

THIS SPIRITUAL FIX

SEASON TWO, EPISODE 7 THE DRAMA TRIANGLE

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If anyone in this triangle changes roles, the other two roles change as well.

PERSECUTOR - "It's All Your Fault"

- Sets strict limits unnecessarily
- Blames
- Criticizes
- Keeps Victim oppressed
- Is mobilized by anger
- Rigid, authoritative stance
- "Critical" Parent

VICTIM - "Poor Me"

- Feels victimized, oppressed, helpless, hopeless, powerless, ashamed
- Looks for a Rescuer that will perpetuate their negative feelings.
- If stays in Victim position, will block self from making decisions, solving problems, pleasure and self-understanding.
- "Dejected" stance

RESCUER - "Let Me Help You / Save You "

- Rescues when really doesn't want to
- Feels guilty if doesn't rescue
- Keeps victim dependent
- Gives permission to fail
- Expects to fail in rescue attempts

