

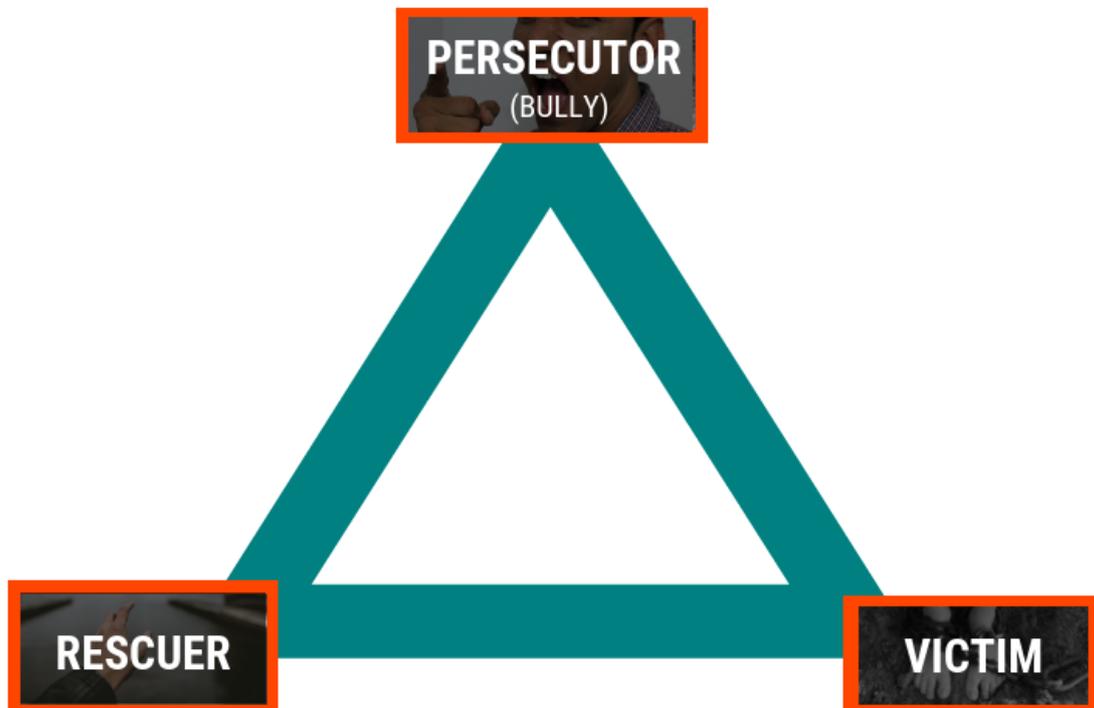
STAY OUT OF THE DRAMA TRIANGLE WORKSHEET

EPISODE # 5

www.HighPerformanceUnlocked.com



THE DRAMA TRIANGLE.



"The goal of the drama triangle is...
To never be in the triangle."

- Ben Elliott

EJECTING FROM THE DRAMA TRIANGLE.

WHAT ROLES DO YOU PLAY?

When do you play the role of rescuer?

When do you play the role of victim?

When do you play the role of persecutor?

KNOW YOUR TRIGGERS & PLAN NEW RESPONSES.

Trigger 1: _____

When _____ happens, then I'll do _____.

Trigger 2: _____

When _____ happens, then I'll do _____.

Trigger 3: _____

When _____ happens, then I'll do _____.

EJECTING FROM THE DRAMA TRIANGLE.

1. CHALLENGE 2. COACH 3. CONFRONT

CHALLENGE

Set the standard, the level, the behaviour, the goal, the outcome or the change.

COACH

Coach them or teach them how meet that challenge. Give them the tools, system or strategy.

CONFRONT

If they are not meeting the standard or level even though you have coached them, confront them and find out why.

COACHING QUESTIONS

What's the REAL challenge here for you?

Make sure you say "for you" otherwise they will probably keep blaming external things.

What do you want instead?

This will get them focused on the outcomes they want.

How do you want me to help?

Then, you have free choice to say yes or no to that.

EJECTING FROM THE DRAMA TRIANGLE.

TO GET OUT OF RESCUER.

Lead, don't rescue. If they don't want to be lead, then consider focusing on the people who do. Define your role & don't move into an area outside of your purview (*for example: don't play the counsellor if you're not a counsellor*). Don't be an advice monster. If they don't want to be lead, you can choose to be there for them and just listen or kindly, yet firmly put a new boundary in place.

Develop greater levels of confidence to handle the persecutors.

TO GET OUT OF VICTIM.

Develop greater levels of confidence to handle the persecutors.

Take extreme ownership. Change your attitude and start focusing on what you can control. Quit making excuses. Define healthier ways to be heard or get the attention you want/ need.

TO GET OUT OF PERSECUTOR.

Drop the ego. Understand things from the other persons perspective. Change your approach (the way you communicate or interact with people). Develop more patience for people or become a better leader.