

Low drama triangle

Models the connection between personal responsibility and power in conflicts, and the destructive and shifting roles people



Image: <https://pixabay.com/en/escher-triangle-triangle-geometry-2361213/>

“To understand a man’s word, I first listen to his silences”. Alain Cardon

Tag: Social: responsibility and empowerment.

Challenge:

Initially, a drama triangle arises when a person takes on the role of a victim or persecutor. This person then feels the need to enlist other players into the conflict. As often happens, a rescuer is encouraged to enter the situation

Solution:

Participants first learn their habitual role in their family of origin. Even though participants each have a role with which they most identify, once on the triangle, participants rotate through all the positions, going completely around the triangle.

Each triangle has a payoff for those playing it. The antithesis of a drama triangle lies in discovering how to deprive the actors of their payoff

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Reference:

Johnson, R. Skip. "Escaping Conflict and the Drama Triangle

https://en.wikipedia.org/wiki/Karpman_drama_triangle

<http://www.metastysteme-coaching.eu/english/the-drama-triangle/>

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