THE KARPMAN DRAMA TRIANGLE

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 THEN YOU ARE PREPARED. THEN YOU HAVE A MAP AND YOU KNOW THE TERRITORY BY EXPERIENCE.

2. THE SWITCH IS WHERE THE DRAMA OCCURS--SURPRISE! IF YOU'RE NOT LOOKING!

3. USUALLY PEOPLE HAVE A SCRIPTED FAVORITE POSITION AND A PRIMARY SWITCH.

4. LACK OF LIMITS OR BOUNDARIES MEAN CONTROL STRUGGLES THAT DON'T GO AWAY.

5. CROOKED PAYOFF FEELS NOT-OK (OFTEN MUCH LATER!) AND IS GENERATED OVER & OVER.

6. TIP! 2 PEOPLE CAN NOT BE IN THE SAME POSITION, FOR LONG, AT THE SAME TIME.

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THE QUINBY DURABLE TRIANGLE

1. WHICH EVER ROLE, IN THE DURABLE TRIANGLE, THAT YOU DO NOT KNOW HOW TO DO IS THE ONE THAT WILL GET TO YOU--IF YOU KNOW HOW TO DO IT THEN YOU ARE PREPARED. THEN YOU HAVE A MAP AND YOU KNOW THE TERRITORY BY EXPERIENCE.

2. THE SWITCH OCCURS WITH NEED TO RESPOND TO CHANGE FOR SELF AND OTHERS!

3. USUALLY PEOPLE HAVE A SCRIPTED FAVORITE POSITION AND A PRIMARY SWITCH.

4. BE ALERT TO BOUNDARY CROSSING OF STRAIGHT & CROOKED ENERGY/INTENTION.

5. STRAIGHT PAYOFF FEELS OK, IS DRAMATIC, OVER TIME.

6. TIP! 2 PEOPLE CAN MOVE AROUND FREELY, DURABLY, WITH LIMITS, FOR A LONG TIME.

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING.