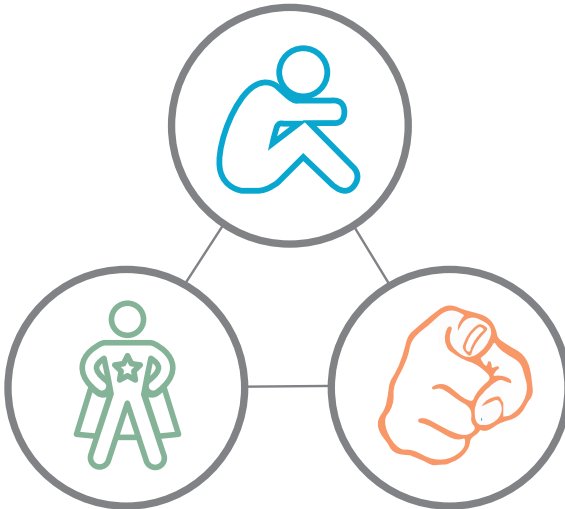


# The Drama Triangle

The drama triangle is a model that captures the different roles people play when they are in a state of reactivity.

The **VICTIM'S** position is one of "Poor me."  
They feel powerless, helpless, are often  
unable to make decisions and appear in a  
state of collapse.



The **HERO** says "Let me help you" and looks to rescue others. They rush in to relieve anxiety while enabling victims to stay in a collapsed state.

The **VILLAIN** loves to blame, criticize and control. They can be aggressive, angry and superior.



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# Stepping off the Drama Triangle

Recognize when you are on the drama triangle, and know how to shift. Here are the steps:

1. Notice that you're reactive
2. Ask: Am I willing to shift?
3. If yes, try one or more of the shift moves outlined below

## Examples of Shift Moves

**Take three slow, long breaths**

**Move your body, change your position**

**Feel your feelings fully**

**Employ curiosity**

– "I wonder what I'm meant to learn here"

**Claim your 100% responsibility**

– "I wonder how I helped create this situation?"

**Speak something unarguable**

– "I notice \_\_\_\_\_ (a body sensation)."

– "I feel \_\_\_\_\_ (a core feeling)."

– "What I want is \_\_\_\_\_."



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Based on work developed by hendricks.com