THE KARPMAN DRAMA TRIANGLE

ALWAYS WORKING HARD TO "HELP"
OTHER PEOPLE, OTHER SITUATIONS --
HARRIED, TIRED, PHYSICAL COMPLAINTS --
ANGRY UNDERNEATH, MAY BE A LOUD OR
QUIET MARTYR IN STYLE, USES GUILT!

FINDS FAULT - CRITICAL, OFTEN
UNPLEASANT, OFTEN FEELS INADEQUATE
UNDERNEATH -- LEADERSHIP BY THREATS,
ORDERS AND RIGIDITY, CAN BE LOUD OR
OR QUIET IN STYLE, SOMETIMES A BULLY

+ - PERSECUTOR       VICTIM - +       RESCUER + -

DO LESS THAN 50% -- WON'T RESPOND OR REACH OUT -- WON'T TAKE A STAND -- SIMULATES
COMPLIANCE -- "SUPER-SENSITIVE", WANTS KID GLOVE TREATMENT -- ARE "DO-ME" PEOPLE -- PRETEND
IMPOTENCE AND INCOMPETENCE -- THEIR PHYSICAL APPEARANCE OFTEN STATES THEIR VICTIM
POSITION IN HAIR, CLOTHES, POSTURE AND SPEECH -- THEY QUIT ON YOU ! -- THAT'S ONE WAY THEY USE
WHAT LITTLE POWER THAT THEY HAVE !--

SOCIAL LEVEL : THE STORY, CONTENT, DESCRIPTION, PROBLEM, HASSLES, WORDS
PROCESS LEVEL : THE LEVEL OF PRIVATE THINKING, FEELING, DECISION MAKING
BASED ON EARLY CHILDHOOD DECISIONS AND PARENTAL TRAINING

STRAIGHT ROLES : INTENTION IS HELPFUL, PLANNED, GET-ON-WITH, WITH LIMITS.
CROOKED ROLES : INTENTION IS SUBCONSCIOUS MANIPULATION WITH HIDDEN AGENDA.

1. Which ever role, in the DRAMA TRIANGLE, that you do NOT know how to do
is the one that will get to you--If you know how to do it you are prepared !

2. The SWITCH is where the DRAMA occurs, BIG SURPRISE if you are not looking!

3. Most people have a scripted favorite position and a primary drama switch.

4. REACH-OUT -- PERSEVERE -- VULNERABLE are the positive straight sides.

5. Straight payoff feels OK -- Crooked payoff feels NOT-OK (often much later)

6. TIP! Two people can't be in the same position, for long, at the same time.

VICTIM
1st I don't know
2nd Mess up paperwork
3rd Poly-surgery

PERSECUTOR
1st That's a dumb thing!
2nd Blow-ups in office
3rd Physical assault

RESCUER
1st Let me take care of that for you!
2nd I already took care of that for you
3rd Phone call for other people/clients

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