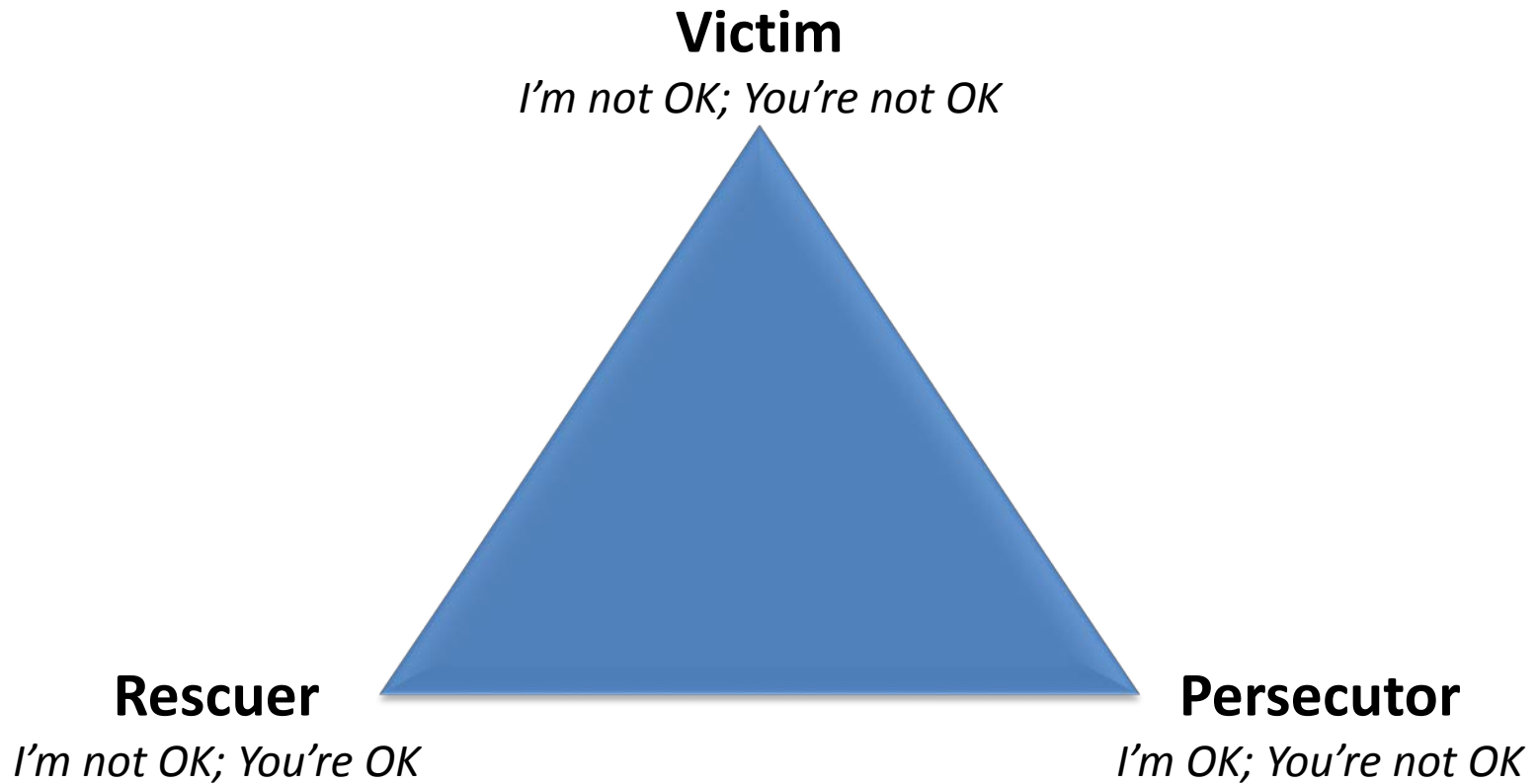




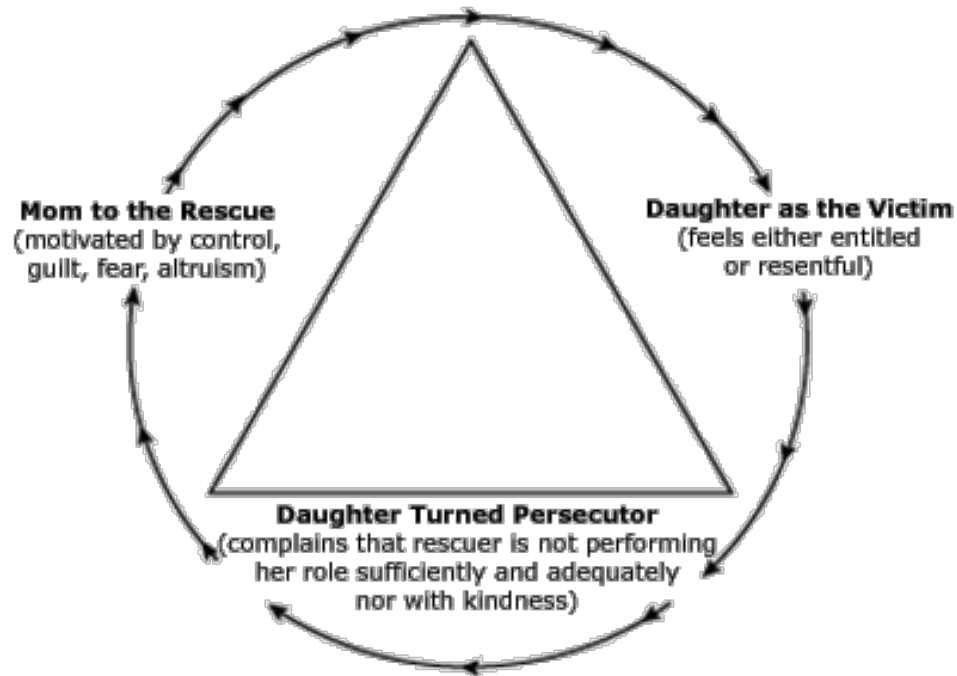
Karpman Drama Triangle

3 F E B R U A R Y 2 0 1 4

Karpman Drama Triangle



Mom to the Rescue!



Rescuer moms caught by angry daughters on the pointed edges of sharp triangles.

1. That in every game there are at least 10% OK reasons in each P, R, V corner.
2. That every idea spoken has at least 10% truth in it.
3. That 10% of the population would react the same way.
4. That 10% of what you are saying is not true anyway.

Stop Playing the Game

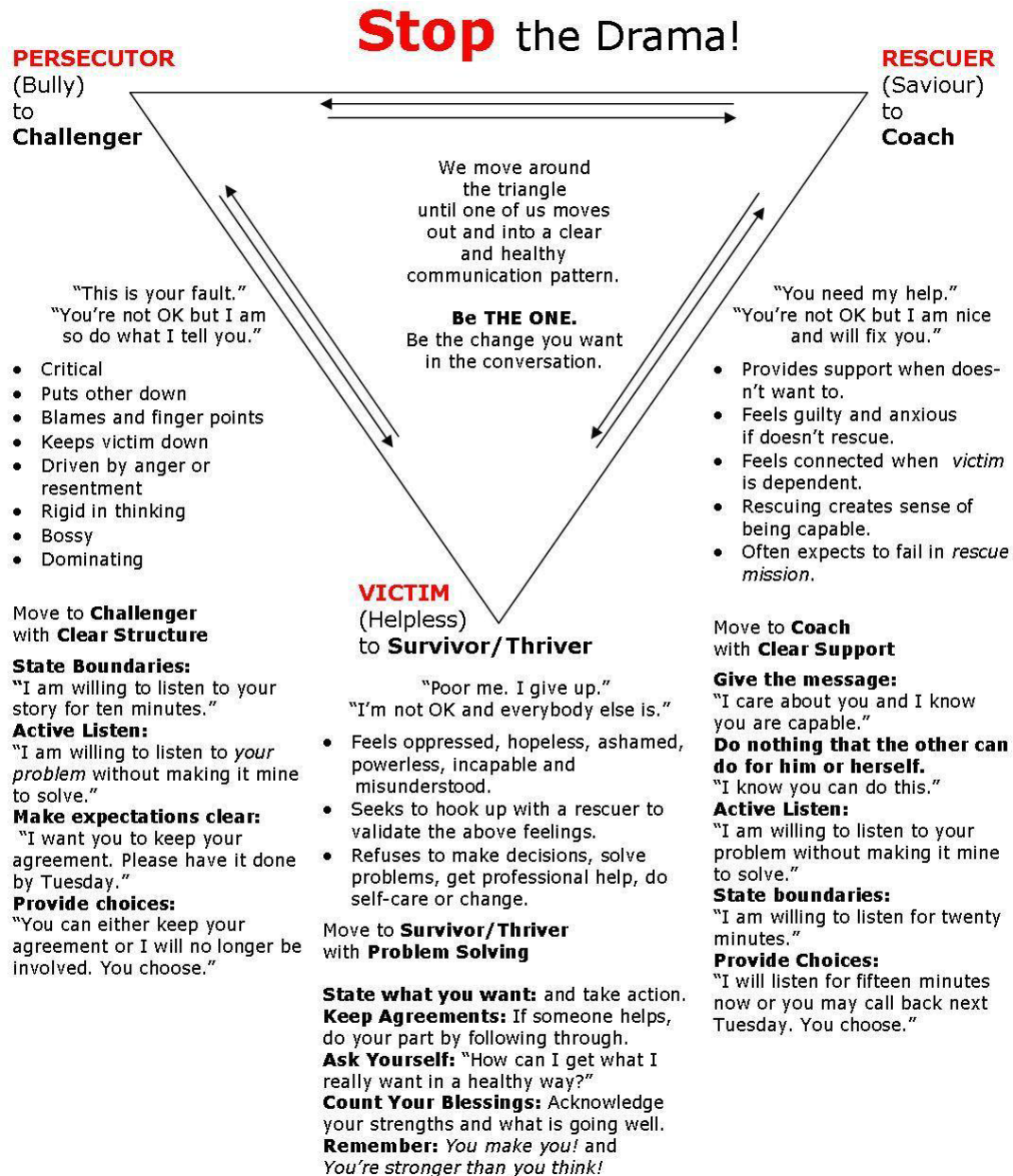
Specific Guidelines for Playing VRP Roles	vs.	How to be a Grown Up
Creating drama and chaos	vs.	Solving problems
Dodging, deflecting, and blaming others	vs.	Taking on responsibilities
Denial/pretending	vs.	Honestly facing painful situations
Making excuses and instigating bad boundaries	vs.	Maintaining boundaries to have true respect for others
Ignoring damage that has been done and pretending it has nothing to do with you	vs.	Making amends and recognizing consequences
Maintaining your illusions at all costs	vs.	Having the courage to become more self aware
Giving yourself too much respect (narcissists) or too little respect (martyrs)	vs.	Balancing both respect for others and yourself
Letting drama rule	vs.	Letting integrity/character rule
"I know what's best for both of us"	vs.	No one has a market on truth-it always lies in between people
Creating doubt in the other person	vs.	Seeing what hard truths the other person may have to teach you
Assuming others are there to be an audience	vs.	Realizing what happens between people is unknown, not orchestrated
Thinking in simple terms of Right/Wrong, Good/Bad	vs.	Recognizing complexity
Manipulating others, which is a shell game that ends up hollow	vs.	Using your heart and head together to be more emotionally honest with others



The Empowerment Dynamic (TED) – David Emerald



Change the Game



“Now go on out and Do It!” 😊

