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/Thriver** 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.

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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.

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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.

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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

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