

THE KARPMAN DRAMA TRIANGLE

For when it's time to step up, and out of drama. You may find yourself in any of these roles, and sometimes moving between all 3. Each of these shifts takes imagination and curiosity. Focussing on the long term results and outcomes you need is a great start.

The PERSECUTOR

- Controlling and critical
- Authoritative and rigid
- Superior
- Self righteous
- The Villain

becomes the CHALLENGER

- Asks - am I doing what's right, or just what makes me look good?
- Focusses on learning and growth
- Consciously looks for strengths
- Builds others up

The RESCUER

- The hero reward
- Feels guilty
- The ultimate enabler who further takes away the victims power

becomes the COACH

This take courage - the rescuer lets go of the reward

- Encourages
- Supports
- Pushes back
- Cares without overstepping

The VICTIM

- Downtrodden and powerless
- Things being done to you
- Oppressed
- Complains their needs are not being met
- Invalidates their ability to take control

becomes the CREATOR

Accepting that you can control your own thoughts and actions

- Intentionally choosing actions
- Focussing on outcomes
- Taking responsibility