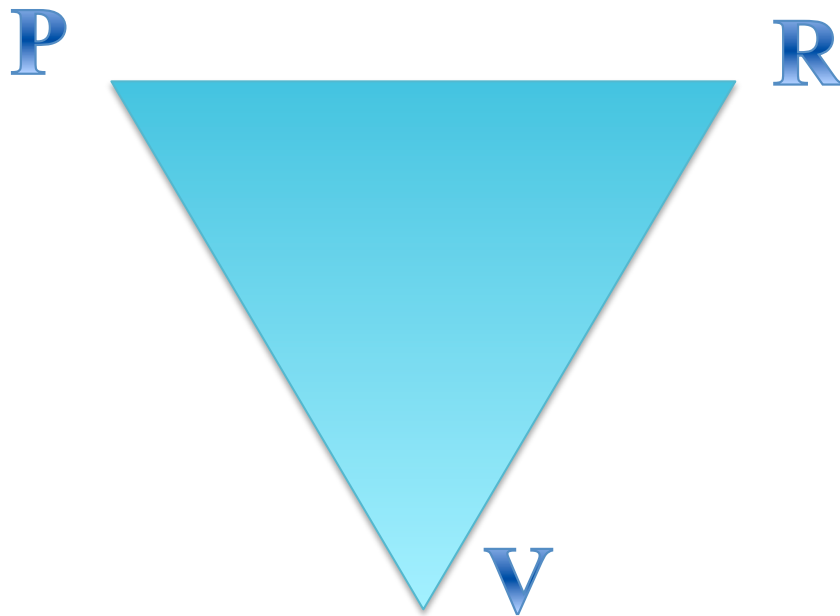
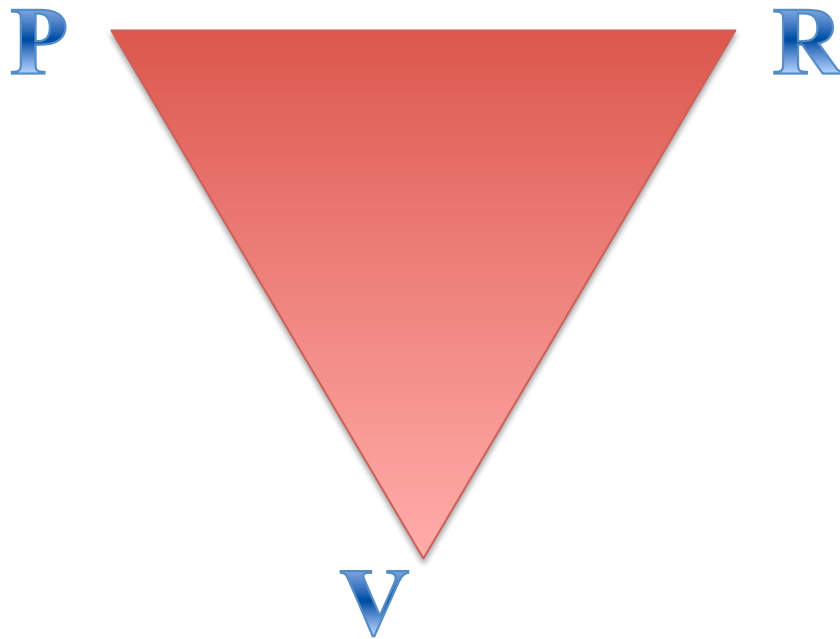


The Drama Triangle



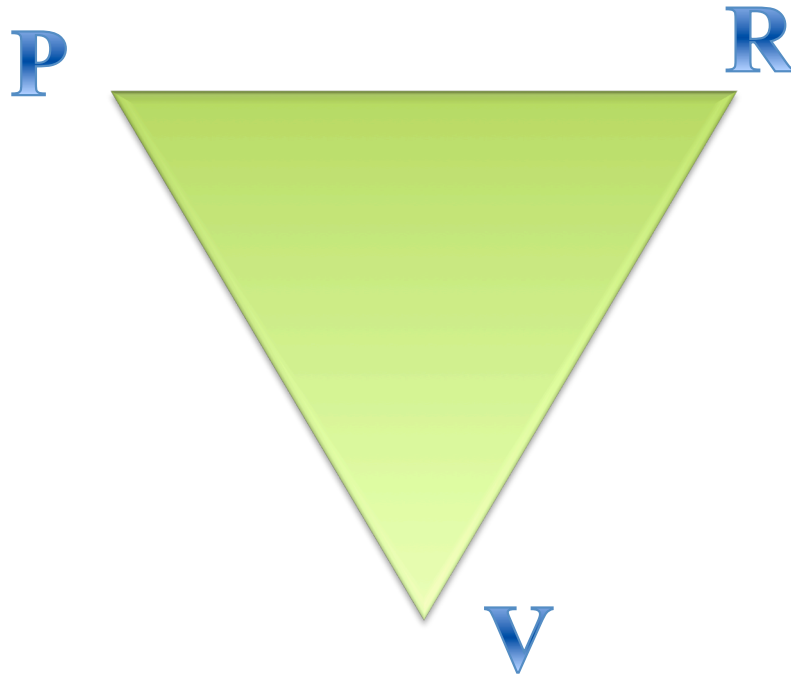
Persecutor without Limits	Rescuer without Limits	Victim without Limits
<ul style="list-style-type: none"> • Finds fault 	<ul style="list-style-type: none"> • Works hard to “help” 	<ul style="list-style-type: none"> • Presents incompetence
<ul style="list-style-type: none"> • Often critical 	<ul style="list-style-type: none"> • Harried, tired, worn out 	<ul style="list-style-type: none"> • Acquiescent
<ul style="list-style-type: none"> • Leadership by orders 	<ul style="list-style-type: none"> • Angry underneath 	<ul style="list-style-type: none"> • Super-sensitive
<ul style="list-style-type: none"> • Rigid, harsh 	<ul style="list-style-type: none"> • Uses guilt 	<ul style="list-style-type: none"> • Rejection racket
<ul style="list-style-type: none"> • Feels incompetent 	<ul style="list-style-type: none"> • Creates dependencies 	<ul style="list-style-type: none"> • “I don’t know / care”
<ul style="list-style-type: none"> • More a thinker 	<ul style="list-style-type: none"> • More a feeler 	<ul style="list-style-type: none"> • “Quit” to use power
<ul style="list-style-type: none"> • “Wimp-phobic” 	<ul style="list-style-type: none"> • Emotional reasoning 	<ul style="list-style-type: none"> • Strongest in triangle

Triangle Collusions



Over-functioner P + R	Martyr R + V	Addict P + V
<ul style="list-style-type: none"> • P+ R “switch” 	<ul style="list-style-type: none"> • R + V “switch” 	<ul style="list-style-type: none"> • P + V “switch”
<ul style="list-style-type: none"> • Others seen as V 	<ul style="list-style-type: none"> • Others seen as P 	<ul style="list-style-type: none"> • Others seen as R
<ul style="list-style-type: none"> • Untouchable 	<ul style="list-style-type: none"> • Codependent 	<ul style="list-style-type: none"> • Coercive
<ul style="list-style-type: none"> • Closed teams 	<ul style="list-style-type: none"> • Enabler 	<ul style="list-style-type: none"> • Justifying pathology
<ul style="list-style-type: none"> • Projection, defend 	<ul style="list-style-type: none"> • Creates dependencies 	<ul style="list-style-type: none"> • Collects enemies

Differentiated Triangle (or a Positive Triangle)



Planful with Limits	Resourceful with Limits	Vulnerable with Limits
<ul style="list-style-type: none"> • Sets necessary limits 	<ul style="list-style-type: none"> • Reaches out relationally 	<ul style="list-style-type: none"> • Self-disclosing
<ul style="list-style-type: none"> • Contracts for change 	<ul style="list-style-type: none"> • Self-care / Sabbath 	<ul style="list-style-type: none"> • Plans, makes decisions
<ul style="list-style-type: none"> • Empowering of leaders 	<ul style="list-style-type: none"> • Wholesome self-esteem 	<ul style="list-style-type: none"> • Accomplishes goals
<ul style="list-style-type: none"> • Flexible directions 	<ul style="list-style-type: none"> • Can-do attitude 	<ul style="list-style-type: none"> • Builds relationships
<ul style="list-style-type: none"> • Builds teams 	<ul style="list-style-type: none"> • Thinking over feeling 	<ul style="list-style-type: none"> • “Sees” others