

# 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.