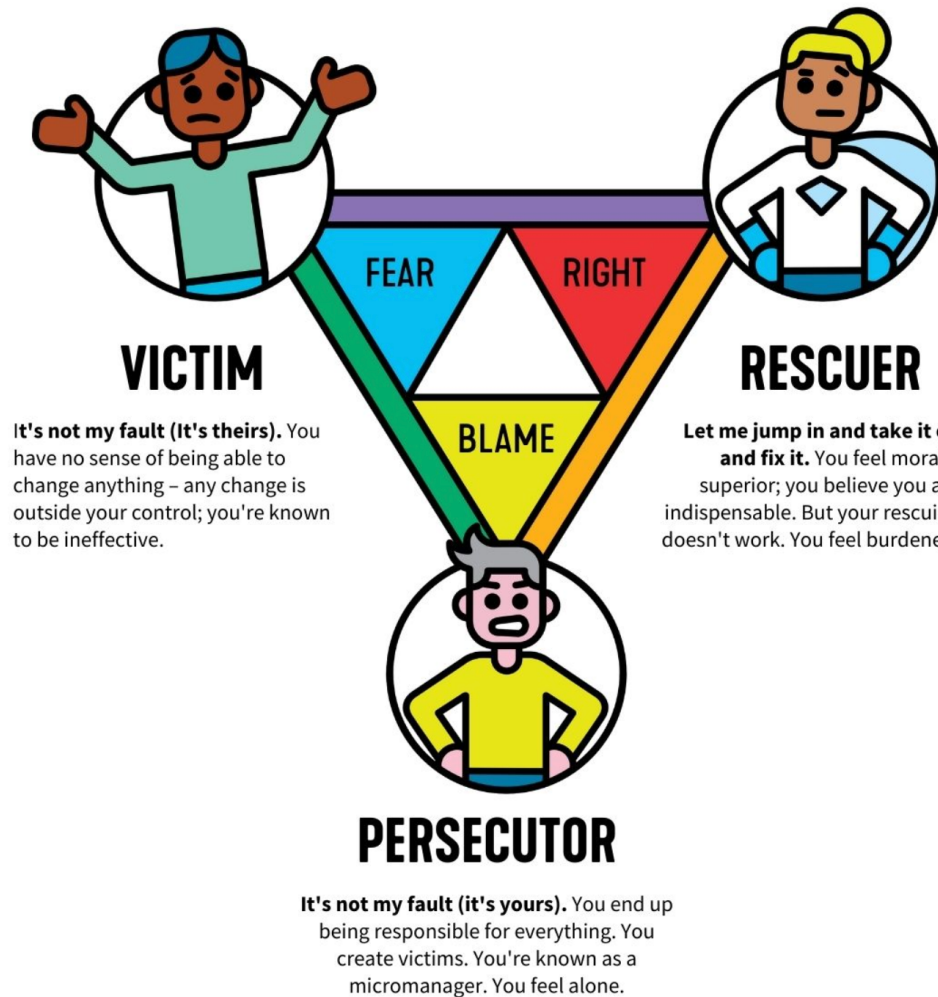


DRAMA TRIANGLE

by Stephen Karpman, described by Michael Bungay Stanier



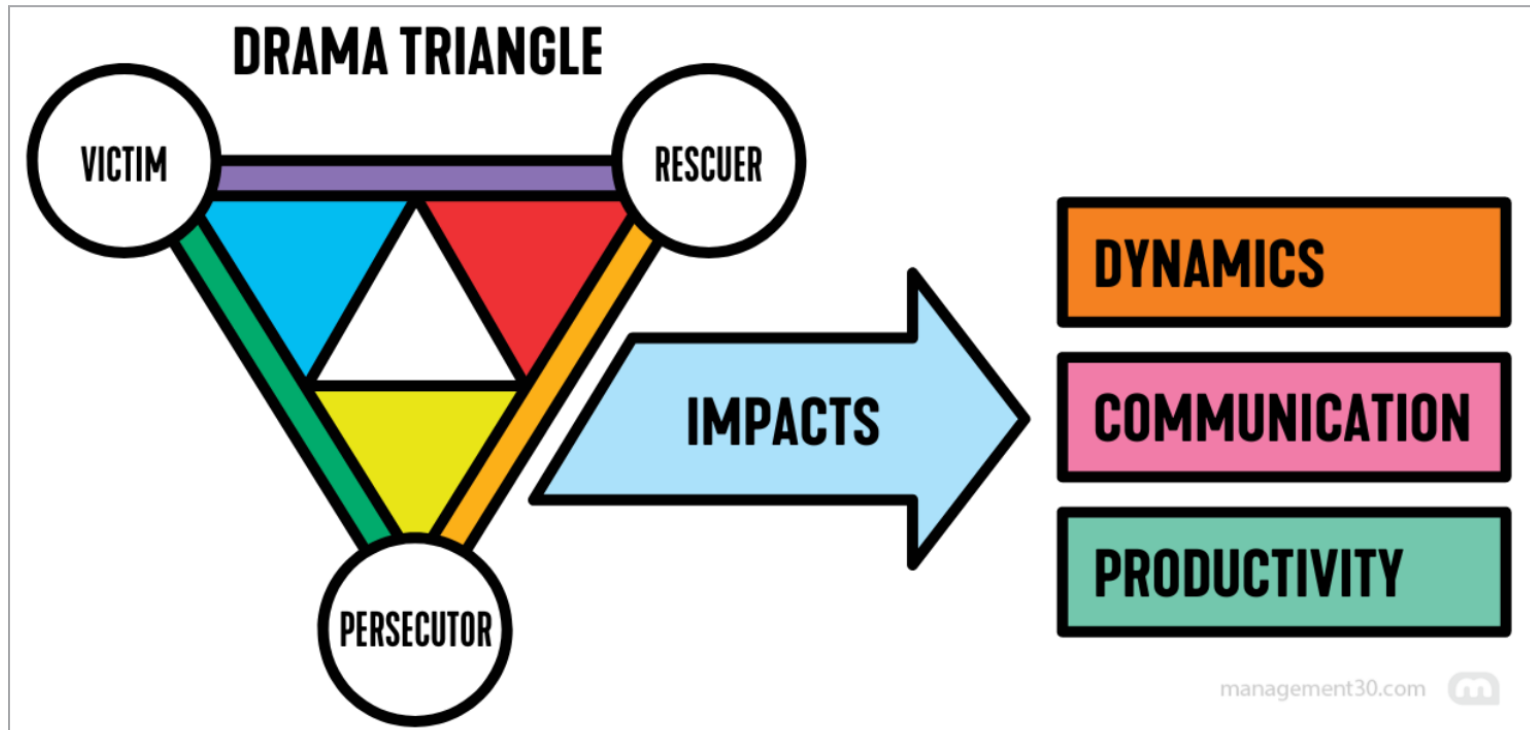
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	Victim 	Persecutor 	Rescuer 
Core Belief	“My life is so hard; my life is so unfair. Poor me.”	“I’m surrounded by fools, idiots, or people less good than me.”	“Don’t fight, don’t worry, let me jump in and take it on and fix it.”
Dynamic	“It’s not my fault (It’s theirs).”	“It’s not my fault (it’s yours).”	“It’s my responsibility (not yours).”
Benefit of playing this role	You have no responsibility for fixing anything; you get to complain; you attract rescuers.	You feel superior and have a sense of power and control.	You feel morally superior; you believe you are indispensable.
Price paid for playing the role	You have no sense of being able to change anything – any change is outside your control; you’re known to be ineffective. And no one likes a whiner.	You end up being responsible for everything. You create victims. You’re known as a micromanager. People do the minimum for you and no more. And no one likes a bully.	People reject your help. You create victims and perpetuate the Drama Triangle. And no one likes a meddler.
You feel stuck because	You have no power or influence. You feel useless.	You don’t trust anyone. You feel alone.	Your rescuing doesn’t work. You feel burdened.

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The Impact of the Drama Triangle