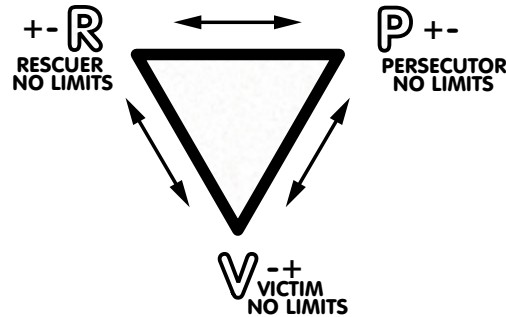
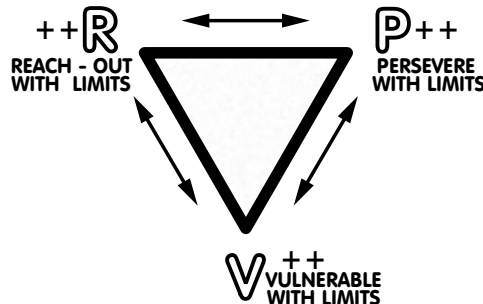


THE KARPMAN DRAMA TRIANGLE



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.

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 NOT DRAMATIC, IS DURABLE AND STABLE OVER TIME.
6. TIP! 2 PEOPLE CAN MOVE AROUND FREELY, DURABLY, WITH LIMITS, FOR A LONG TIME.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.