

Karpman Drama Triangle

VILLAIN



- “It’s all your fault.”
- “You’re so stupid.”
- “What’s the matter with you?”
- “Do what I say, or else...”
- “You’ll get in trouble if you tell.”
- “Why can’t you get it right?”
- “I’ll give you something to cry about!”
- “You don’t know what you’re talking about.”

(false) HERO



- “Let me help you.”
- “Let me do that for you.”
- “You can’t do it by yourself.”
- “That’s too hard for you.”
- “I know what’s best for you.”
- “It’s not your fault.”
- “I’ll take care of it.”
- “You poor thing.”
- “How dare they do that to you.”

Taking on one of these roles in a conflict forces the other person into one of the other two roles in relation to you.

VICTIM



- “Poor me!”
- “I can’t do it.”
- “It’s too hard.”
- “It’s not my fault.”
- “You did this to me.”
- “You’re so mean.”
- “I didn’t do it.”

- “It’s not fair.”
- “Somethings wrong with me.”
- “I have no control.”
- “Nobody likes me.”
- “Nobody cares, anyway.”
- “I’m helpless!”
- “I can’t catch a break.”