

Stepping off the Drama Triangle

Recognize when you are on the drama triangle, and know how to shift. Here are the steps:

1. Notice that you're reactive
2. Ask: Am I willing to shift?
3. If yes, try one or more of the shift moves outlined below

Examples of Shift Moves

Take three slow, long breaths

Move your body, change your position

Feel your feelings fully

Employ curiosity

– "I wonder what I'm meant to learn here"

Claim your 100% responsibility

– "I wonder how I helped create this situation?"

Speak something unarguable

– "I notice _____ (a body sensation)."

– "I feel _____ (a core feeling)."

– "What I want is _____."



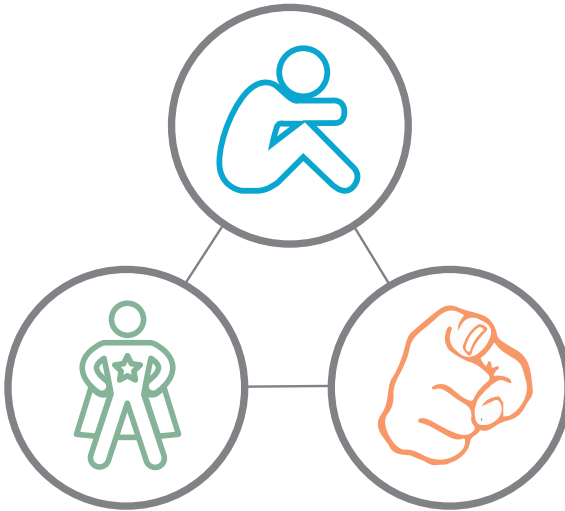
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Based on work developed by hendricks.com

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.



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