

The Karpman Drama / Trauma Triangle

Symptoms	Changes	What I look for	Corrective Actions
Victim	Abused / Injustice	My mind looking for someone else to blame for my problems	Presence
Villian	Sadistic Hate and Rage	My mind perceiving ways to hurt others from a hatefilled perspective	Presence
Hero / Rescuer	Sympathy / Lack of self worth	My mind looking for other peoples problems to solve to avoid looking at my own	Presence