

## Extending the donkey bridge for autonomy

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In Hay (2012) I gave 4 elements to autonomy:

**“awareness** - being in the here-and-now, knowing who we and others really are

**alternatives** - having several options for how we might behave, being able to choose what to do

**authenticity** - knowing that we can be our real selves and still be OK, not having to wear a mask

**attachment** - being able to connect and bond with other people” (p. 16)

Prompted by students at a workshop in Hertford, I have picked up on material by Drego (2006) and Moodie (2005) and added a fifth that reflects ‘responsibility’ to the original Berne (1964) version of awareness, spontaneity and intimacy:

**accountability** – accepting responsibility for our own behaviour, recognising that we act

based on our own decisions (and that we can change previous decisions)

Drego (2006) had commented on a workshop that had been run by Moodie (2005) about the way that early social responsibility had developed in Scotland, and wrote that Berne's (1972) three-handed position of "I'm, OK, You're OK, They're OK" envelops both individual and social freedoms. It spans both individual wholeness and mutual *responsibility* [italics added] between individuals and between groups. (p. 90).

### References

Berne, E (1964) *Games People Play*, New York: Grove Press

Drego, P (2006) Freedom and Responsibility: Social Empowerment and the Altruistic Model of Ego States *Transactional Analysis Journal* 36: 2 90-104

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Moodie, A. (2005, 8 July). *Robert Burns, the Scottish enlightenment & TA*. Workshop presented at the World TA Conference, Edinburgh, Scotland.