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APPLYING TA NOW BLOG

HATE

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TA-Now.com



We've heard a lot lately about hate and how it contributes to violence and suffering. The bottom line is that emotions should not control our behavior. But emotions are valuable when they inform us about what we value and how we perceive things and events.

Transactional Analysis can help us "self-regulate." That means recognizing hate and anger as messengers. That motivates us to look deeper inside and identify other, less tolerable thoughts and emotions. Then we can use logic and reason to find better solutions for those deeper experiences.

You can learn more about this topic by viewing the short, full video at the TA-Now Blog page.

I think of hate as an extreme form of anger. These emotions are usually a defense against deeper experiences like fear, pain, or powerlessness. Hate and anger shield us from those thoughts and emotions, covering them up with the illusion of power. And, if we allow hate and anger to determine our behavior, we make conditions worse. And we don't address the deeper experiences. All we do is drown them out, for the time being, and what lies beneath goes unattended.

Transactional Analysis offers us three steps for correcting this. One is being aware of hate and anger and recognizing them as signals to look inward rather than indulging them for the rush of invincibility.

The second step is looking inward and recognizing our personality patterns, called ego-states, that host the deeper fear, pain, or powerlessness. This gets easier with practice.

The third step has two parts. One part is applying logic to understand the whole truth about the deeper thoughts and emotions. That involves reviewing available facts and testing assumptions. The other part is using reason to determine what is the right action response on behalf of the deeper issues as well as civilized interaction with others.

You are welcome to download the text of this video. And I invite you to learn more about Transactional Analysis Now, the application of TA to make life better, and the opportunity of becoming a certified TA practitioner. I'm Wayne Hart wishing you an "I'm OK, You're OK" life experience.

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