

## **Elements of the Dreaded Drama Triangle: Triangle of Disempowerment or the DDT**

### **1. Victim**

- Is defensive, submissive, codependent, passive, aggressive, overly sensitive
- Has a thwarted dream, aspiration or loss
- Feels powerless, helpless, hopeless, and at the mercy of unseen forces
- Worldview is the 'poor me' identity
- Acts from fight, flee, or freeze; hypervigilant anticipating the next problem
- Problems are people or circumstances
- Downfall is victim can become the perpetrator and victim

### **2. Rescuer: not always a person (addictions, substances, TV, shopping, gambling, people)**

- Is always in fear of loss of purpose; rescuing fosters dependency by becoming indispensable to a victim's sense of well being
- Has a need to free from danger; to save; alleviate fear and other negative feelings
- Feels important rescuing and this builds a false sense of self-esteem and superiority
- Worldview is from a perspective that self and others are inadequate and that they 'need help'
- Acts as a martyr when victim won't do as the rescuer advises
- Problems are anything and everything
- Downfall is the rescuer becomes the victim when victim won't be rescued

### **3. Persecutor**

- Is authoritarian, rigid in their views, exerts 'power over' others to avoid others having 'power over' them
  - Has an attitude of win/lose, black or white
  - Feels justified in harassing, attacking, inflicting or annoying victim with pleas or threats
  - Worldview is: "Win at any cost"
  - Acts from a fear of loss of control
  - Problems are the victim: people, circumstances, or conditions
  - Downfall is perpetrators get blamed for causing the victim's feelings of grief, despair, and hopelessness
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- ***One person can play all three roles at any given time***

What roles have you played today?

How did it feel?

What did it get you?

## **Elements of The Empowerment Dynamic: The Power of Ted**

- 1. Creator: an antidote for the victim; makes a choice to be a creator**
  - Is a shift of mind: whatever I hold in my mind tends to manifest
  - Has an orientation on Vision and Outcome (F Is Be)
  - Feels on track learning from challenges and inner learning
  - Worldview is personal power to manifest from intentional choices and focus
  - Acts from a place of focusing on the vision of what they want in their life
  - Problems are challenges to be learned from and to benefit self and others
  - Flow is forward motion, learning, moving, growing: leaving the past behind
  
- 2. Challenger: an antidote for the perpetrator; ignites others to take action**
  - Is an active role calling forth the desire to create by learning new skills, making different decisions in order to manifest a dream or a desire
  - Has an orientation of being either constructive: by sparking improvement or development or destructive: by causing a tearing down an experience in order to look at it (example: confrontation, constructive criticism)
  - Feels uncomfortable at times
  - Worldview is one of clarity: showing you what you do want or don't want, what you need to leave behind, or what you must learn to avoid repeating a painful experience
  - Acts by coaxing, cajoling, enticing you to move towards your hearts desire
  - Problems are a way of gaining clarity to get you closer to what you want in your life
  - Flow is forward motion, learning, moving, growing: leaving the past behind
  
- 3. Coach: an antidote for the rescuer; support, encouragement, facilitator**
  - Is a professional who cultivates empowerment and hope in the heart of the creator
  - Has an orientation of holding the creator as whole, capable, and resourceful
  - Feels in a partnership and equality with the creator
  - Worldview is one of possibility, discovery, creation, and manifestation
  - Acts by asking the creator to dig deep to gain clarity; helping creators assess their current reality; and holding the creator responsible for their dreams
  - Problems become challenges to evolve or morph into a different way of seeing, being, or doing
  - Flow is forward motion, learning, moving, growing: attaining dreams and desires

What situation might you apply the Empowerment Dynamic to?

When could you apply the TED principle?

How does it feel to have an option to the DDT?

What are you taking away from this talk today?

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