



# Session 31

## How Do I Look? Part 1

### Introductory Course

Version II Session 31

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## HOW YOU LOOK

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In many instances, cartoons or drawings are used in advertising and illustration to demonstrate nuances in facial expressions and reactions more clearly than photographs or other detail drawing can demonstrate. The simplicity of line can bring out features and subtleties better than other methods can. For that reason we have chosen to use cartoon drawings to demonstrate the facial expressions and body language that appear as a result of the influence of your various participants in your Head-Talk

In each of the following five sessions you'll find a cartoon strip reproduced. Each demonstrates the activity of one or more of you're the participants in your Head-Talk. For each cartoon strip there is a question or two that might be helpful for you to consider. After you have enjoyed the humor in the cartoon and discovered which part of you is represented for each instance, you can complete the fill-the-blanks questions to the best of your abilities at this point. Remember, these are members of your committee who play off of one another. That very fact prevents this from being an exact science, and makes it more of an art at this point. Have some fun with the exercise before turning to the last page for our input that you might find interesting and helpful.



Which part is directing Jonsey (Mr. Jones) in frame #3? \_\_\_\_\_.

What part is Rudy under the influence of in frame #2? \_\_\_\_\_.

Of Rudy's several aspects of his thinking processes, which one might he **think** he is using in frame #2? \_\_\_\_\_.

Mr. Jones is intending to relate Adult information to Rudy concerning his schedule; his use of AC words such as “commitment” and “necessitates” indicates that, in his own Head-Talk, P and AC have told him it is a rule that he has to be at a certain place at a certain time.

In this instance, AC and P have performed their duties as they are programmed to do, keeping Mr. Jones on schedule. There is no right or wrong to letting P direct a schedule for you. What is important is that you *know* P and AC are doing this.

In frame #2 Rudy intends to be very cheerful and wish Mr. Jones a great day from his NC. But, if you’ll notice Rudy directs Mr. Jones to “Have a nice day”, which reflects the Parent in Rudy’s head. In future sessions you will be introduced to the concept of “short-hand”, a method we adapt of talking with those we are close to or most familiar with.

Although “Have a nice day” typically slides by in today’s society as a nicety that one person wishes on another – and Rudy intended for it to be just that, yet Mr. Jones’ Parent chose to take Rudy’s words as a command and become hooked by Rudy’s words. (He might have been feeling particularly ornery that day.) Mr. Jones retorts from the Stern Parent in his own head, which has a rule that he doesn’t take commands from subordinates.

Mr. Jones’ Stern Parent reaction hooks the AC in Rudy’s head, whereupon he recoils and falls into an AC posture with AC look on his face.

If you have comments you want to share, add them below if you wish.