Are you stuck in VICTIM mode?

“It’s not my fault, it’s unfair“ you may tell yourself, then you may be stuck in a drama triangle.

Karpman’s drama triangle consist of 3 corners

Victim

Prosecutor Rescuer

Feeling like a victim-

Victims can deny responsibility for their destructive circumstances or deny that they have power to change these circumstances. Is this you?

People in a victim role will look for a rescuer. And if a rescue does not happen this can lead to them becoming a persecutor.

Do you find yourself in any of these roles at times?

Rescuer

Or are you stuck in rescue mode with certain people? Can you move away from being their rescuer to step outside the drama triangle?

Some people seem to suck you into the drama triangle and before you know it: you feel like a victim or rescuer.

Which relationships come to mind? What can you do about it?

Read on to learn how to take back your control, to consciously decide not to enter into the drama triangle.

Feeling like a rescuer-

Rescuers are traditionally co-dependant and collaborators. They require victims to help and even sometimes cannot allow the victim to succeed. The need for this type of rescuer is to have a sense of control over the other person. Guilt is often a predominate drive here.

Rescuers are often exhausted and stressed as they are caught in a martyr style cycle where resentment festers beneath the surface.

Feeling like a prosecutor-

The paradigm of the prosecutor is that of “ It’s all your fault!” Prosecutors blame the other person- “ you made me do it, with your behaviour”. Here they are also not taking responsibility and may even feel a bit like a victim. Prosecutors can often be angry and rigid.

The need is control, wanting things their way ( As that is better) together with a fear of being a victim.

People switch roles all the time and some people are trapped inside the triangle never seeing a way out. Victims depend on a person that will save them, rescuers yearn for a person that needs them, and persecutors need a scapegoat.

Can you step out of the triangle?

First challenge is to notice when you find yourself in the triangle.

Once it is in your conscious awareness you can begin to analyse your part of the relationship. What is your unconscious need? What is the other person’s need?

Can you change your reaction?

Talking to a coach can help you figure this out .