

END THE DRAMA

BECOME A CREATOR, CHALLENGER, OR COACH

Ever wished you could stop the recurring emotionally-charged relational battles in your life? Use the guiding questions to move from: Victim to Creator; Rescuer to Coach; and Persecutor to Challenger. This resource is most useful once you have read [The Drama Triangle](#) and [The Empowerment Dynamic](#) (TED).



THE VICTIM

Consider themselves weak and insufficient
Says "It's not my fault"
Assumes they are not responsible for life's misfortunes
Feels sorry for themselves
Believes, deep down, someone else must fix their problems
Sees "deficiency" and develops stories around being less than
Spends energy distressed by situations over which they have no control

THE CREATOR

Consider themselves sufficient, whole and complete
Says "I can do something"
Assumes they are responsible for choosing their own responses to life
Feels empowered, focusing on learning and improving in adversity
Believes they can control their own destiny
Sees options and possibilities
Spends less energy trying to change situations they can't control

GUIDING QUESTION: If I had agency in this matter, what options might I create?



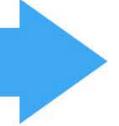
THE RESCUER

- Prefers** to impose help on others
- Needs** to feel needed
- Gives** physical, emotional, or psychological help to “fix” the Victim
- Believes** “I know what’s best” or, “I can fix you”
- Anticipates** that their needs will be met too one day
- Encourages** the Rescuer-Victim relationship (can become co-dependent)
- Enables** and disempowers the Victim through continuous interference

THE COACH

- Prefers** to allow time for others’ unique learning process to unfold
- Needs** to trust in the wisdom that lies within
- Gives** space and trusts the discovery process
- Believes** in leaving the power with others as they clarify what they want
- Anticipates** obstacles or barriers only as they arise
- Encourages** the Creator to navigate obstacles effectively
- Enables** and empowers the Creator

GUIDING QUESTION: What is the opportunity here, and what can I ask to inspire insight?



THE PERSECUTOR

- Commits** to “uphold” certain ideals or values; tries to control
- Tends** to be judgemental and self-righteous
- Views** situations inflexibly, unable to see other perspectives
- Prefers** to blame and shift responsibility onto others
- Focuses** on hiding imperfection, hypocrisy, mistakes, and vulnerability
- Dislikes** being perceived as weak or wrong
- Provokes** a response to hide any imperfection, hypocrisy, or mistakes

THE CHALLENGER

- Commits** to taking a stand for what they believe; has integrity
- Tends** to tell the truth about what is happening now
- Views** the situation flexibly as an opportunity to learn and grow
- Prefers** to speak about what is happening without blame or judgement
- Focuses** on the issue, not the person
- Dislikes** untruth, and is comfortable saying what is unpopular
- Provokes** a response, or nudges people to act, to learn, and grow

GUIDING QUESTION: How can I speak my truth tactfully whilst letting go of the outcome of my feedback?

