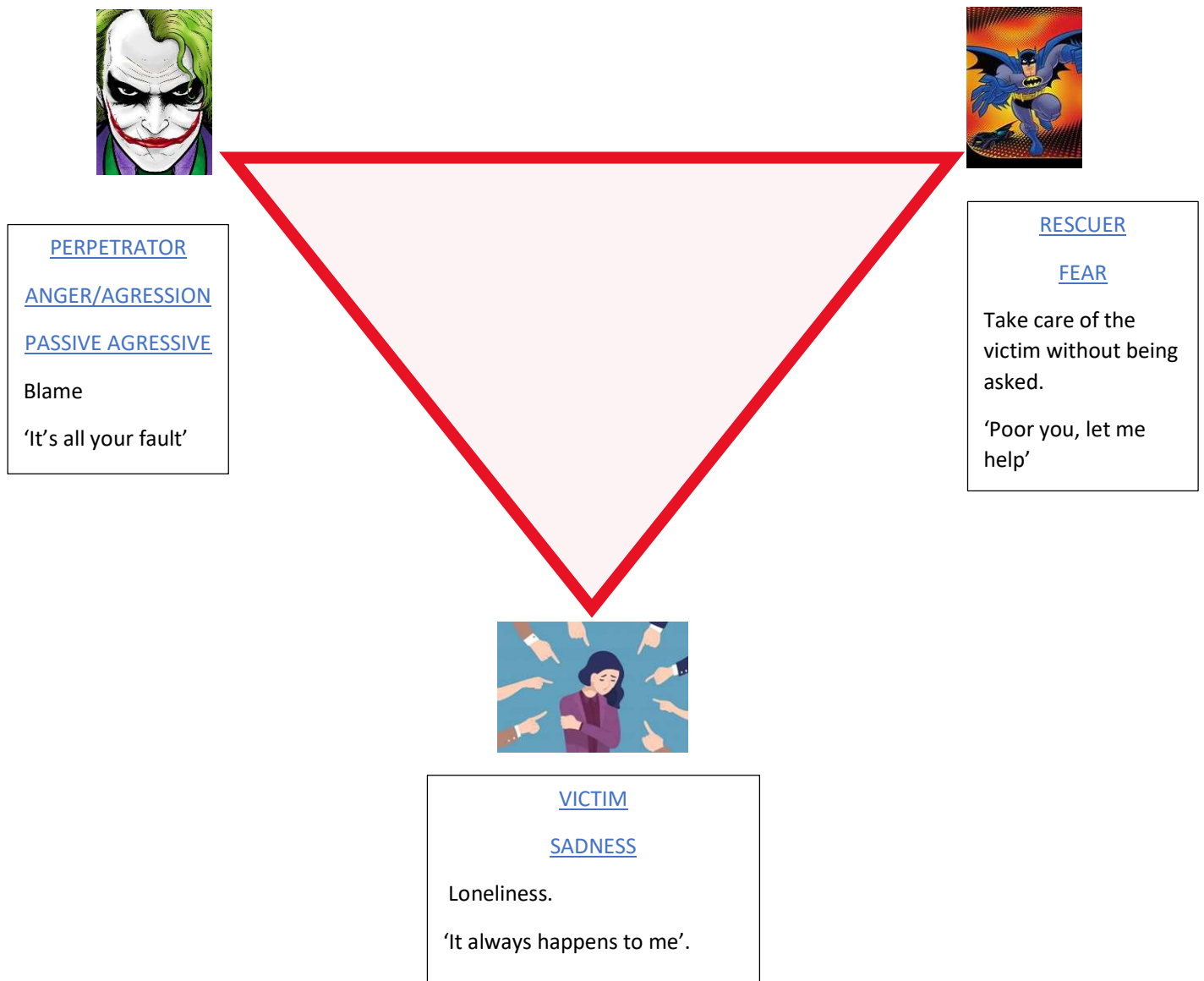


DRAMA TRIANGLE MODEL

UNHELPFUL

The triangle is made up of 3 roles. The persecutor, rescuer, and victim. This triangle is sometimes called the victim triangle as each role represents the 3 faces of a victim. The roles are two up and one down. The persecutor and rescuer are at the top and the victim at the bottom. The 3 roles are in relationships which depend on each other. This dynamic represents real life scenarios of how we sometimes relate to each other and can be used during relationship therapy. Usually, we enter the triangle at our adopted role and this role is conditioned through childhood experiences. However, we bounce around it and usually default back to the adopted role. When you enter, you will eventually become the victim.

Batman needs the joker so that he can be a superhero and was the joker once the victim?



EMPOWERMENT TRIANGLE

HELPFUL

If any of the roles change behaviour, it can support all 3 roles to move outside of the triangle.
Particularly if the victim leaves since it is the one down role and possibly the most difficult to leave.



THE VICTIM BECOMES THE CREATOR

Create a vision and a
meaningful outcome.

'I can do this!'



THE RESCUER BECOMES

THE COACH

How can you
empower them to
help themselves?

'How will you do this?'



THE PERPETRATOR BECOMES

THE CHALLENGER

Being assertive and
compassionate.

'No, this behaviour is
unhelpful'