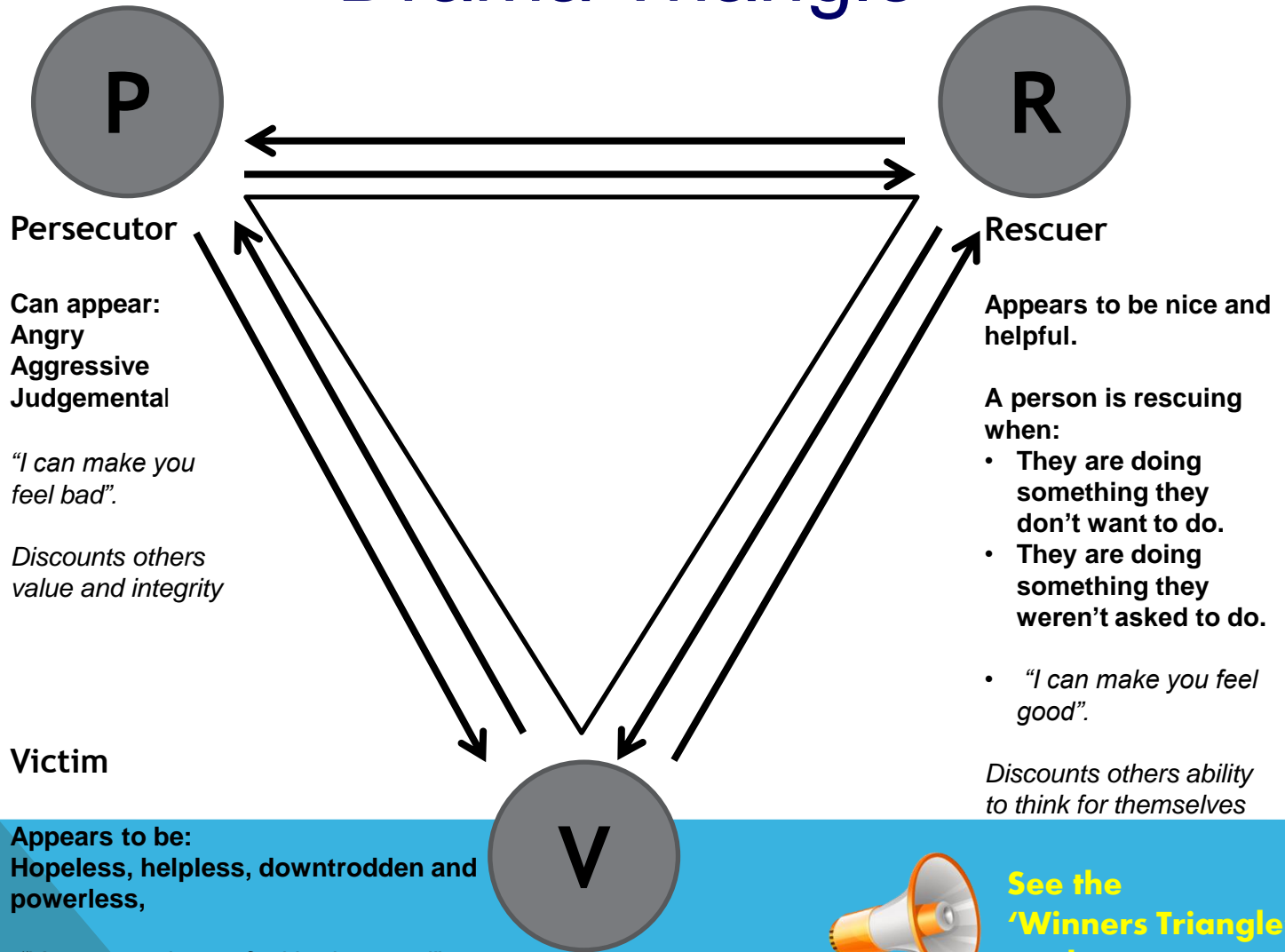


Drama Triangle



See the 'Winners Triangle', on the next page, for ways out of conflict.

Where there is conflict often you are not being authentic.

When conflict flourish's people tend to go to one of these 3 positions.

Here you are responding to past events NOT current situations.

In each position there is a discount, either of the other or of self.

Here the conflict will continue on and on, i.e. round and round!

Developed by Steve Karpman, in Wollams & Brown: Transactional Analysis (1978) pp.132.

Adapted by Claire Crawte
March 2020

Being authentic is a way to resolve conflict.

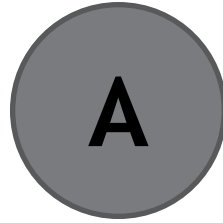
By responding to the here and now you are being authentic.

The positions on the 'Winners Triangle' help us to say what we are really feeling, i.e. to be open and honest with each other.

Developed by Acey Choy 1990
TAJ 20 Vol 1 pg.41-42

Adapted by Claire Crawte
March 2020

Winner's Triangle



(instead of Persecutor)

Be **Assertive**

- Knows own feelings, needs and wants.
- Is non judgemental or punishing
- Uses 'I' messages.

"I need some quiet time at the moment"

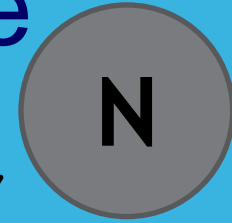
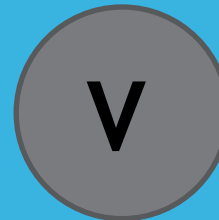
- *Accepts others value and integrity*

(Instead of Victim)
Be **Vulnerable**

- **Shares real feelings.**

"I am feeling scared at the moment"

- *Accepts Self.*



(instead of Rescuing)

Be **Nurturing**

- Gives help only when asked
- Cares, listens and shows understanding
- Doesn't need to be needed by others.

"I wonder what you need from me right now?"

- *Accepts others ability to think for themselves.*