

Getting Off The "Triangle"

Becoming aware when you're in the *Drama Triangle* is the first step to getting off of it. The next step is to identify the role you've been "assigned" and ask yourself some soul-searching questions: Is this a "comfortable" role? A familiar role? Am I aware of personal history with this role? Etc. Finally, what **new** action is called for?

It's helpful to remember that: "Other than survivors of floods, car accidents, shootings, etc. there are no **Victims** after age 18, just volunteers." Here is more information about the roles.

Persecutor Stance: "It's all your fault"-

- Sets strict limits unnecessarily
- Blames and Criticizes
- Keeps **Victim** oppressed
- Is mobilized by anger
- Has rigid, authoritative stance
- Like a "Critical Parent"

"If you keep doing what you've always done, you'll keep getting what you've always got"

If you find yourself in this Role, get off the *Drama Triangle*, by setting healthy, realistic boundaries & consequences.

Victim Stance: "Poor me"-

- Feels victimized, oppressed, helpless, hopeless, powerless, ashamed
- Looks for a **Rescuer** who will perpetuate their negative feelings
- If stays in **Victim** position, will block self from making decisions, solving problems, feeling any pleasure, and self-understanding.
- Maintains "dejected" stance

If you find yourself in this Role, get off the *Drama Triangle*, by getting help with problem solving.

Rescuer Stance: "Let me help you"-

- Rescues when really doesn't want to
- Feels guilty if doesn't rescue
- Keeps **Victim** dependent
- Gives permission to fail
- Expects to fail in rescue attempt
- Like a "Marshmallow Parent"

**Change =
Awareness
+
New Action**

If you find yourself in this Role, get off the *Drama Triangle*, by giving help without "enabling" and allow the person (Victim) to learn, and grow, by **solving their own problems**.

Accepting Help to Change old Habits

The next step after having **new** awareness is taking **new** action. This can be a very scary step because you are risking leaving "The Familiar" (your comfort zone), and this brings up anxiety. It's suggested that people get support from others facing the same type of challenges. It's helpful to realize you're not alone and that you can give and receive encouragement, support, and new ideas for solving problems from other people. People with the same challenges you have, so you can relate to them, and build trust with them. This is the basic premise behind all self-help groups.

"You have to do it yourself, and you can't do it alone"