



## **Drama Triangle**

### **What ideas have you got for not engaging in the Drama Triangle?**

Walk away from drama

Explain to them what the situation is and make them aware of the different roles

Get victims to take greater responsibility

Stop rescuing and teach or coach instead

### **What are your key takeaways and actions from today's discussion on **the Drama Triangle**?**

Be more understanding of my role in different situations

Awareness and understanding of different roles

Don't just step in and help

Coaching and empowerment can be much more useful

Step back from a situation and see what is going on and the different roles and who naturally assumes the different roles etc.

### **Further Reading on this topic**

How To Break Free of the Drama Triangle and Victim Consciousness – Barry K. Weinhold and

Janae B. Weinhold. – [Amazon link](#)

Games People Play: The Psychology of Human Relationships – Eric Berne – [Amazon link](#)

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