

KARPMAN'S TRIANGLE EXPLAINED

When we are stuck in self-defeating or self-serving roles, we tend to get polarized and become mired in extremes (see Drama Triangle below). The goal is to move from the corners toward the middle of the triangle - incorporating the aspects of the disowned roles (see Healthy Balance below).

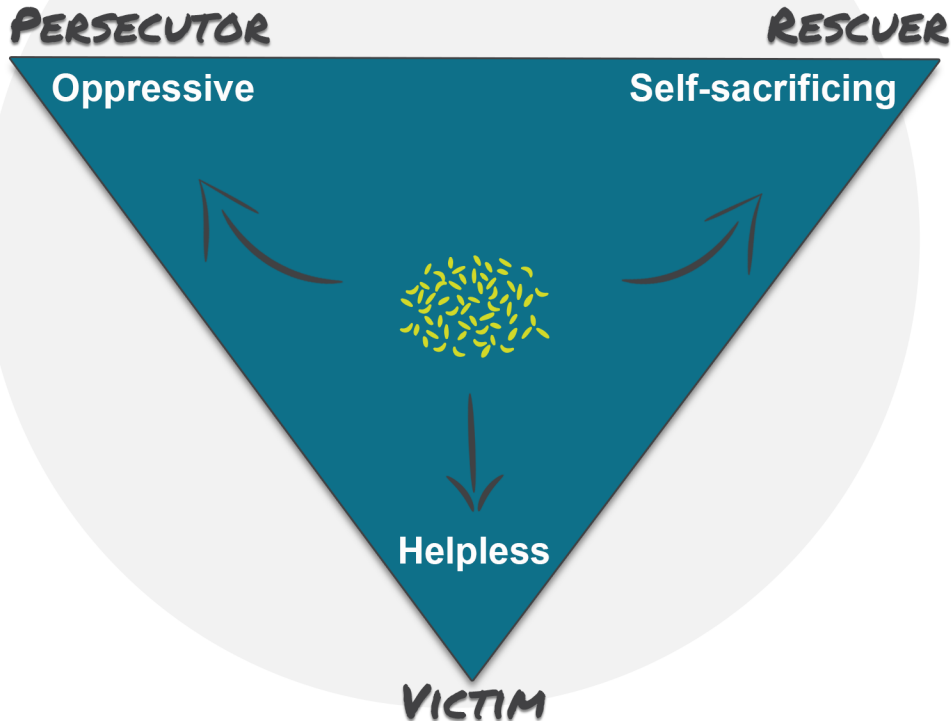
Integration is in the center, combining the health in each role: assertiveness, attunement, and self-awareness.

DRAMA TRIANGLE

Persecutor: blames others, denies vulnerability.

Rescuer: denies their own needs and enables.

Victim: feels injured/helpless, denies own aggression, no agency.



HEALTHY BALANCE

Persecutor: transforms to Assertiveness.

Rescuer: transforms to Attunement.

Victim: transforms to Self-awareness.

