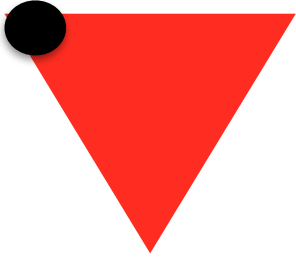


DRAMA TRIANGLE - DISTINCTIONS

Learn to distinguish the different roles of victimhood

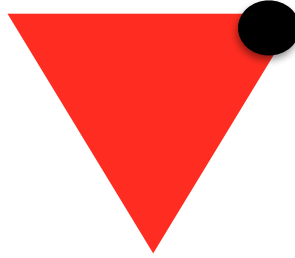
Heroes seek temporary relief



Heroes say:

I can handle it.
Poor you!
You need me.
I'll keep you from harm.
Let's all get along.
I'll make it better.
I'll be there for you.
I can help.
Let's have fun.
I understand.
There is nothing to be scared of.
You don't need to be sad.
Let's look on the bright side.
You can do it!
Don't worry.
This will make me feel better.
I'm outta here.
I need to figure this out.
Why?
I'll help you get your act together.
You can always count on me!

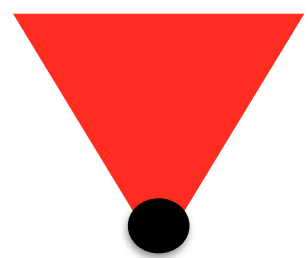
Villains blame



Villains say:

You/he/she/they/I should...
You/he/she/they/I shouldn't...
You are doing it wrong.
You don't get it.
They are bad.
I'm not enough.
I'm ashamed. (with self blame)
I can't forgive me/you/them.
There is one way.
It would be better if...
You're not doing it right.
Stop feeling!
#\$&*% you!
If only you would....
You should know better.
I feel guilty.
I would never be like that.
Duh!"
You are not listening to me!
You are below the line.
Why won't you get your act together.

Victims are at the effect of



Victims say:

I can't.
It's hard.
I have to...
I don't have a choice.
I'm confused.
I forgot.
I'm trying.
Why is it this way.
They don't get me.
It's not fair.
There's not enough.
I'm tired.
It's not my fault.
You made me feel....
They did this to me.
I had no choice.
It hurts.
Help me!
I don't know how.
I'm not responsible.
I don't know how to get my act together.