

The Drama Triangle

Move to Problem Solving

- What are your options?
- What are you going to do?
- What do you need? How will you obtain it? From whom?
- Who are the positive people in your life?
- What's going well in your life?
- What skills do I need to learn to stop being a victim?

Persecutor

"You did what?"

I'm OK. You're not OK.

Rescuer

"Let me fix you."

I'm OK. You're not OK.
I'm not OK. You're not OK.



Find your
VOICE

Encourage
RESPONSIBILITY

Use POWER
to help



Move to Clear Support

- How will you let go of control?
- How much do you need to be needed?
- How much can you change people?
- How can you express your feelings without acting?
- How can you be supportive?
- How can you set boundaries?
- How can you engage in self-care?

Move to Clear Structure

- Identify and find outlets for your feelings. Avoid gossip.
- How can you express empathy?
- How can you be a better listener?
- How can you communicate respectfully?
- How is your anger unhealthy?
- How can you find positives in others?

Victim

"Poor me."

I'm not OK. You're OK
I'm not OK. You're not OK