

PERSECUTOR

Persecutors can be critical. They tend to blame others and criticise others without providing guidance, assistance or offering a practical solution to the underlying problem. Being a persecutor is not always intentional and can be by behaving overly logical in an emotional situation or attempting to control others behaviours.

RESCUER

Rescuers, the white knight. They are drawn to helping people to diffuse emotional or challenging situations or take away the victim's suffering. They do things the victim can and should do themselves. They are drawn to making themselves indispensable.

the Dreaded Drama Triangle or DDT

VICTIM

Victims can feel powerless, incapable and helpless. They can feel hopeless and deny their own abilities. They feel intrinsically defective and want special treatment. Being a victim is a delicious feeling.



Amygdala Hijack

For the Victim survival mode may kick in and the part of brain that manages danger takes over. We typically show three behaviours:

1. **Fight:** Argue, lash out
2. **Flight:** Run away or ignore
3. **Fawn:** be apologetic or overly deferential

Developed by Stephen Kapman the Drama Triangle explains a very human dynamic we have all experienced. The triangle gets stronger the more we fall into the roles. Someone can play more than one role and play different roles in many different triangles.

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Stephen B. Kapman
KapmanDramaTriangle.com



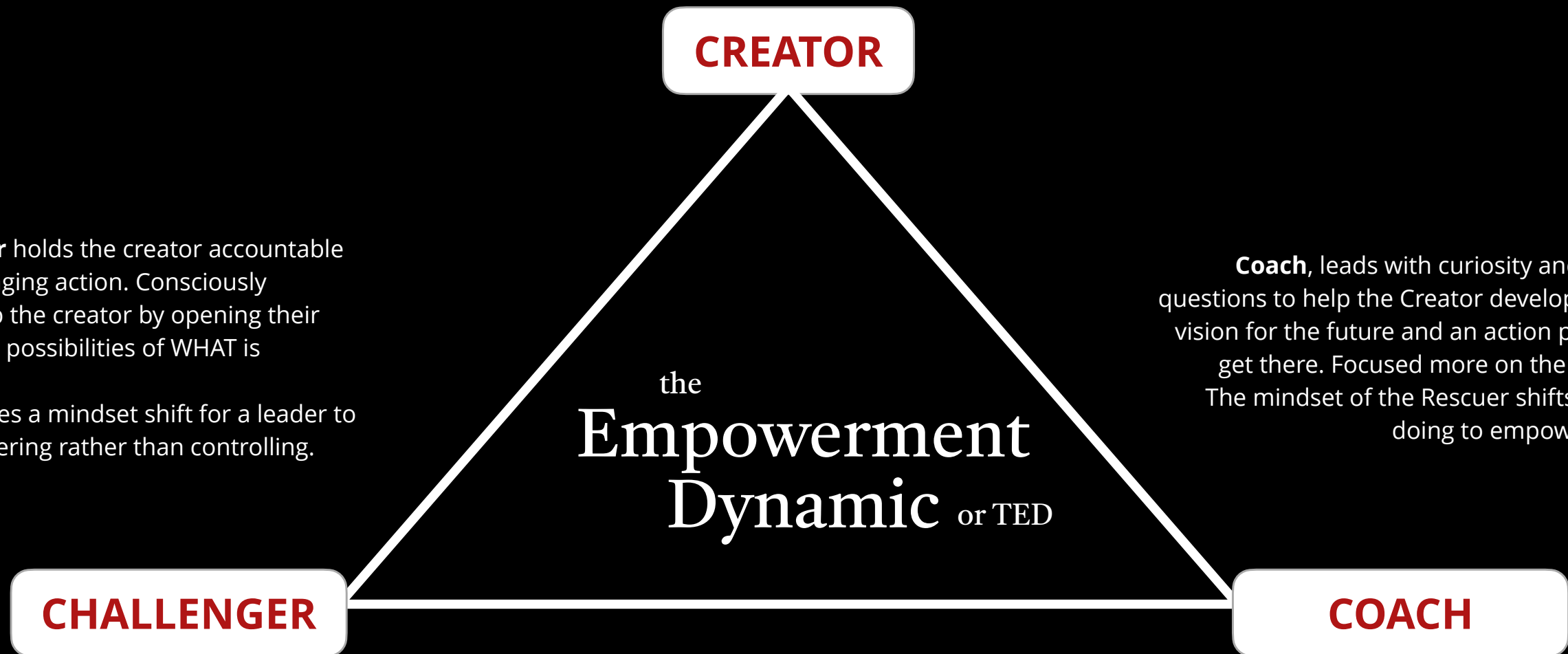
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MR
JOE

Creators are driven by passion, the WHY becomes their driving force. They are directed by intention rather than being reactive to others. They take accountability and responsibility for their actions. This is a mindset shift for Victims.

Challenger holds the creator accountable by encouraging action. Consciously building up the creator by opening their eyes to the possibilities of WHAT is possible. This requires a mindset shift for a leader to be empowering rather than controlling.

Coach, leads with curiosity and asks questions to help the Creator develop their vision for the future and an action plan to get there. Focused more on the HOW. The mindset of the Rescuer shifts from doing to empowering.



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The Empowerment Dynamic

Developed by David Emerald describes the alternative to the DDT. The Empowerment Dynamic (or TED) is mindset shift for victim to become a creator. Taking responsibility and accountability for their actions by connecting with their dreams and expanding their future.



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