

The Drama Triangle

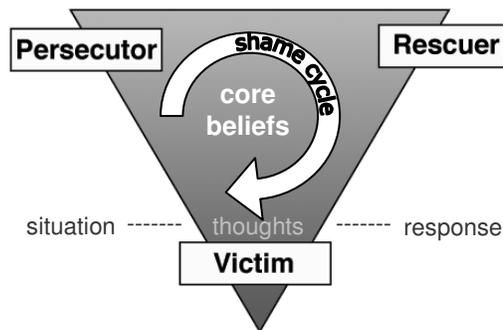
KEY TERMS

core beliefs	choice	drama	stuck
unconscious	feelings	shame	thoughts
responsible	control	blame	escape
manipulate	worthless	protect	always right
inner rage	react	deny	resentment
			extremes

needs someone to **BLAME**, sees themselves as the innocent victim, denies vulnerability, compensates for worthless feelings by putting on grandiose airs (a compensation and cover-up for deep inferiority), emphasizes justice, others deserve what they get, likes to accuse, very judgmental (but claim they never judge people), is always right (constant defensive mode to protect themselves), "everyone's out to get me", always an enemy to fight, maintains constant vigilance, assumes the worst, justifiable retaliation, trusts no one (everyone suspect), tends to problem solve through anger, abuses and controls

not "bad" people – simply wounded people who see the world as dangerous, always ready to strike back, constantly reacting, need a situation or person to blame so they can stay angry (anger acts as the fuel to energize them) – it may be the only way they have of dealing with chronic depression

needs someone to **FIX**, denies needs (their needs are not important), is responsible for everyone else but self - takes on other's responsibilities for them – so they never have to face the consequences of their actions, only way to feel loved is to care for others (and hopefully, some day they will care for/love me – which they are not capable of doing)



needs someone to **TAKE CARE** of them, see themselves as broken and unfixable, convinced they can't take care of themselves, constantly looking to be rescued, resents being rescued, real issues never get addressed (because someone always rescues them)

Both R and P need a V in order to sustain their idea of WHO THEY ARE and WHAT THE WORLD IS LIKE.
 Roles are constantly changing.
 People are terrified of intimacy! (which requires vulnerability and honesty)

Getting off the Triangle (the road to health)

1. Be CONSCIENCE of what's going on
2. Recognize your starting position (can help you recognize aspects of yourself you deny)
3. Change the dynamics
 - a) Take RESPONSIBILITY for your own thoughts, feelings and actions – stop blaming others, stop taking on their responsibilities and let them experience the consequences of their choices (great teachers)
 - b) FEEL your feelings (stop trying to avoid them) and address your core beliefs, guilt, shame
 - c) Be HONEST with yourself and others
 - d) LET GO of the drama
 - e) TAKE CARE of yourself
 - f) Be willing to be perceived as the "bad guy"