What Are Scripts?

The term 'script' is taken from the instructions for theatrical plays, where actors speak the words and act in predetermined ways. This is what programmers hope to achieve when implementing scripts with a system. There are several types of scripts in TBMC. There are two required scripts for programming; mapping script and the primary script.

Mapping Scripts: Are traditionally used in programming to assist in structuring a system. Programmers have been using movies to map the system of an individual as a tool a child can understand and imagine. Characters in the movie are often used as templates for parts. Traditionally, a movie and the books are used in conjunction.

The script as a movie is used to help map out the system's inner world, parts, and purpose for programmers. Many movies have maps or a map can be drawn by a programmer. Not all movies can be used as a script, and not every system has a script.

The book that goes with the move is used to shore up the script with trigger phrases, symbols, additional alters, and area's on the map.

Mapping scripts must be completed when the individual being programmed is young to allow for enough time to complete the internal map, levels, symbols, codes, alters, triggers, etc that are used to design the internal world.

Some common movie scripts are;
The Wizard of Oz
Alice in Wonderland
Labyrinth
Star Wars
Pinocchio
Sleeping Beauty

These movies (as are others) are used due to the number of locations that can be used to create levels in a system. They are easy to memorise. The characters can have parts given roles in the system that mirror the role in the movie.

Horror movies aren't used as scripts. The child will already be in a heightened sense of fear/terror. Horror movies can lead to unpredictability in mapping such as the development of hiding places in the inner world.

Primary Script: Are the scripts that are the teachings and rules the system and alters are programmed to follow. These scripts are the set of rules for how one or more parts should behave in a particular situation. The scripts are used to guide what the parts in a system say and do, how to make sense of how others are behaving and how the part/system should react. The programmes are then attached to these scripts.

The Primary Scripts are the group's beliefs and tasks specific for the system and parts.

Primary Scripts hold the beliefs to the triggers of the internal programs. For example the program for *Don't Talk Don't Tell is linked to the belief system.

*Don't talk; Don't Tell Programming-Triggers flooding, body memories, spinning programs if the alter attempts to talk about programming.
    This programming is linked to any program the programmer deems necessary. This is designed to result in the development of alters who perceive themselves as existing in the original sites of their trauma within the internal landscape. (Base program)