

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**



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 SPEACH -- 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	PERSECUTOR	RESCUER
1st	I don't know I don't care	That's a dumb thing! I told you before !!	Let me take care of that for you! I already took care of that for you
2nd	Mess up paperwork Fender-bender	Blow-ups in office Big chew-outs	Phone call for other people/clients Drive others to places/errands
3rd	Poly-surgery	Physical assault	Rescuers collapse - Breakdown



**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.**