

Drama triangle analysis

This is an analysis of your level of Victim, Rescuer and Persecutor roles, at the time you fill out the analysis. It is **important** for your **self-knowledge** that you are **honest** to yourself, when you answer. Answer as quickly as possible without thinking too much, otherwise you may answer according to how you **wish** to be, instead of how you actually are. You will **only** be cheating yourself, and there is very little personal growth in that.

	0	1	2	3	4
How often do you feel, think or say the following statements?	Almost never	Rarely	Sometimes	Often	Very often
1. When something goes wrong, my first reaction is to find someone to blame!					
2. When someone says or does something, I may be hurt or sad, but I don't say anything					
3. When someone gives advice, they do so because they think, they are better than me					
4. It does not matter, what I do. Things rarely turn out as I want them to!					
5. If I see that someone could solve a task in a different way, I will tell and show them how					
6. If I have to wait for other people, I will help them, even though they have not asked for my help					
7. In many ways, I am lucky. When I look at others, it is obvious that they are not at my level					
8. When I meet someone, who is sad or down, I will do anything I can to help the person					
9. When others are in a good mood I get annoyed, especially if I am in a lousy mood					
10. It is important that I am there for those, who need it					
11. I think, I should be grateful for the good things in my life and the good things that happen to me					
12. When a mistake has been made, it is important to find the guilty person and carry out consequences					
13. What I do for others defines my life and my worth					
14. Others do better and have a more fun life than me					
15. If a task is to be done correctly, it's best I do it myself					
16. I often feel alone, also in the company of others					
17. Other's failure is their own fault					
18. When I see others being wrongfully treated, I have to stop it!					



How often do you feel, think or say the following statements?	Almost never	Rarely	Sometimes	Often	Very often
19. I praise others, when I don't criticize					
20. I am naturally sceptical of others always knowing what is good for them					
21. If the atmosphere turns negative, I take charge and reestablish the positive atmosphere					
22. I never expect others to help me - they are busy with their own stuff					
23. I would rather stay quiet than have a fall out with people					
24. I love competitions, because I can win and show how good I am					
25. When I am unfairly treated, it is just because I never told them how I want to be treated					
26. When someone does something I do not like, they immediately get my opinion, brief and hard					
27. "If others are wrong, it is up to me to show them who is right", is a thought that comes to me					
28. To seek the guilty when something goes wrong is unnecessary - no-one makes mistakes on purpose. The guilty has already learned his lesson					
29. I think it is difficult to talk to people, who are sad, because they most often are better off than me					
30. I begin trains of thought with "I can't..", "I'm not good at..", "I never could..."					
31. When something goes wrong, I blame myself					
32. When I put pressure on others, they do a better job					
33. In my experience, punishment and reward are excellent tools					
34. When my colleagues criticize my work, it is because they are jealous and want to feel better than me					
35. When others go against my best advice, it is their own fault, if things go wrong					
36. When I talk to my friends, the topic is often how miserable they are - and me giving them advice					



	Victim	Rescuer	Persecutor
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

	Victim	Rescuer	Persecutor
19			
20			
21			
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23			
24			
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31			
32			
33			
34			
35			
36			
Total			

READ THIS:

When you have filled out the questionnaire, you calculate your score: **Very often** is 4 points. **Often** is 3 points. **Sometimes** is 2 points. **Rarely** is 1 point. **Almost never** is 0 points.

If you answered "Rarely" in the first question, your score is 1 point. You write 1 in the white square next to the question's number.

At question number 1, the white square is in the "Persecutor" column. At question number 2, the white square is in the "Victim" column etc. You are **only** to place your points in the **white** squares. Add the numbers for each column. The three results show the levels of your Victim, Rescuer and Persecutor behaviour.

A score **under** 10 indicates that you rarely show this drama role. On the other hand, a score over 30 indicates a significant drama role behaviour, which others definitely will notice. The higher the score, the more the mentality shows!



WHAT CAN YOU USE THIS ANALYSIS FOR?

The analysis is a snapshot of your drama role today. Use the analysis as a tool for better understanding yourself and to obtain greater insights to yourself.

You have answered all the questions, so the analysis is a direct communication from your subconsciousness to yourself. If you disagree with the analysis, you have to take responsibility for the fact that the analysis is a direct outcome of your answers.

The results of the analysis is your result, no-one else's. If you do not like your score, only you have the power to change it.

See the result as a **gift** to yourself, and use it as an opportunity to enhance the mentality you want to be in most of the time.

Everyone is at some point in the roles of the Victim, Rescuer and Persecutor. Even really insightful people with a great inner balance react and feel inside the drama triangle. The difference is how long it takes for them to see it.

The foundation of lasting Being-mentality is to be conscious of your thoughts and feelings. When you do that, you can move out of the drama triangle much faster and back into the mentality of Being. Please note that it is rather energy consuming to constantly being attentive, at least in the beginning. You will feel it much easier to be Rescuer, Persecutor or Victim, because in these conditions you find yourself in pre-defined roles.

The natural reaction to a difficult condition is to find the cause outside oneself! The best way to resolve a difficult condition is to take responsibility for it.

When you take responsibility for your thoughts, feelings and actions, you give the power to yourself. That's where you can act on them. When you are in the mentality of Being, you acknowledge all of your feelings, including the ugly, nasty and vulgar ones.

When you acknowledge them, you can change them, since you can only change what you focus on. When you suppress an emotion, it stays. Emotions have to be felt in order to vanish, otherwise they hide in your subconsciousness and involuntarily emerge in completely unrelated situations and out of your control.

Stop suppressing and fighting an emotion - accept it instead. Change it into something that will lead you towards longterm happiness and balance.

You may experience this as easy to understand, but rather difficult to do in real life. The method is that you take responsibility for your emotion and do something to change that emotion into something constructive in the long run.

Example: You are discontent with your job and you are tired every evening. Now you have the following choice: You can submit to being discontent and lower yourself into the drama triangle, or you can find a way to be happy about your job. You can remove yourself from your job and quit.

Most people agree that it would be best to either find a way to become happy or remove oneself from the job. BUT when it becomes specific and is about themselves, the attitude changes, because it is really energy consuming to find a new way at working in the same job.

Most people are afraid to quit their job, because they think, they need the money. That is why they stay in the condition of discontent and keep themselves from the opportunity of happiness and balance. What would you rather? Be happy and poor or have money and be miserable?

When you are in the mentality of Being, the question becomes rhetorical. You want to be happy, even if it means that you have to confront your colleagues or boss with your discontentment, or get a new job with a lower pay and less status.

A person in the mentality of Being always chooses what will lead them towards longterm happiness and balance. In the next pages, you will find our definition of pure Being-mentality. What you do for you and your happiness is your choice, and your choice only. Choose!

Being-mentality (warrior-mentality): You stand by who you are and what you are. You know that you will only receive other's respect, if you respect yourself. You express your opinions, goals and wishes clearly and without excuses or understating yourself or imposing your opinions onto others. You stand by your emotions, ideas and rights and never violate other's rights for the same. You know that only you have the responsibility to be balanced and happy. You remove all the things that lead you away from happiness, even if it is troublesome and difficult. You fight for the things you want and wish to achieve. You are in the mentality of Being when you express your point-of-view without threatening or complaining. You feel the power over yourself, in yourself and that you are connected to your surroundings.

Being-mentality has features such as:

- **You take responsibility for your life**
- **Guild does not matter, how you move on is essential**
- **You rarely give up and you are ready for change**
- **You seek solutions to your problems**
- **You mostly judge and assess others positively**
- **You give energy and pay attention to others**

Being-reactions are typically:

- **You are energetic and goal-oriented**
- **You react to your emotions through acknowledgement and reflection**
- **You give and receive fairly**
- **You feel blessed**
- **You are critical and evaluating towards yourself, without becoming self-reproaching**
- **You take responsibility for your actions and accept that you make mistakes**
- **You feel that you have power over your life**
- **You express your expectations and are realistic in fulfilling them**
- **You are dutiful, but know that your greatest obligation is toward your own emotions and needs**
- **You are inspired and motivated by others' success**
- **You trust the world and the people you love**

Being-mentality is lead by:

- **Security**
- **Positive expectations**
- **Self-corroboration and self-acknowledgements**
- **High self-worth and great belief in oneself**

The physical and psychological effects of Being-mentality:

- **Well-being and a high energy level**
- **Happiness**
- **Inner peace**
- **Surplus**
- **Balance**

Role of the Rescuer: The rescuer is the mother figure that has taken over the behaviour.

HAS to be something actively and helping toward others. Attributes one self and others with its enormous need of taking care of. This behaviour provides the feeling of worth, value and purpose - by focusing on others' misery.

Rescuers hope that as long as they help others, at some point it will be the rescuer's turn to receive care and be loved. When that happens, the rescuer has a hard time receiving the help and turns down, more than receives, help.

The rescuer demands being the martyr. The rescuer makes emotional extortion to get the "victim" to stay in the role of the victim. The rescuer constantly demands that someone needs saving and always ends up being the victim.

The rescuer's biggest fear is to be dispensable and redundant.

The Rescuer has features such as:

- **Demands (uninvited) to sacrifice oneself for "everybody's best"**
- **Sees oneself as helpful, good & indispensable**
- **Takes (uninvited) responsibility for others (avoids doing it for oneself)**
- **Demands (uninvited) to be the problem solver**
- **Gives (uninvited) "good advice" and tells, what the other person must do ...**
- **Feels good when others feel bad (focus away from oneself)**
- **Inner dialogue: Without my help you are lost. I know what is best for you. I will save and help you without asking you first**

Role of the Victim:

Basically, Victim-mentality is disclaiming responsibility for your life and your well-being.

The victim is the child that has taken over the behaviour.

The victim (child) needs to be taken care of, receive others' help and feel others' attention.

The victim's biggest fear is to fail! The victim will always seek a rescuer. The victim never recognizes own abilities to solve problems or to take responsibility for its own situation.

The victim is angry about being dependent of others and has a tendency to change into the persecutor.

The Victim has features such as:

- **The Victim feels powerless and unable to change the situation**
- **Takes the blame, while seeking to give others the responsibility**
- **Denies its responsibility for the situation**
- **Looks for a Rescuer**
- **Feels that others are good, and the Victim is bad - and it is the other's fault**

- **Inner dialogue: I am wrong, hopeless, incompetent, powerless, small, weak, vulnerable. No matter what I do, it is never good enough. It is all my fault, and it is your fault that I feel this way**

Role of the Persecutor:

The persecutor is the father figure that has taken over the behaviour!

The father figure's protecting and taking care of the family is distorted into the persecutor's desire to dominate with power, fear and threats.

The persecutor actively uses blame, control and punishment.

The persecutor wants to be right and only gives according to earnings (never enough).

The persecutor blames its victim and never recognizes own weaknesses.

The persecutor seeks righteous indignation/anger.

The persecutor's biggest fear is powerlessness.

The Persecutor has features such as:

- **Aggressive when speaking and may seem physically threatening**
- **Affects, offends and puts down others**
- **Places guilt on others and denies any responsibility**
- **Demands that others make sacrifices**
- **Believes to be right and holds righteous anger**
- **Believes to be good while others are bad**
- **Inner dialogue: You are utterly wrong, selfish, demanding, hopeless, stupid, ridiculous, lazy. No matter what you do, it is never good enough. Everything is your fault, because you are useless**

MOVE FROM THE DRAMA TRIANGLE TO BEING-MENTALITY

The first step is to acknowledge that you have a tendency to be in the drama triangle.

Acknowledge that you cheat yourself of joy, balance and harmony. Longterm, you have nothing to win by being a Victim, Rescuer or Persecutor. Give yourself the power over your life and your mental state of mind.

Lack of self-worth and self-confidence is the main reason that you are in the drama triangle. The difference between self-worth and self-confidence is:

Self-worth:

An inner feeling of worth, independent of skills, status, and external circumstances.

You feel you are worthy, that you have worth, because you are who you are.

You are, therefore you have worth.

You like who you are, what you are.

You think positive thoughts of yourself and have positive feelings about yourself.

A high self-worth automatically gives high self-confidence, because you know yourself and know, what you (most likely) is not capable of.

Self-confidence: A feeling of being good at something specific.

Self-confidence is determined by external circumstances.

Your confidence is based on what you do.

You can have great self-confidence and little self-worth at the same time.

To many people's surprise, many successful people have great self-confidence but low self-worth. From Bill Gates to Mike Tyson. Their experience of lesser value has driven them to seek acknowledgment of their value outside of themselves. When you seek to increase your self-worth through a higher self-confidence, it is like crossing the lake to get water, because your self-confidence is linked to things outside of your control and depends on other people's opinions and experiences. If you want more self-confidence faster, you have to begin by feeling more self-worth.

You're only a victim once. The next time you're an accomplice.

-Naomi Judd

Your tendency to be a role in the drama triangle is grounded in your past. You have had experiences, where your worth as a human being was put into question or directly rejected. Unless you suffer from a hereditary mental illness, you were born with the belief that you are perfect.

No child questions its right to be on this planet. The reflection of you in connection to the world comes into question in late childhood and puberty. In childhood and puberty you mirror yourself in your surroundings to find out who you are.

You define yourself with the sum of your experiences. The statement "*it's never too late to get a happy childhood*" is born from the fact that YOU decide how your past affects your present. You can only do so if you face your past and change your view of what happened to you. If you were bullied by your peers, then look at it as your motivation for preventing others from being bullied.

If your parents were very critical, use it as a motivation for never being needlessly critical towards children. You can change almost any experience in your past into something positive in your present. The choice is yours. It is difficult and demands an effort beyond what you have already done.

No-one wins without training, and you can win self-worth and Being-mentality through daily mental training.

You get more self-worth the minute you accept yourself as you are - including negative thoughts and actions. If you behave in ways you despise, then don't carry out those actions, and replace them with actions, you believe are better.

Consciousness

All change starts with increased consciousness. When you acknowledge that you are in the drama triangle, you have taken the first step towards the mentality of being.

When you see, how it holds you back from a life in balance and happiness.

Self-knowledge is key to your journey towards the mentality of being, regardless if you feel it is embarrassing or uncomfortable to admit.

Courage to see yourself and your behaviour is the road to happiness and harmony.

Forgive

To heal your inner pain, you have to forgive. You must forgive the people who have done you wrong, and you have to forgive **yourself**.

That you hold anger and pain from the past at a distance does nothing good for you. Anger and bitterness poisons you with negativity.

Make a decision to forgive the past, your persecutors and yourself on a daily basis.

Decide to live a successful and happy life in spite of your past. It is never too late to have a happy childhood.

Responsibility

Actively decide to avoid using your past as an excuse for anything.

Take responsibility for your choices and actions. Which is much easier now that you have forgiven both your persecutors and yourself for actions and thoughts in the past.

Strengthen yourself as the boss of your life.

Grateful

Your past is a part of your life that you can only change by changing the present.

You definitely have things and people in your life that can and will bring you joy.

Identify everything, you are grateful for in your life!

Write them down and feel and say thanks (to yourself) for them every single day.

Compassion

If you have been in the drama triangle for a long time, it will take some time to change into your new mentality of Being.

Show patience and love toward yourself. Acknowledge your effort and successes. Be gentle on yourself when you stumble in your new way of thinking about yourself and the world.

Your intention is to create positive changes, which lead you to greater well-being and balance, even if you fall back to old behaviour once in a while.

Personal growth takes time and plenty of practise. Remember to celebrate small victories.

The choice is **yours** - be **exited** about the journey and know that YOU **deserve** *happiness, balance and harmony!*

