



Case Study: Reducing Resistance in Transactional Analysis Coaching with Logosynthesis.

Client Background

David, a leadership coach trained in Transactional Analysis (TA), was working with his client, Mark, a talented entrepreneur struggling with fear of visibility. Whenever Mark faced opportunities to speak at industry events or promote his business, he experienced intense self-consciousness and anxiety, often finding excuses to avoid them.

Through TA coaching, David helped Mark recognize a critical Parent ego state reinforcing the belief “You’ll make a fool of yourself”, keeping his Adapted Child stuck in self-doubt. By using Self-Parenting, Mark practiced shifting toward a more Nurturing Parent voice, offering encouragement instead of criticism. While this increased his self-awareness and resourcefulness, the emotional charge behind the fear remained intact, causing him to freeze when visibility opportunities arose.

The Challenge

Despite understanding his internal dynamics, Mark continued to hesitate and experience stress whenever he had to present himself publicly. The fear felt automatic, as if logic had no control over it. David recognized that while TA provided a strong framework for shifting self-perception, something deeper was keeping the fear in place.

The Solution: Integrating Logosynthesis as a Force Multiplier

Instead of exploring past origins, David focused on how the fear manifested in the present moment. Exploring together, a story arose. Mark described a vivid mental image of himself standing in front of an audience, frozen, while everyone stared silently. This was not a memory, but a constructed fantasy—his fear projected into the future.

Using Logosynthesis, David guided Mark through a structured verbal intervention to dissolve the energetic charge behind this fear. Within moments, Mark noticed the image softening, then fading. The overwhelming fear lost its grip, and he felt a sense of relief and calm.

The Outcome

Over the next few sessions, Mark’s fear of visibility no longer controlled his decisions:

- **No More Avoidance:** He no longer made excuses to avoid speaking opportunities.
- **Less Emotional Resistance:** When preparing for an event, he felt neutral instead of anxious.
- **Confidence Felt Natural:** All the new beliefs and resources he accessed through Self-Parenting now felt authentic and grounded, rather than forced. He could confidently speak in public.

Key Takeaway

By integrating Logosynthesis, David did not replace Transactional Analysis techniques—he amplified them. Logosynthesis acted as a force multiplier, allowing Mark to dissolve the energetic charge fueling his fear of visibility, so that his TA-based self-reparenting work could take hold effortlessly.

Want to experience Logosynthesis? [Take our Guided Experience here.](#)

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