

**The 101 Exam Questions:**

Taken from the EATA training handbook:

The 101 written exam is an alternative way of receiving the 101 certificate which is a pre-requisite for any advanced TA training. Even if you have attended a 101 course and wish to go onto to train in the application of TA answering these questions will be very helpful for you.

Answer these 10 questions at a passing level, and you can be awarded a 101 certificate: email me with questions about these questions and how to answer them. Each answer needs to be about one A4 side in length. Provisional or Teaching and Supervising Transactional Analyst will be able to mark these papers for you. A fee of £75 is usually charged.

1. Briefly define TA as you see it expressed in one of Eric Berne's books. Name the book and give two examples to illustrate how TA can be used to make life changes.
2. Give a definition of ego states:
  - Describe each ego state and explain how you may recognise each ego state.
  - Distinguish between the structure and function of ego states.
3. Define a transaction:
  - List the three types of transaction
  - Describe and give examples of each type of transaction with the dialogue.
4. Explain the relationship between stimulus hunger, recognition hunger and strokes. Include a definition of each concept in your answer.
5. Define discounting give an example of each of the 4 ways of discounting. ( i.e. An example of each of the 4 levels of discounting).
6. Describe how members of a committee may use the 6 ways of structuring time during a meeting.
7. Answer either:
  - Using the game "If it were not for you" List the 6 advantages of playing the game, and describe a possible second degree pay off.
  - Use formula "G" to describe the game if it were not for you and include discussion of the possible pay off.
8. What are the four life positions and how do they relate to games and script?
9. Define Injunction, Program, and Counter Injunction and early decision. Explain the part each plays in script formation using the script matrix to illustrate.
10. Use a TA definition of Autonomy to distinguish between Independence and Autonomy.

(Email your answers to Dave Spenceley TSTA at [dave@ta-psychotherapy.co.uk](mailto:dave@ta-psychotherapy.co.uk) There is a charge for marking the fee!)