



The Right Reflection®
BUILDING LEADERSHIP EXCELLENCE



PHYSICIAN LEADERSHIP ACADEMY

3 Vital Questions:

EXERCISES-SESSION TWO

Dreaded Drama Triangle (DDT) Roles Worksheet

In all of the sections below, use the space provided to describe the situation as completely as possible (use the back of the worksheet if you need more space).

Victim:

Think of a situation in which you saw (or see) yourself as a Victim. Who or what was the “Persecutor?” Who or what was the Rescuer that either emerged or that you hoped would come to “save the day?”

Situation -

Persecutor -

Rescuer -

Persecutor:

Think of a situation in which you saw (or see) yourself as a Persecutor. One important clue in identifying such a situation is when another (Direct Report, Colleague, Customer/Client) got defensive about something you said or did. Describe below, as completely as possible, the situation. What was going on that resulted in you showing up in this role? Who was in the Victim role? Who or what was the Rescuer?

Situation -

Victim -

Rescuer -

Rescuer:

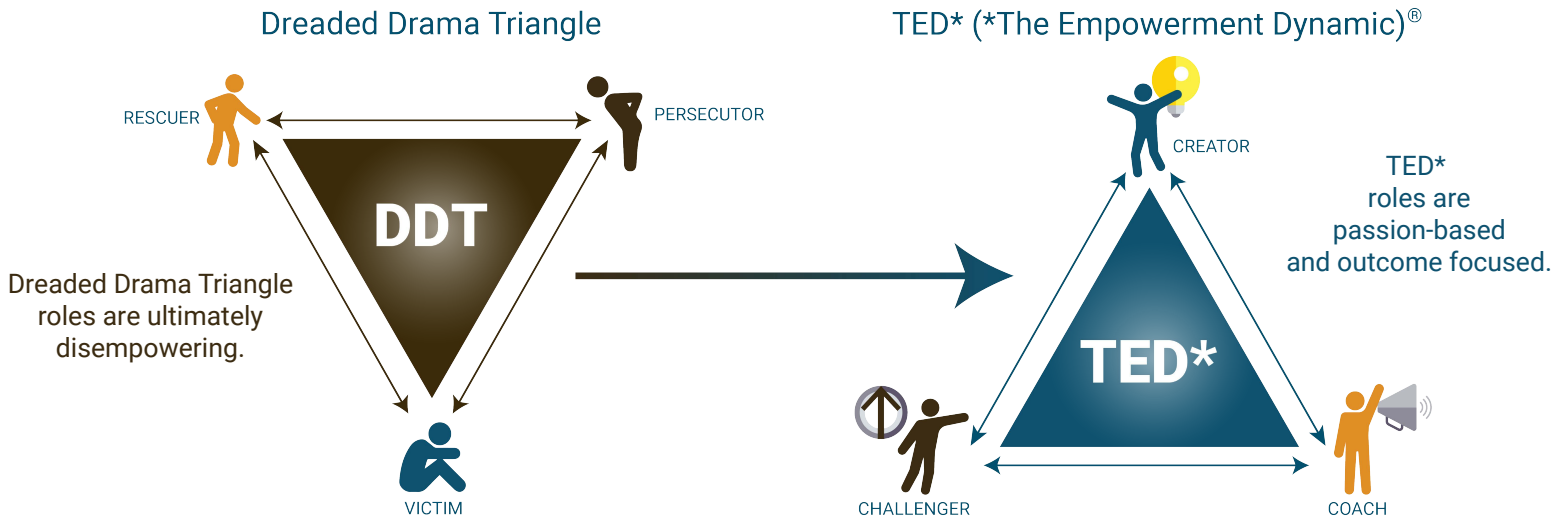
Think of a situation in which you saw (or see) yourself as a Rescuer. Who or what were you trying to “fix” and/or take care of? How did you see the other(s) involved in the situation?

Situation -

Victim -

Persecutor -





1 Where Am I Putting My Focus?

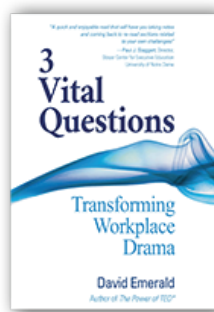
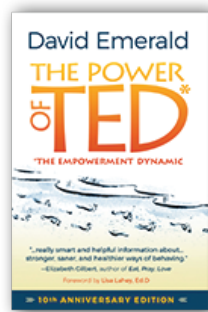
Am I focusing on Problems or Outcomes? A problem focus engages the Victim Orientation. When you upgrade to a Creator Orientation, you focus on outcomes.

2 How Am I Relating?

Am I producing or perpetuating drama or am I empowering others and myself to be more resourceful, resilient, and innovative?

3 What Actions Am I Taking?

Am I merely reacting to the problems of the moment or am I creating by taking Baby Steps - including the solving of problems - in service to envisioned outcomes?

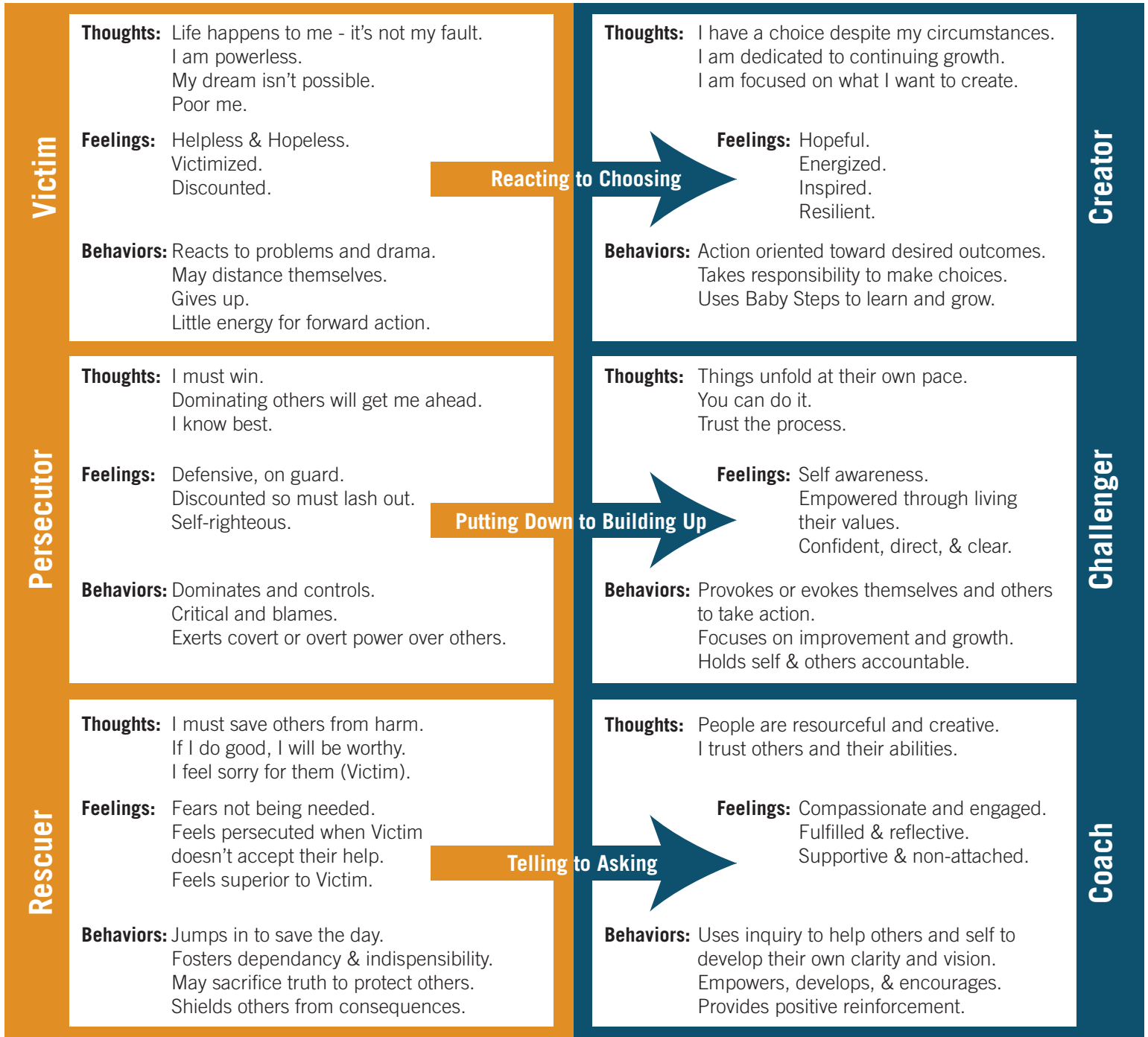


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Transform Drama Into Empowerment

At the heart of TED* (*The Empowerment Dynamic) is learning to shift from reacting to choosing our response to life events. The Empowerment Dynamic is the antidote to the Dreaded Drama Triangle, (first described by Stephen Karpman, MD) and its three toxic roles of Victim (the primary role), the Persecutor (who the Victim blames for their suffering), and the Rescuer (who steps in to relieve the Victim's suffering). TED* represents a shift from the Dreaded Drama Triangle to empowering relationships through its more resourceful roles of Creator, Challenger, and Coach. People who live and work from the TED* framework learn to choose their response to life, regardless of circumstances.



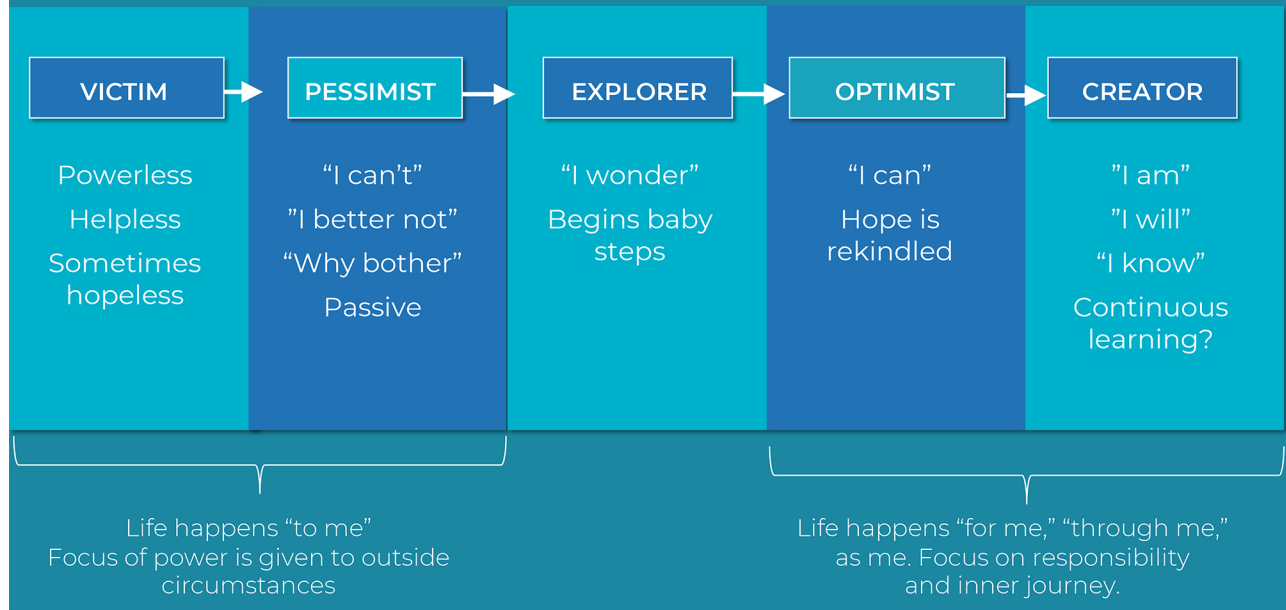
3 Vital Questions®



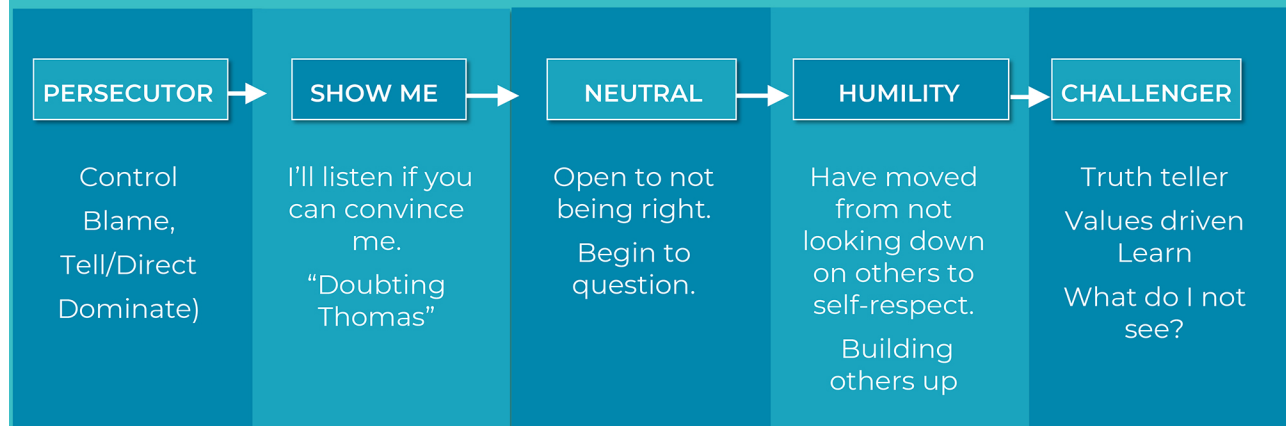
Throughout the week take note of how the DDT shows up in all aspects of life. Observe how you react to situations that arise, and try to catch yourself in a DDT role. What are you noticing about your triggers? Is there a pattern to which DDT role you take on?



Victim to Creator



Persecutor to Challenger



Rescuer to Coach

