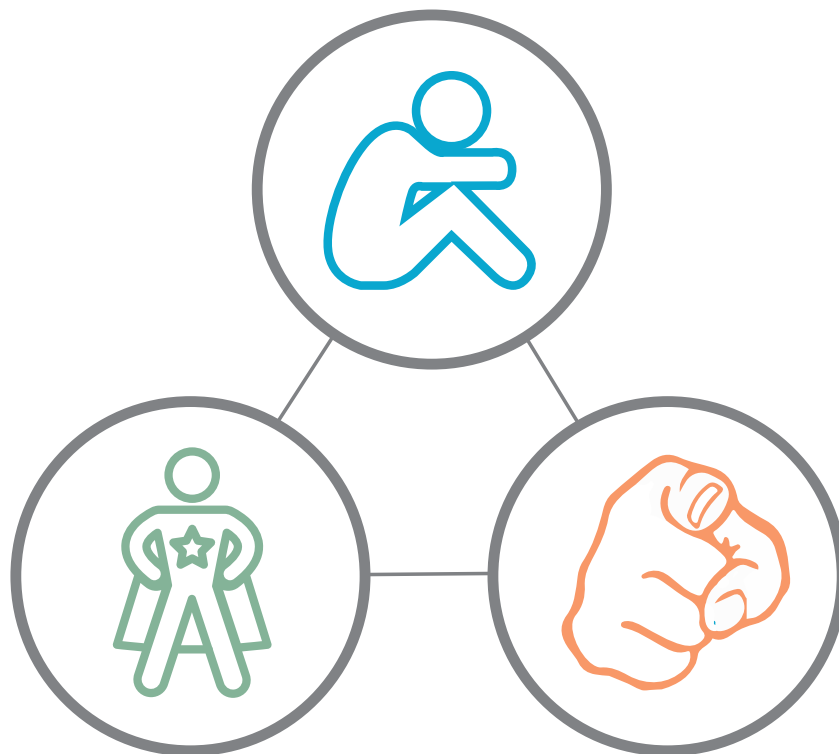


The Drama Triangle

The drama triangle is a model that captures the different roles people play when they are in a state of reactivity.

The **VICTIM'S** position is one of "Poor me."
They feel powerless, helpless, are often
unable to make decisions and appear in a
state of collapse.



The **HERO** says "Let me help you" and looks to rescue others. They rush in to relieve anxiety while enabling victims to stay in a collapsed state.

The **VILLAIN** loves to blame, criticize and control. They can be aggressive, angry and superior.

How to Shift Out of the Drama Triangle

If you find yourself blaming, heroing, feeling at the effect of circumstances, and/or noticing signals of reactivity in your body (e.g. elevated heart rate, tight jaw, sweaty palms, etc.) you're probably on the drama triangle.

Steps to Shifting:

1. Notice that you're on the drama triangle

2. Ask: Am I willing to shift?

3. Start with body-centered shift moves

- Take three slow, deep breaths
- Change your physical position
- Walk around

4. Take 100% responsibility

- I wonder what I'm meant to learn here
- I wonder how I helped create this situation
- I wonder how I am keeping this going
- What might be the hidden agenda or payoff in the way I am participating in this issue?
- How might others describe my part in creating this situation?
- To whom do I need to actively listen to or understand?

5. Take action

- What do I really want?
- What is in my control?
- Turn my complaint into a request
- Is there an action step I can take to move me in the direction of what I want?

Based on work developed by hendricks.com and kaleyklemp.com