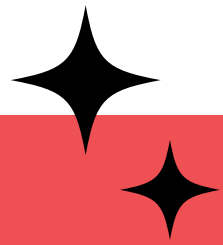


FROM DRAMA TO EMPOWERMENT GUIDE



DRAMA TRIANGLE	FEELING STATE	THOUGHT PATTERN	OUTCOME
Victim	Defeated, hurt, shut down	“Why bother? You’ll still be upset.”	Disconnection grows.
Persecutor	Angry, blaming, intense	“You never listen. You always do this.”	Contempt replaces connection.
Rescuer	Anxious, resentful, burdened	“Let me just fix it so we can stop fighting.”	Support turns into control.

EMPOWER TRIANGLE	FEELING STATE	NEW BELIEF	OUTCOME
Creator	Inspired, resourceful, resilient	“I’ll name what I want instead of what I fear.”	Vulnerability creates connection.
Challenger	Courageous, direct, clear, grounded	“I will be clear and kind at the same time.”	Honesty builds trust.
Coach	Compassionate, calm, curious, encouraging	“I will encourage us without controlling the outcome.”	Support restores safety.

Reconnect and Repair Quickly Based On Research – Debbie Cherry, LMFT

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