

**USE CHOICE THEORY
TO STAY IN THE CIRCLE
OF STRENGTH ROLES**

**CIRCLE OF STRENGTH
& INFLUENCE
(Power WITH & WITHIN)**

AREA OF CONCERN

**ROLES IN THE
CIRCLE OF
STRENGTH &
Internal
Control
(Choice Theory)**

7 Effective
Behaviours we
can choose that
**create HAPPY
Relationships:**

*Listening
Supporting
Encouraging
Respecting
Trusting
Accepting
Negotiating
disagreements*

COACH/ FACILITATOR
Negotiates Listens,
Questions, Supports
Seeks to Understand
Encourages,
Asks What do you want ?
How would you like
things to be? What are
you doing? Is it helping?
What's your Plan?

TEAM MEMBER
Collaborates, Finds strength in
each persons' opinions, shares
responsibility, Interdependent,
cooperates, contributes

DRAMA TRIANGLE
3 Roles in the Cycle of Blame (Power OVER)

HERO
Enabling
Rescuing

VILLIAN
Bullying
Bossing
Punishing

VICTIM
Suffering
Hurting

**LEADER
INITIATOR**
Leads, Models, sets
boundaries. Takes risks,
States personal ideas,
shares vision, hopes,
wants, builds team,
inspires others

**EMPOWERED
SELF**
Listens, Internal locus of
control, Responsibly
meets own needs/wants,
Negotiates, Accepts,
Validates, Learns,
Creates

**ROLES IN THE
TRIANGLE OF
PAIN & Cycle
of Blame
External
Control**

7 Ineffective
Behaviours we
use to try to
control others
that result in
**UNHAPPY
relationships:**

***Criticising
Blaming
Complaining
Nagging
Threatening
Punishing
Bribing
(rewarding to
control)***