



# *Power: Your Holidays Reimagined*

## **Workbook**

*Led by Drs. Judith & Bob Wright*



**A Guide to Reclaiming  
Choice, Breaking Patterns,  
and Becoming More You**



# A Guide to Reclaiming Choice, Breaking Patterns, and Becoming More You

## Welcome!

At LiveWright, We believe personal power isn't something you acquire — it's something you uncover. It lives in you as the capacity to influence your world, to choose your direction, and to create yourself moment by moment. The holidays, with all their rituals, expectations, and emotional currents, offer one of the clearest mirrors of where we block our power... and where we're ready to claim and deploy it.

This workshop invites you to step out of the roles, reactions, and “holiday scripts” formed long before you were conscious, and into the deeper truth of who you're becoming. This season can be more than a cycle you repeat. It can be a catalyst for expanding your range, challenging old “mythconceptions” about power, and choosing presence over programming.

As we move through this experience, we invite you to:

- **See Your Neural Net Unconsciously at Work—Without Judgment**  
Recognize the roles, emotional patterns, and limiting beliefs that shaped your power.
- **Reclaim Your Ability to Choose**  
Shift from automatic reactions to intentional, values-aligned action.
- **Expand Your Power Range**  
Develop the requisite variety that deepens your influence in any system.

## Our Three Hopes for You

1. That you become more aware of the power you already have—and where it gets blocked.
2. That you use the holidays as a laboratory for growth, not a reenactment of old patterns.
3. That you leave standing more firmly on your own side: grounded, real, and empowered.

### Inspiration for the Journey:

*“Living authentically means we live true to who we could be, not who we have been.”*

– *Transformed!* by Drs. Judith & Bob Wright

# A Guide to Reclaiming Choice, Breaking Patterns, and Becoming More You

## Why You Are Here—Your Personal Why

This workshop is about *you*—your connections, your patterns, your life.

Take a few moments to reflect.

The clearer you are about what brought you here, the more your brain can begin to rewire toward approaching your life with powerful intention and responsibility.

**I signed up to this workshop because...**

## What Do You Want for Yourself This Holiday Season?

*(Check all that apply.)*

Clear, grounded, centered, drama-free time with close loved ones.

Break old emotional patterns, habitual roles, and obligations or expectations that show up every year.

Choosing joyful expressions of gratitude and care, rather than reacting automatically.

Solemn, sacred time for religious observance and quiet inner reflection to connect to myself and also something greater.

Maintaining clear boundaries while also honoring the gifts I give and receive in my life.

Enjoying connection and coziness with myself and others, even in challenging situations.

Savoring festive, enlivening seasonal activities, atmosphere, and important traditions, with power and intention.

Relaxing with good food with reduced stress, guilt, and pressure.

Raising my consciousness to understand myself better and step into a more authentic version of me.

Delighting in the spirit of personal growth—for the holiday season and all of my life.

## Transactional Analysis

### Ego States



**Parent**

How you regulate your Child for social adaptation



**Adult**

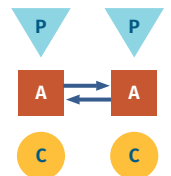
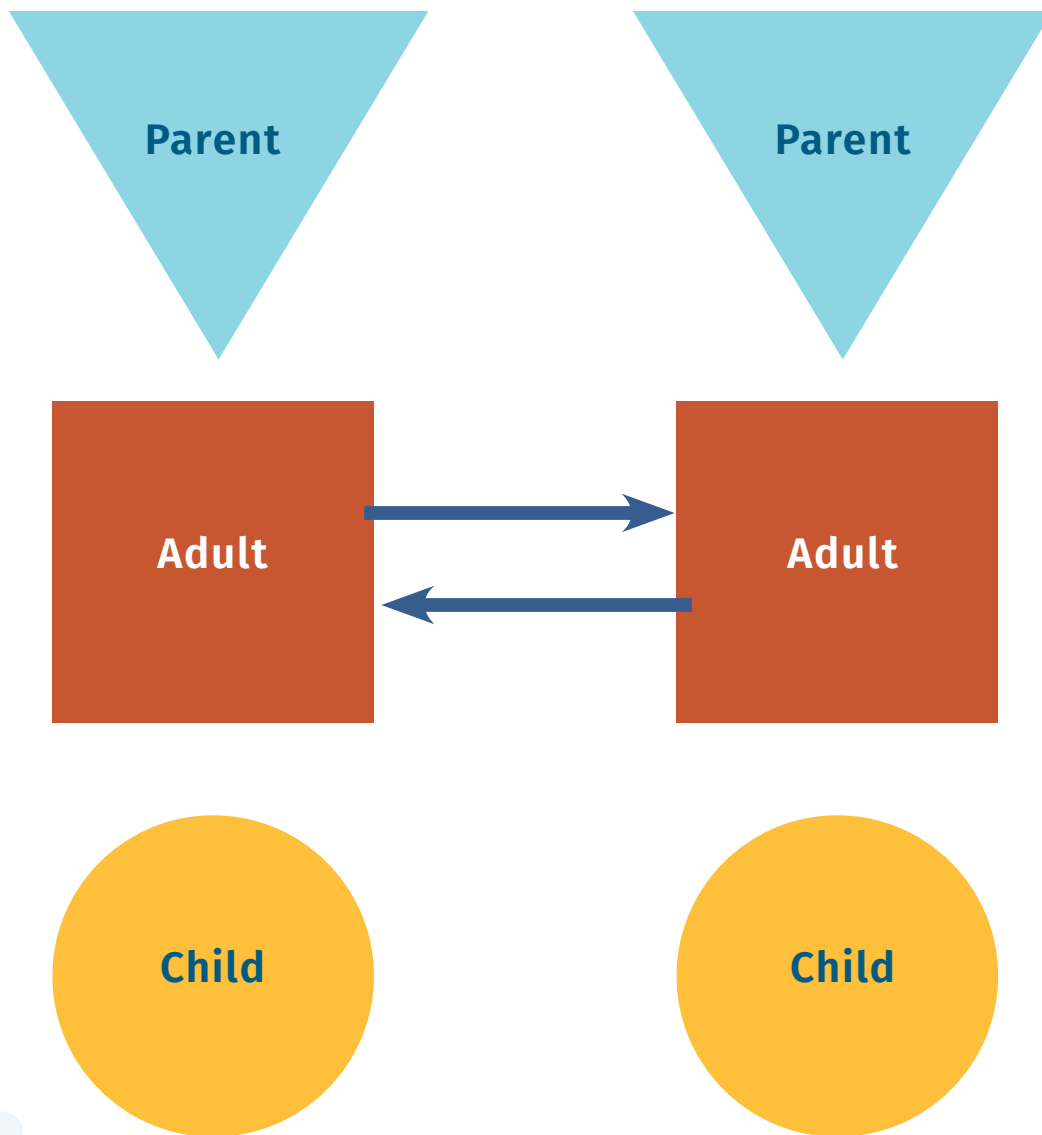
How you integrate the Parent and the Child for even greater fulfillment and satisfaction



**Child**

Your unbridled aliveness

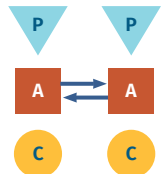
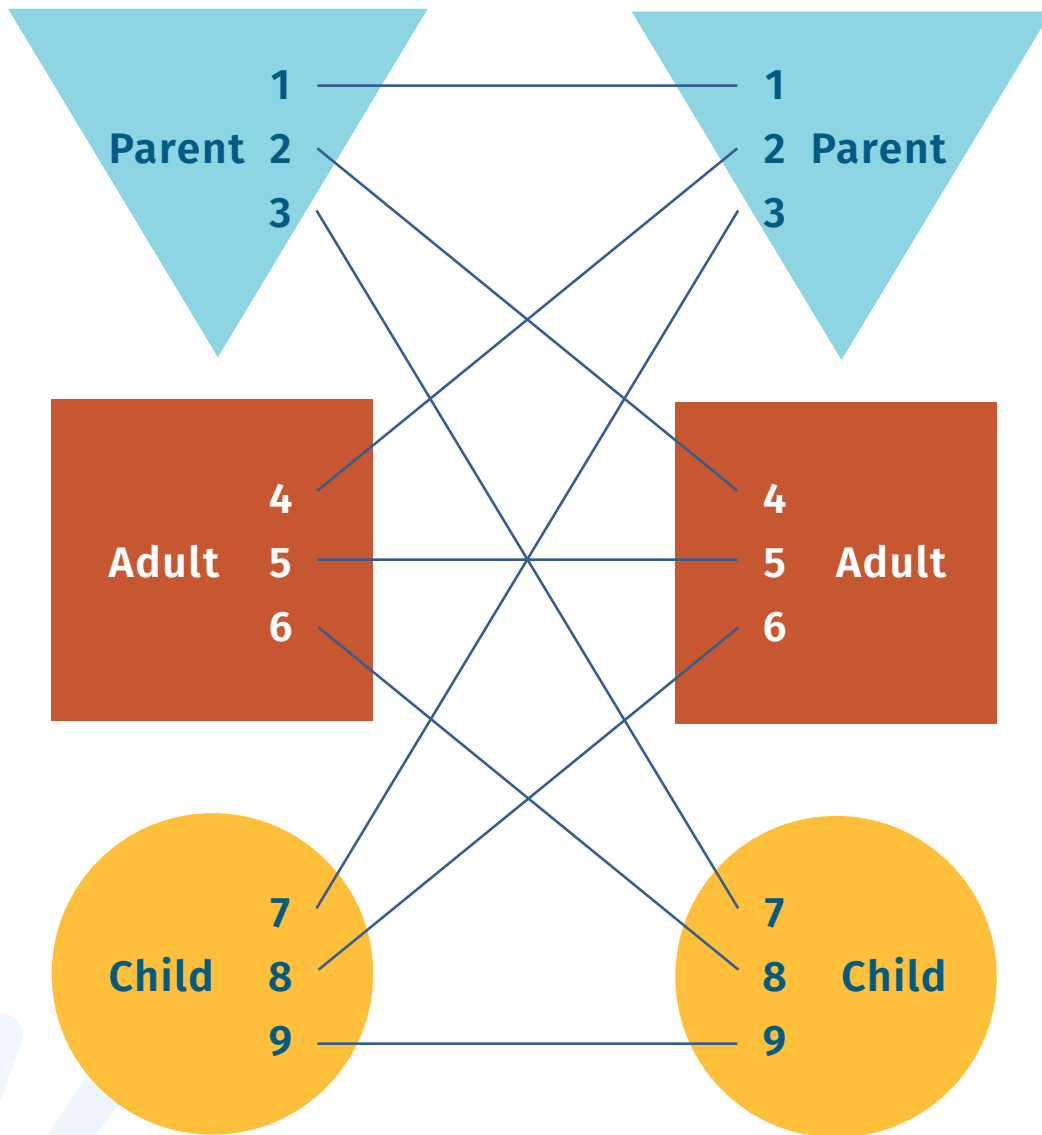
## Transactional Analysis



## Transactional Analysis

### Transactions

In a transaction (a serve and return in an interaction), any person can assume any ego state in either the “serve” or “return.”



## Transactional Analysis

### Ego States



**Critical  
Parent**

**Nurturing  
Parent**

Lecturing, Judging, Traditions, Criticizing, Should & Don't

Consoling, Sympathy, Advising, Guiding, Taking Care Of



**Adult**

Objective, Data, Rational, Problem Solving, Uses Emotion as Data  
to Make Appropriate, Thoughtful Decisions



**Adapted  
Child**

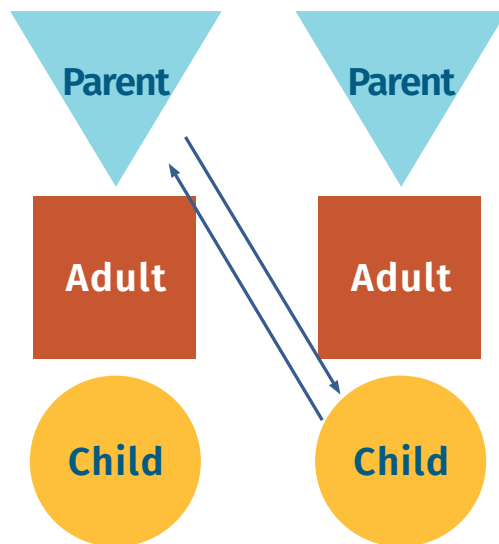
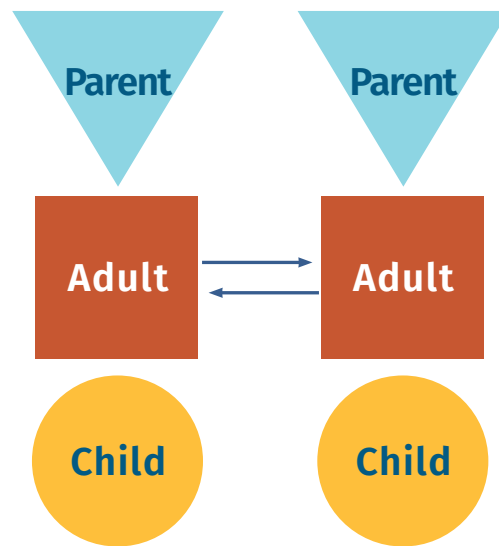
**Natural  
Child**

Manipulative, Submissive, Conform to Adult Expectations

Playful, Impulsive, Curious, Creative, Fun, Rebel

## Transactional Analysis

### Transactions Complementary

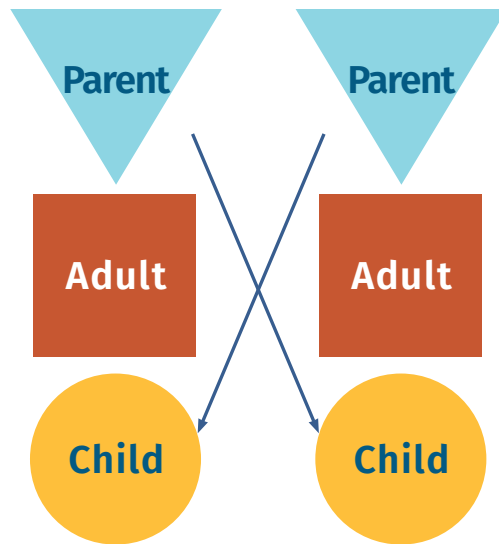
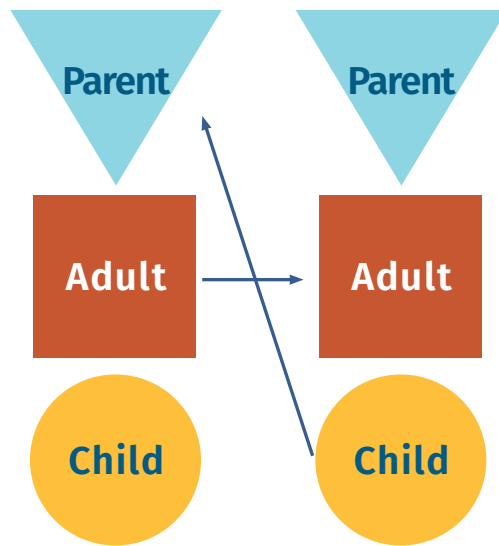


Expected Response  
No conflict

## Transactional Analysis

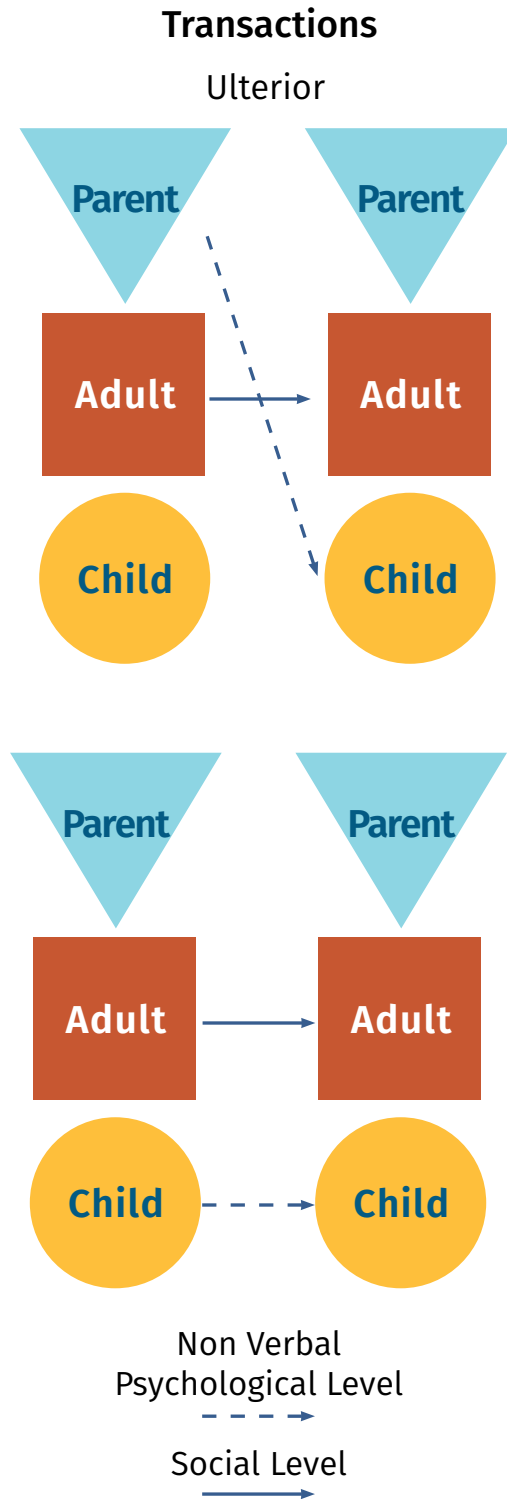
### Transactions

Crossed



Produce conflict  
Stop Communication  
Hurt Feelings

## Transactional Analysis

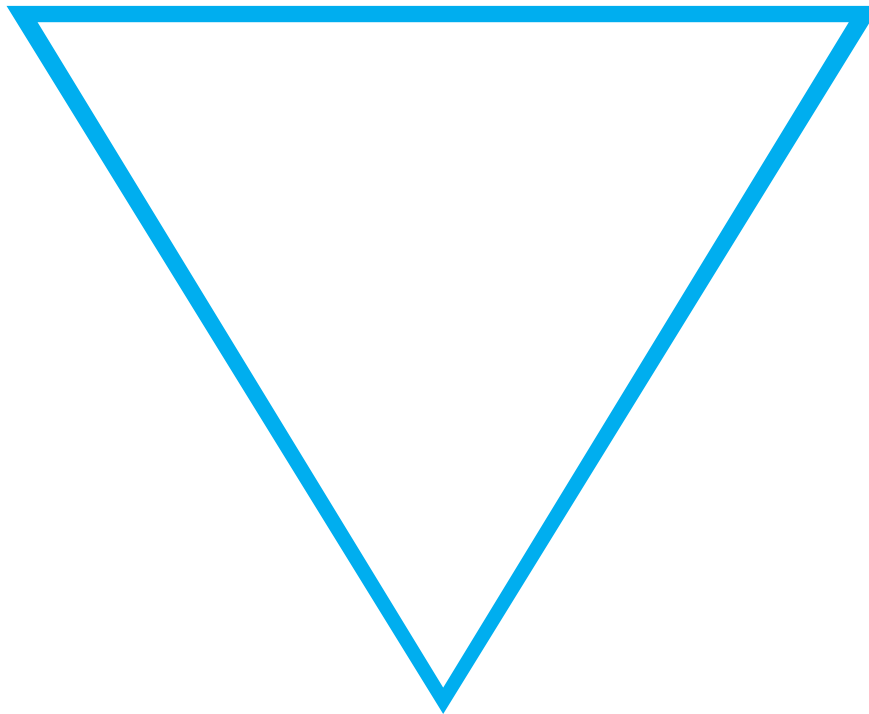


## Drama Triangle

The drama triangle, developed by Stephen Karpman (a student of Eric Berne, the founder of Transactional Analysis), is a model of human interaction theorizing three roles people habitually adopt in situations. The drama triangle's seductive, high-energy blame game defeats personal power, minimizes responsibility and accountability, and blocks the possibility of real change.

**Rescuer**—assumes  
responsibility that is not theirs

**Persecutor**—ascribes  
responsibility to others



**Victim**—absolves self  
of responsibility

## Transactional Analysis

### The Drama Triangle in Action

**Read the scenario below and identify the Victim, Rescuer, and Persecutor**

John: I can't believe you burnt dinner! That's the third time this month!

Mary: Well, little Johnny fell and skinned his knee, it burned while I was busy getting him a bandage.

John: You baby that boy too much!

Mary: You wouldn't want him to get an infection, would you? I'd end up having to take care of him while he was sick.

John: He's big enough to get his own bandage.

Mary: I just didn't want him bleeding all over the carpet.

John: You know, that's the problem with these kids! They expect you to do everything!

Mary: That's only natural, honey, they are just young.

John: I work like a dog all day at a job I hate...

Mary: Yes, you do work very hard dear.

John: And I can't even sit down to a good dinner!

Mary: I can cook something else, it won't take too long.

John: A waste of an expensive steak!

Mary: Well maybe if you could have hauled your ass out of your chair for a minute while I was busy, it wouldn't have gotten burned!

John: You didn't say anything! How was I supposed to know?

Mary: As if you couldn't hear Johnny crying? You always ignore the kids!

John: I do not, I just need time to sit and relax and unwind after working all day! You don't know what it's like...

Mary: Sure, as if taking care of the house and kids isn't WORK!

# A Guide to Reclaiming Choice, Breaking Patterns, and Becoming More You

## Universal Yearnings

### I yearn...

#### To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

#### To love & care for, respond to others

- To care for
- To nurture
- To love

#### To relate, see and be seen, know and be known, connect

- To be seen, heard, known, and understood
- To see, hear, & know others
- To touch & be touched
- To feel “felt”
- To empathize

#### To have my existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

#### To express my essence, sense of self, potential

- To express
- To experience fully
- To learn, grow, develop
- To create
- To be separate, have an identity
- To influence
- To excel
- To fulfill my potential

#### To have a sense of mattering

- To matter
- To be valued and to value
- To contribute
- To do what I came here on Earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

#### To exchange and be connected with others

- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

#### To be connected to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is

## Action Plan

### What will you do differently after this event?

*(Choose at least two actions from the list below.)*

**Action Idea 1:** Be more aware of my yearnings and engage to fulfill them.

**Action Idea 2:** Notice what ego state I'm coming from and how people around me respond.

**Action Idea 3:** Practice coming from my Adult ego state.

**Action Idea 4:** Notice when I'm stuck in the Drama Triangle.

**Action Idea 5:** Try something new that breaks the pattern/cycle of Drama.

**Action Idea 6:** Take responsibility for my own satisfaction and happiness—I've got the power!



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## Notes



Live  **WRIGHT™**

*with Drs. Bob & Judith Wright*

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