

Stop the Drama!

PERSECUTOR
(Bully)
to
Challenger

RESCUER
(Saviour)
to
Coach

"This is your fault."
"You're not OK but I am
so do what I tell you."

- Critical
- Puts other down
- Blames and finger points
- Keeps victim down
- Driven by anger or resentment
- Rigid in thinking
- Bossy
- Dominating

Move to **Challenger**
with **Clear Structure**

State Boundaries:

"I am willing to listen to your story for ten minutes."

Active Listen:

"I am willing to listen to *your problem* without making it mine to solve."

Make expectations clear:

"I want you to keep your agreement. Please have it done by Tuesday."

Provide choices:

"You can either keep your agreement or I will no longer be involved. You choose."

We move around
the triangle
until one of us moves
out and into a clear
and healthy
communication pattern.

Be THE ONE.
Be the change you want
in the conversation.

VICTIM
(Helpless)
to **Survivor/Thrifer**

"Poor me. I give up."
"I'm not OK and everybody else is."

- Feels oppressed, hopeless, ashamed, powerless, incapable and misunderstood.
- Seeks to hook up with a rescuer to validate the above feelings.
- Refuses to make decisions, solve problems, get professional help, do self-care or change.

Move to **Survivor/Thrifer**
with **Problem Solving**

State what you want: and take action.

Keep Agreements: If someone helps, do your part by following through.

Ask Yourself: "How can I get what I really want in a healthy way?"

Count Your Blessings: Acknowledge your strengths and what is going well.

Remember: *You make you!* and *You're stronger than you think!*

"You need my help."
"You're not OK but I am nice
and will fix you."

- Provides support when doesn't want to.
- Feels guilty and anxious if doesn't rescue.
- Feels connected when *victim* is dependent.
- Rescuing creates sense of being capable.
- Often expects to fail in *rescue mission*.

Move to **Coach**
with **Clear Support**

Give the message:

"I care about you and I know you are capable."

Do nothing that the other can do for him or herself.

"I know you can do this."

Active Listen:

"I am willing to listen to your problem without making it mine to solve."

State boundaries:

"I am willing to listen for twenty minutes."

Provide Choices:

"I will listen for fifteen minutes now or you may call back next Tuesday. You choose."

Notes:

- 1) Adapted from *The Drama Triangle* by Stephen Karpman
- 2) For more details read:
Relationship Drama Part 1 & Relationship Drama Part 2 at <http://SolutionsForResilience.com/blog/>