

# Stop the Drama!

We tend to move around the triangle until **ONE** of us changes; until **ONE** of us communicates in a clear and healthy pattern.

1. Stop!
2. Notice what role you are in.
3. Move out of the triangle to a clear and healthy role.

## ATTACKER (Bully/Blamer)

### Beliefs

*This is your fault.  
You're not OK but I am.  
You'll be OK if you do  
what I tell you.*

### Behaviours/Feelings

- Critical, domineering and bossy
- Puts other person down
- Blames and finger points
- Feels anger or resentment
- Fears being out of control
- Rigid in thinking

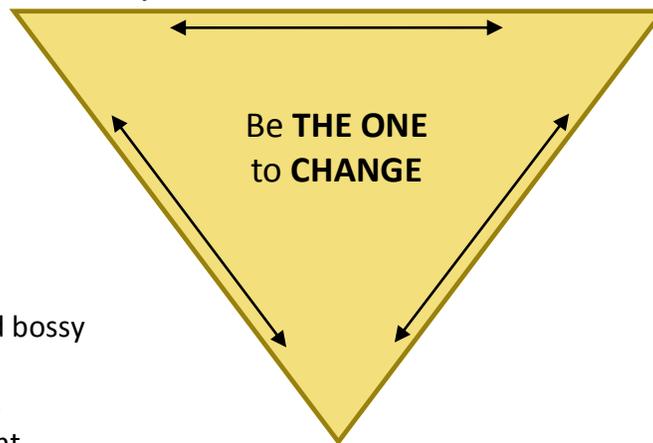
## RESCUER (Enabler)

### Beliefs

*You need my help.  
You're not OK but I am.*

### Behaviours/Feelings

- Supports other at expense of self
- Feels guilty and anxious if doesn't rescue
- Feels connected and capable when *victim* is dependent



## VICTIM (Underdog)

### Beliefs:

*I'm helpless and powerless.  
I'm not OK and everybody else is.*

### Behaviours/Feelings

- Feels oppressed, hopeless, incapable and misunderstood
- Seeks a rescuer to validate feelings
- Does not stand up to attacker
- Refuses to make decisions, solve problems, get professional help, do self-care or change behaviour



Flip the Page and Flip the Roles

From **VICTIM**  
(Underdog)  
to **Survivor/Thrivers**  
with **Resilience**

**Example:**

**1. State What You Want:**  
*I want more time to finish the task.*

**2. Keep Agreements:** If someone helps you, do your part by following through.

**3. Ask Yourself:** *How can I get what I really want in a healthy way?*

**4. Count Your Blessings:** Acknowledge your strengths, what you have and what is going well.

**REMEMBER:** You make you! You are lovable, capable, and resilient.

From **ATTACKER**  
(Bully/Blamer)  
to **Challenger**  
with **Assertiveness**

**Example:**

**1. State Your Boundaries:**  
*I have 10 minutes to talk and listen.*

**2. Active Listen:** *I hear a problem delayed you.*

**3. Make Expectations Clear:** *I want you to keep your agreement. Please have it done by Tuesday.*

**4. Provide Choices:** *You will keep your agreement or I will arrange for someone else to do the task. You choose.*

**REMEMBER:** You make you! The only person you can change is yourself.

From **RESCUER**  
(Enabler)  
to **Coach**  
with **Empathy**

**Example:**

**1. State Your Boundaries:**  
*I have 20 minutes to talk and listen.*

**2. Ask What Support Is Wanted:** *How do you imagine I can help?*

**3. Active Listen:** *I hear a problem delayed you.*

**4. Affirm Resilience:** *I have seen you succeed.*

**5. Provide Choices:** *You will keep your agreement or I will arrange for someone else to do the task. You choose.*

**REMEMBER:** You make you! The only person you can change (fix) is yourself.

If you are stuck and cannot move out of a victim, attacker or rescuer role attend a personal development event or arrange for professional help!



Adapted from *The Drama Triangle* by Stephen Karpman  
Read more details in **Relationship Drama Part 1** and **Relationship Drama Part 2**  
at <http://SolutionsForResilience.com/blog>