



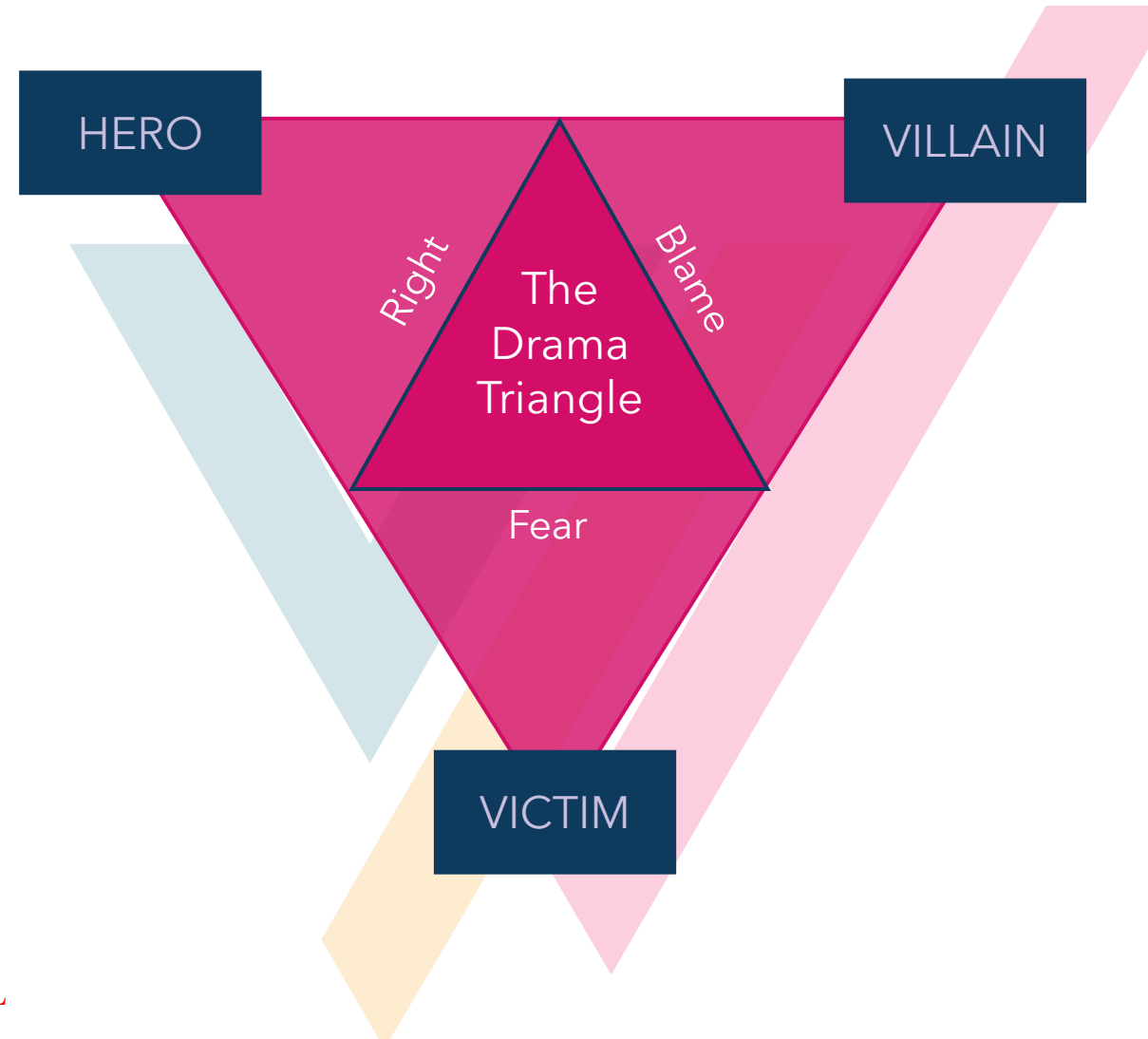
# Relationship-Based Practice

## The Drama Triangle

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# The Drama Triangle

- The drama triangle was first described by Stephen Karpman in the 1960s.
- It is a model of dysfunctional social interactions.
- The drama triangle comes from blame, wanting to be right and fear.
- Made up of three distinct roles:
  - Each role represents a common and ineffective response to conflict.



# The Hero

- Tends to have a “let me help you” stance
- Looks to seek temporary relief, trying to mitigate the immediate pain without dealing with the core issue
- Can feel so compelled to help victims that they may sacrifice their own time, energy and needs in the process



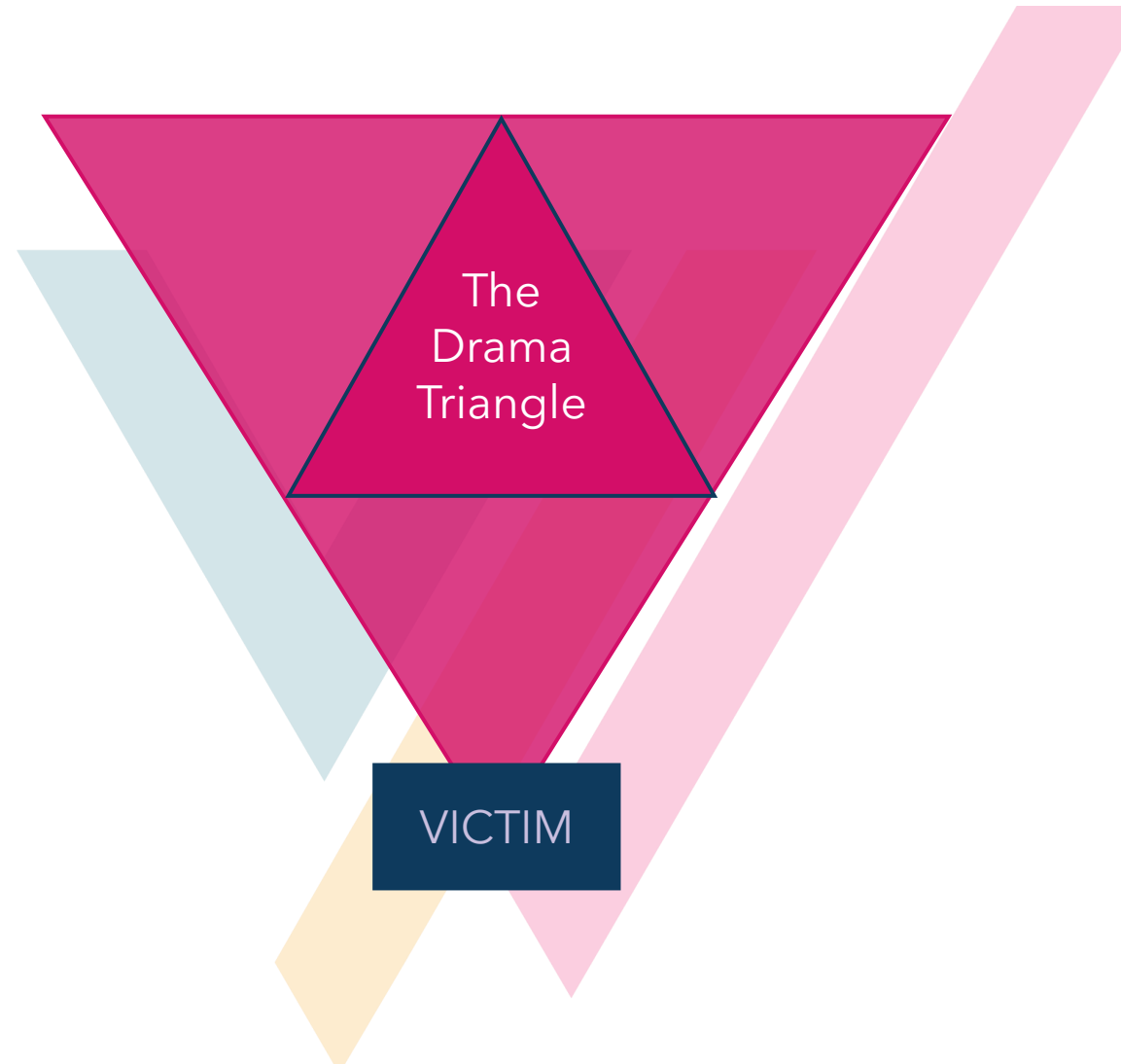
# The Villain

- Blames themselves, others or the group
- Critical of actions of others – either not understanding why the person acted in a certain way or assuming the person had negative intentions
- Responds with judgemental criticism
- Often belittles others, making them feel useless, ashamed and inadequate

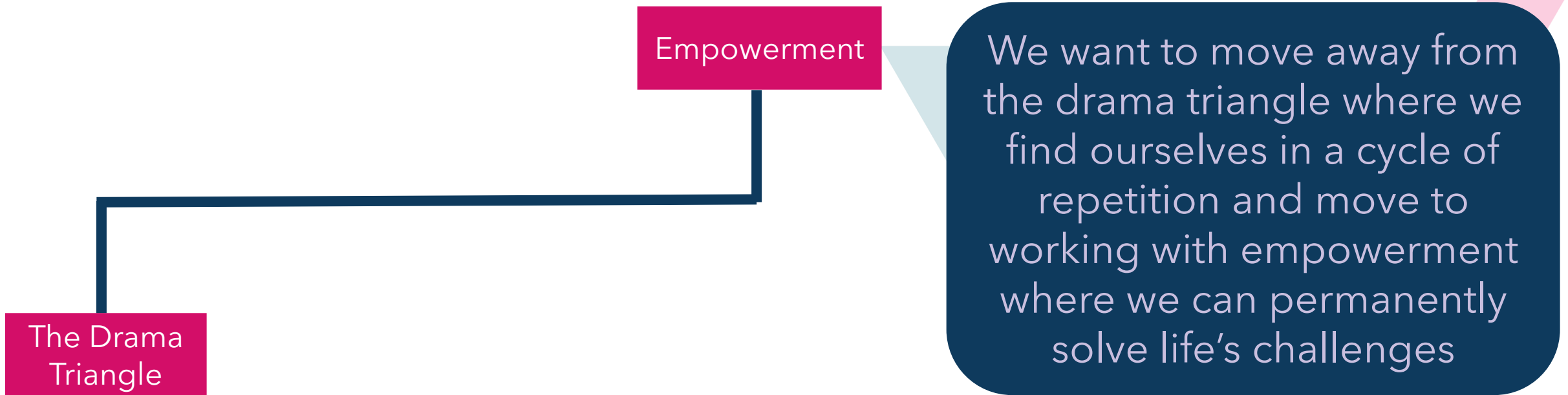


# The Victim

- Often have the “poor me” mindset
- Feel that life is happening to them
- Normally feeling hopeless, trapped, ashamed, embarrassed and helpless
- Doubt their own capabilities and look to others for guidance, allowing them to take responsibility and control



# The Drama Triangle → Empowerment



# Victim → Creator



With empowerment, the victim becomes the **creator**

Claims personal power

Takes responsibility for their lives

# Villain → Challenger



With empowerment, the villain becomes the **challenger**

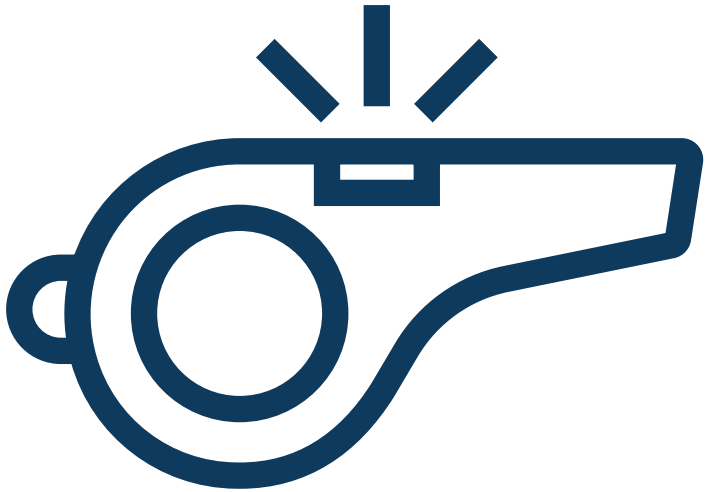
Challenges others to act

Doesn't blame or judge

Brings healthy pressure to the creator to support them



# Hero → Coach



With empowerment, the hero becomes the **coach**

Facilitates self-empowerment

Doesn't try to fix anyone

Seeks to support creators in creating the life they most want