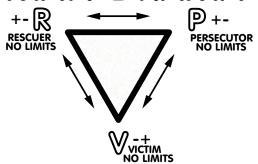
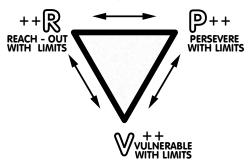
THE KARPMAN DRAMA TRIANGLE



- 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 THEN YOU ARE PREPARED. THEN YOU HAVE A MAP •AND• YOU KNOW THE TERRITORY BY EXPERIENCE.
- 2. THE SWITCH IS WHERE THE DRAMA OCCURS--SURPRISE! IF YOU'RE NOT LOOKING!
- 3. USUALLY PEOPLE HAVE A SCRIPTED FAVORITE POSITION AND A PRIMARY SWITCH.
- 4. LACK OF LIMITS OR BOUNDARIES MEAN CONTROL STRUGGLES THAT DON'T GO AWAY.
- 5. CROOKED PAYOFF FEELS NOT-OK (OFTEN MUCH LATER!) AND IS GENERATED OVER & OVER.
- 6. TIP! 2 PEOPLE CAN NOT BE IN THE SAME POSITION, FOR LONG, AT THE SAME TIME.

THE QUINBY DURABLE TRIANGLE



- 1. WHICH EVER ROLE, IN THE DURABLE TRIANGLE, THAT YOU DO NOT KNOW HOW TO DO IS THE ONE THAT WILL GET TO YOU--IF YOU KNOW HOW TO DO IT THEN YOU ARE PREPARED. THEN YOU HAVE A MAP •AND• YOU KNOW THE TERRITORY BY EXPERIENCE.
- 2. THE SWITCH OCCURS WITH NEED TO RESPOND TO CHANGE FOR SELF AND OTHERS!
- 3. USUALLY PEOPLE HAVE A SCRIPTED FAVORITE POSITION AND A PRIMARY SWITCH.
- 4. BE ALERT TO BOUNDARY CROSSING OF STRAIGHT & CROOKED ENERGY/INTENTION.
- STRAIGHT PAYOFF FEELS OK, IS NOT DRAMATIC, IS DURABLE AND STABLE OVER TIME.
- TIP! 2 PEOPLE CAN MOVE AROUND FREELY, DURABLY, WITH LIMITS, FOR A LONG TIME.



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.