

The Drama Triangle

We move around the triangle until one of us moves out and into a clear and healthy communication pattern.

Rescuer (Savior)

- over-helpful
- enabler and can be a Martyr
- feels responsible for others
- fixes other people's problems
- makes sacrifices for others and discounts personal needs
 - see self as a rescuer
 - sees others as helpless
- feels guilt when problems can't be solved
- keeps the victim dependent
 - rescuing creates a sense of being capable



~~Rescuer~~

COACH with Clear Support

- Say: "I care about you and I know you are capable"
- Don't do for others what they can do for themselves
- Be willing to listen without taking on other people's problems and pain
- Set boundaries that reflect your limitations
 - take care of your needs
 - listen to your gut
 - offer compassion over solutions
- support instead of rescue
 - help only when asked to
- allow others to think and do for themselves

Persecutor (Bully)

- critical, judgemental
- argumentative
- lashes out
- blamer, "it's all your fault"
- makes victim feel helpless
- driven by anger or resentment
- uses guilt to control
- rigid in thinking
- bossy
- dominating or oppressive
- "me first" attitude
- it's important to be right



~~Bully~~

CHALLENGER with Clear Structure

- communicate assertively
- express thoughts/feelings/ideas without being overbearing
- set boundaries
- be an active listener
- ask questions instead of ordering/blaming
- be accountable for yourself
- make expectations clear
- don't threaten people to get your way
- collaborate and consider the other

Victim (Helpless)

- feels oppressed
- feels helpless, ashamed
- feels powerless/incapable
- dependent on others
 - seeks a rescuer
- can't solve problems or make decisions to help themselves
 - has a poor-me attitude
 - self pity
 - avoids responsibility
- views self as lesser than others



~~Victim~~

SURVIVOR/THRIVER with Problem Solving

- state what you want/need and take action to move forward
- keep agreements and follow through with your commitments
- dispute your old thinking and ask yourself about the healthy way of getting what you want
- acknowledge your strengths and make note of your progress
 - reflect on your strengths