



LEAVING THE DRAMA TRIANGLE

Bring ease to your
business by getting off
the triangle

She was the client I wanted to save. For several years, she had me come to her house to evaluate her situation, telling me she was getting ready to sell it. She had overpaid for it, sunk money into too many expensive improvements, and had a high mortgage. In addition she had health issues which zapped her energy. When she finally listed it with me, I thought I could be her rescuer.

She was needy and called a lot. She sat outside her house and watched during showings. A buyer sat on her bed and she could see the depression on the bedspread. She was livid. Her calls took time as she complained about every detail over and over. I then became her persecutor. I would let her calls go to voice mail. I blamed her for not digging her way out of her financial mess by getting a part time job, or I thought, "If she would stop spending her money so foolishly, she wouldn't be in this mess."

Now I was a victim. I felt resentful and at her mercy. I got short with her. She got short with me. I gave the listing back because she dominated my mind and I didn't like who I had become.

Another agent listed it a week later and it sold. I didn't care. I needed to leave the drama triangle.



Persecutor

Rescuer



Victim



The Drama Triangle



I believe that almost every dysfunctional interaction whether with a client, a co-worker, a friend or a family member exists on the victim triangle.

Once we look, see and tell the truth about being on the triangle, we can create action to stop perpetuating the cycle.

Think about a relationship you have or have had that didn't work and identify your position on the triangle. One thing to realize is that no matter where you enter the triangle, you will rotate through the roles, sometimes very quickly.



THE RESCUER

What's wrong with wanting to help someone? Being a rescuer is different. A rescuer comes from the mind set of:

Something is wrong with this person.

This person does not have their own answers.

I am the solution to their problem.

It's my job to fix them. Sound familiar? **This is red lense thinking vs: green lense.**



THE RESCUER

- Rescuers need to rescue someone (victim) to feel vital and important. External language sounds like, “ Don’t worry, I’ll fix it!”. Monkey mind says, “You poor thing, you don’t understand anything, or you are not capable.”
- The rescuer wants to become indispensable. If you need me, you will never leave me!
- Rescuers may try to “shield” people from the truth. (Not telling a client what is really going on).
- Rescuers hope that at some point the person they are rescuing will acknowledge them. When it doesn’t happen, the rescuer moves to another point on the triangle. Monkey mind says, “After all I’ve done for you! The Rescuer becomes victim themselves or the persecutor.



THE PERSECUTOR

Entering the triangle as persecutor may begin with gossip or complaining about someone.

A persecutor may have passive aggressive behavior and be defensive.

The persecutor may offer a solution to rescue someone they view as a victim. When the solution is rejected, their language is “That won’t work”.

For instance, an agent suggests a price reduction as a solution. The client asks if the agent can do broker open house instead. The persecutor who looks down on them and says, “Yes, but that won’t work.” Anything they suggest at this point will be persecuted because in this role, the agent as persecutor has to show that they know more than the client.



THE PERSECUTOR

Another example of entering the triangle from this role is the agent who sets up a time to meet a client at a house and they don't show up. The agent can become aggressive and forceful in contacting the client because they "did this to me". Instead of checking in with them to find out what happened, the persecutor tells them that there is no need to work together.

The agent becomes the victim, angry with themselves for not setting boundaries or reinforcing the time of the appointment.

Perhaps the agent even moves around the triangle, reminding themselves that buyers are liars, and it's their job to help clients understand that they don't know what they are doing.



Persecutor



Victim

The Drama Triangle

THE VICTIM

- The victim position is another entry point rotating around the triangle. It is the feeling of being at the mercy of circumstances, unacknowledged, and child like. The internal language sounds like, “After all I have done for you!”
- It may manifest itself as being at the mercy of a commission, an aggressive client, or a broker. It may mean we stay with a client is abusing our time and our energy.
- Note the position of the victim at the bottom of the triangle.

ON THE TRIANGLE

- The three roles on the victim triangle are Persecutor, Rescuer and Victim. Karpman, who first identified the triangle placed the three roles on an inverted triangle and described them as being the three aspects, or faces of victim.
- No matter where we may start out on the triangle, victim is where we end up, therefore no matter what role we're in on the triangle, we're in victimhood. If we're on the triangle we're living as victims, plain and simple!
- We can't get off the triangle until we recognize we're on it. Once we make it conscious, we observe our interactions with others as a way to identify our own role. We ask questions, like, "What hooks me? From where do I enter the triangle once I've been hooked?" We begin to train our Internal Observer to notice, without judgment, our conversations with loved ones, especially those more "sticky" moments (where we walk on eggshells).



GET OFF!

Ways to get off the triangle:

Read your Standards of Integrity out loud to return to who you really are.

Something happened and you gave it meaning (a conclusion)...can you identify what it was? Then look at The Four Boxes.

Look, see, and tell the truth about your role in the drama...what are you getting out of it?

Is where you are on the triangle taking you closer to your life intentions?

Get this...if you are on the triangle or have ever been on the triangle, you are normal! However, the less time we spend there, the more time we have to pursue our dreams!

