

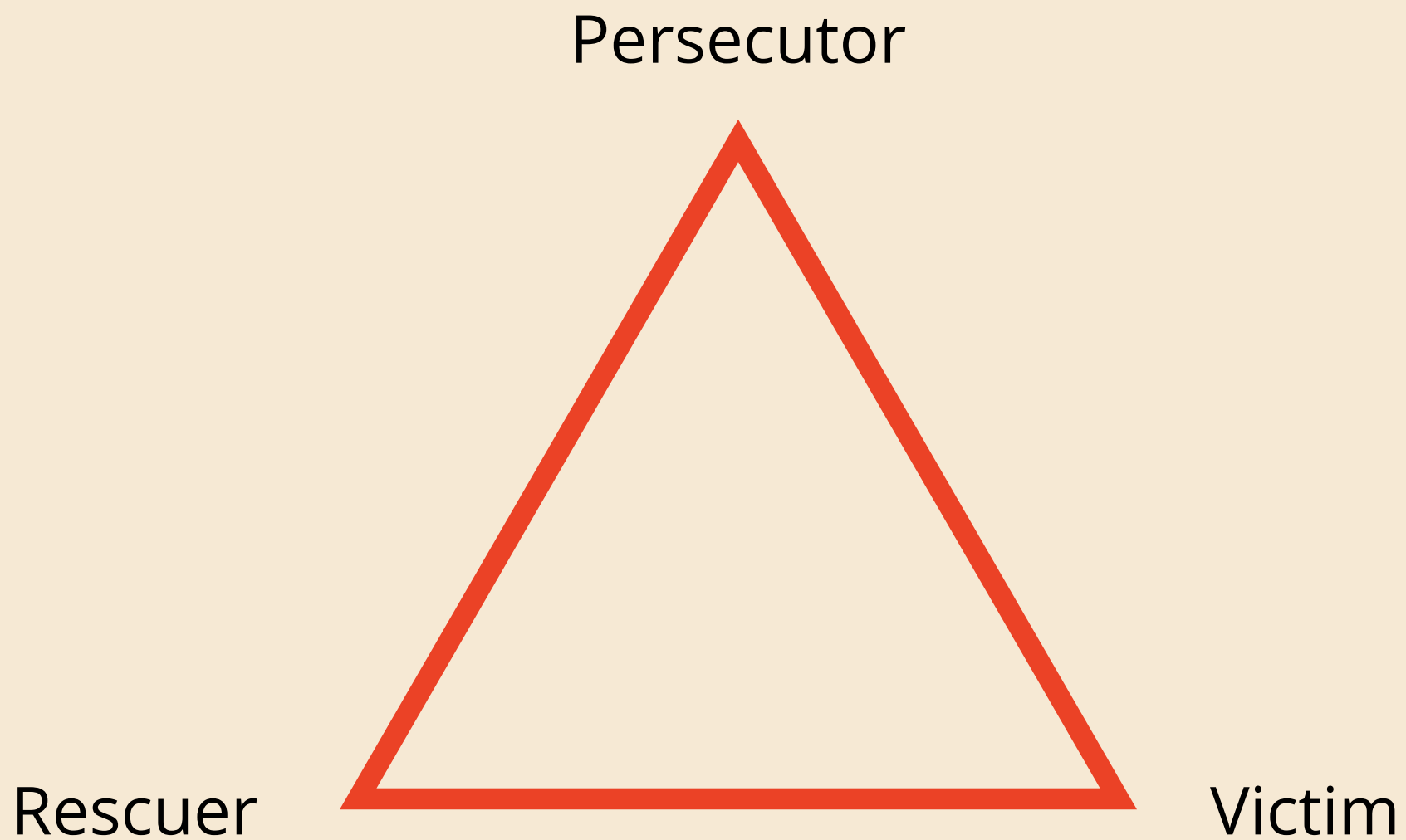
The Reset

Reflecting on *your responses*

and daily interactions...with the
drama and winners triangle.



The Drama Triangle



Developed by Joseph Karpman, the drama triangle identifies the three roles people embody in any interaction.



The Drama Roles

Persecutor	This role embodies criticism, blame and judgment, lacking empathy for others.
Rescuer	The role constantly helps and supports others at their own expense.
Victim	This role feels overwhelmed, helpless and disempowered and struggles to take responsibility.

People are not fixed in one role and their responses can vary based on circumstances, emotions and interpersonal dynamics.

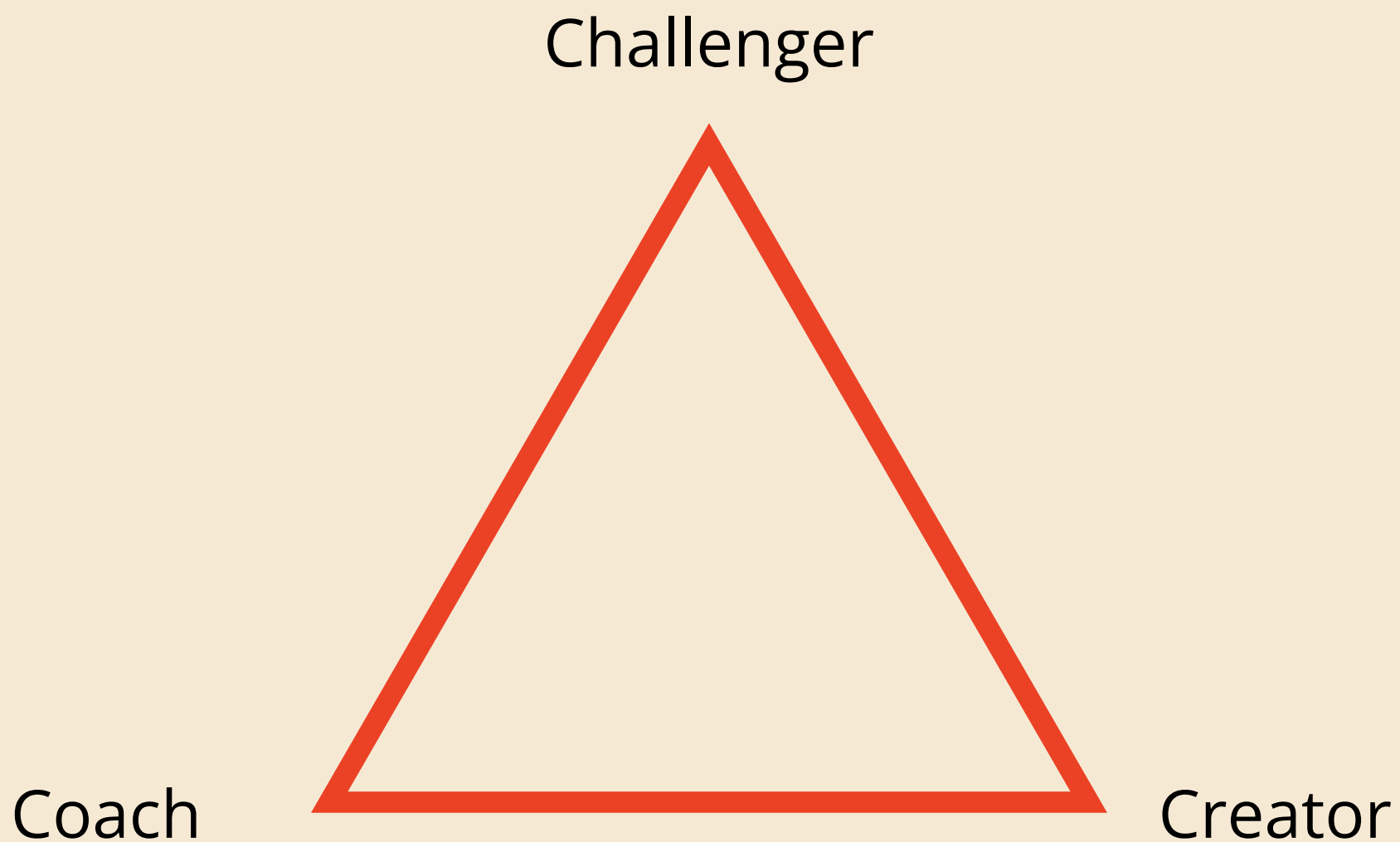


The drama triangle allows you to unpack why you might gravitate towards certain roles in specific situations and with particular people. Importantly, this framework reminds us that we are not passive observers, each of us actively participates in the dynamics at play.

It can shed light on where internal biases might affect your emotional responses, helping you regain agency and approach challenges more constructively.



The Winners Triangle



The winners triangle contrasts with the drama triangle, offering a more constructive and positive approach to interpersonal relationships and conflict resolution.



The Winner Roles

Persecutor Challenger	This role encourages you to recognise and express your feelings just as you would with your own child.
Rescuer Coach	This role encourages you to treat yourself with kindness and understanding just as you would with a close friend or loved one
Victim Creator	This role is focused on making logical decisions, setting clear boundaries, and taking constructive actions.



Having identified the role you typically take on the drama triangle, consider how you could shift to the corresponding role on the winners triangle.

In the persecutor role, how could you recognise and acknowledge your own feelings in the interactions and move into the challenger role?

In the rescuer role, how could you treat yourself with kindness and understanding and move into the coach role?

In the victim role, how could you set clear boundaries, take constructive action and move into the creator role?



It's important to remember there is no judgment applied to any of the roles on the triangles. Their value lies in recognising your typical role and exploring how you can adapt and evolve this role where you want or need to.

You can use the triangles any time you want to:

- > Explore your own biases or boundaries
- > Change the outcomes of your interactions.
- > Help someone else move into a different role.

