Painful to Respectful Communication

The Drama Triangle PERSECUTOR RESCUER (Bully) (Saviour) We move around The Drama Triangle until one of us moves out and into a clear

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

- Keeps victim down
- Driven by anger or resentment
- Rigid
- Bossy
- Dominating

Move to 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.

and healthy communication pattern.

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



VICTIM (Helpless)

"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 Problem Solving Take Adult Responsibility. Decide what you really 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: Minimize self pity and take action.

"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 feeling of better than, at least more capable.
- Often expects to fail in rescue mission.

Move to Clear Support Give the message: "I care about you and know you are capable."

Do nothing that the victim 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."

- Adapted from The Drama Triangle by Stephen Karpman
- For more details read:

Relationship Drama Part 1 & Relationship Drama Part 2 at http://SolutionsForResilience.com/blog/



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