudden and  
spontaneous  
reso...

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