

Change Without Drama!

The Drama Triangle is a way of displaying the roles we often play and the interplay of power between people. People predominantly take on one role, yet often have participated in all three: victim, persecutor, and rescuer. The Drama Triangle was created by Steven Karpman, M.D. and comes from a theory called Transactional Analysis created by Eric Berne. Berne's hypothesis is that people form a "script" which is essentially an individual's belief about who they are and what the world is like (which is significantly formed by the age of five). These roles are adopted as a defense to feeling discounted or powerless. In order to break the dynamic of superior and inferior roles, people need to accept differences and similarities between ourselves and others as neither good nor bad. You can change this cycle of drama and pain by strengthening your skills of assertiveness, genuine caring, and honest vulnerability as indicated in the Winning Triangle described by Acey Choy M.Ed., PTSTA. This can be a very scary because you are risking leaving your "comfort zone" which brings up anxiety. The key to having a more fulfilling sense of self and relationships involves looking inside for love, solutions, identity, and happiness. For more details on the roles and process involved, please visit my website for links to helpful information.

