

Sample 2

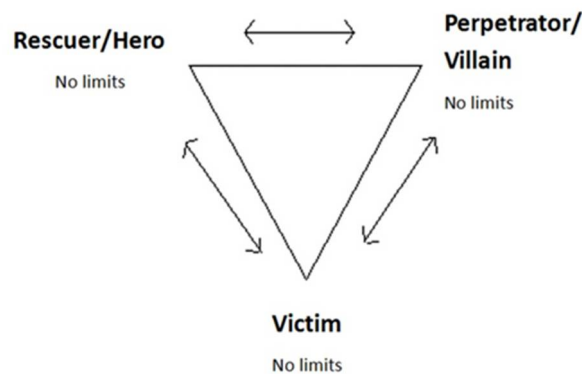
”Interpersonal Behaviour

One of the most easily recognisable patterns in human behaviour is that described by the ‘Karpman Drama Triangle’ or the ‘Deadly Drama Triangle’, as it has become known.

Therapists and healers are easily caught in this pattern, partly because of their desire to be helpful to others but also because clients often see their therapist as a sort of ‘Rescuer’. Indeed some therapists see their clients as ‘Victims’!

The only way to prevent this pattern developing is vigilance and a need for some deep personal reflection to understand what created the personal drive to be a therapist in the first place. If there is an unconscious need to be the ‘Rescuer’ this must be looked at and understood.

The ‘Karpman Drama Triangle’ aka ‘The Deadly Drama Triangle’



There are three possible roles – ‘Rescuer’, ‘Persecutor’ and ‘Victim’. In everyday language these could be renamed as ‘Hero’, ‘Villain’ and ‘Victim’.

The ‘Victim’ always initiates the drama cycle. Once someone sees themselves as a ‘Victim’, someone else automatically takes the role of ‘Persecutor/Villain’. They fulfil the need for someone else to blame.

The ‘Victim’ may then begin to look for someone to act as a ‘Rescuer/Hero’. When these three roles are played out without any party holding their personal boundaries the ‘drama triangle’ becomes activated. “