

# Games People Play

by Eric Berne

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Name the role before replying**

In one tense exchange, pause and ask: am I being pulled into rescuer, persecutor, victim, rebel, judge, or abandoned child? Write the role before choosing your sentence.

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<sup>02</sup> **Translate the hidden ask**

Take a dramatic sentence and rewrite the possible direct request underneath it: reassurance, help, apology, space, clarity, appreciation, or a decision.

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<sup>03</sup> **Return to Adult language**

Replace blame, diagnosis, and mind-reading with one observable fact, one impact, and one request. Keep the sentence plain enough that the game has less oxygen.

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<sup>04</sup> **Spot the payoff after the conflict**

After a repeated argument, ask what each person got from the ending: moral high ground, escape, closeness, punishment, sympathy, or proof. Patterns become visible after the payoff is named.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Practice one boring exit line**

Prepare a sentence you can use when a familiar script starts: 'I want to solve the real issue, not replay the old pattern. What decision are we making?'

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<sup>06</sup> **Ask directly once**

Choose one need you usually smuggle through mood, hints, or irritation. Ask for it directly, kindly, and without making the other person guess the script.