

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

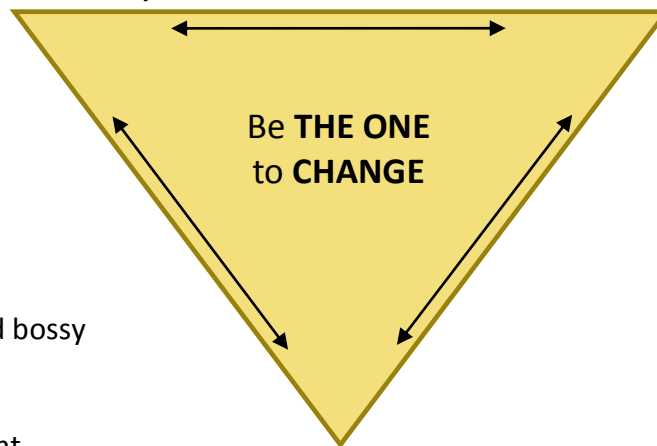
RESCUER (Enabler)

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>