

The Drama Triangle and Psychological Games:

Within TA we talk about Games and Game Playing behavior, (Berne, E. 2016 "Games People Play")

Eric Berne the founder of TA, in 1964, defined a (psychological) "Game" as a series of transactions with ulterior motives that lead to a predictable negative outcome and end with bad feelings for both individuals.

This happens flawlessly, over and over, outside of our awareness.

Eric Berne, the founder of TA said "the first thing children learn is to obey their parents and they spend the rest of their lives doing just that"

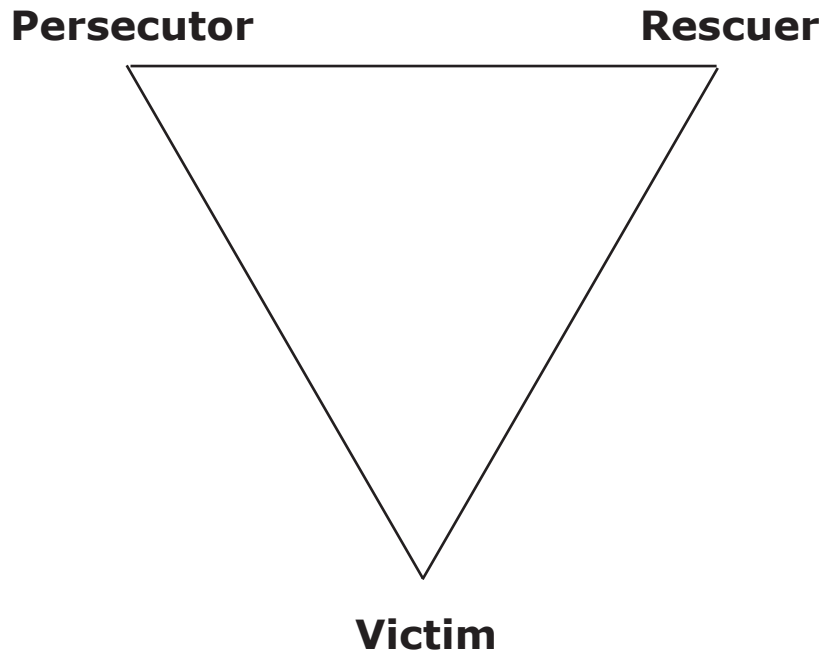
Drama Triangle (Karpman, S): The three roles of the drama triangle appear in every Game:

- The Victim
 - The Rescuer
 - The Persecutor.
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- The Slachtoffer denies their own responsibility, asks for help, support and attention for things that they can, may, dare or must do themselves.
 - The Savior accepts or takes over for the other one. As a result, they offer a solution, without asking, and take away the victim's autonomy and learning moment.
 - The Persecutor blames the other for not being able to cope or for their contribution in the dynamic. By doing this, they also avoid their own share of the blame and thereby divert attention from their own responsibility.

What is your favourite "Bad feeling"? "See, I knew....."

Complete this sentence: "You see, it doesn't matter what I do,!"

Which role do you, until now, usually, unconsciously take on?



When you are in the Drama Triangle, you are actually not showing autonomous behavior:

Autonomy according to TA is behaving, thinking and feeling in response to the reality in the here-and-now, instead of from script beliefs (Stewart 1996).
Script is basically the belief set others have projected onto you or that you adopted in order to interact and cope with the world when young.

Berne described autonomy as:

- Consciousness: the ability to experience yourself, others and the world without interpretations.
- Spontaneity: the ability to appropriately express feelings and thoughts in the here and now, without censoring oneself out of out dated values and beliefs.
- Intimacy: the ability to be able to verbalise to another, what is happening inside us.

To stay out of the Drama Triangle, we use the "Compassion or Winners Triangle"

With this we train ourselves in:

Being assertive and not acting as a persecutor,

Supportive, checking what is needed, instead of acting as a rescuer without negotiating first

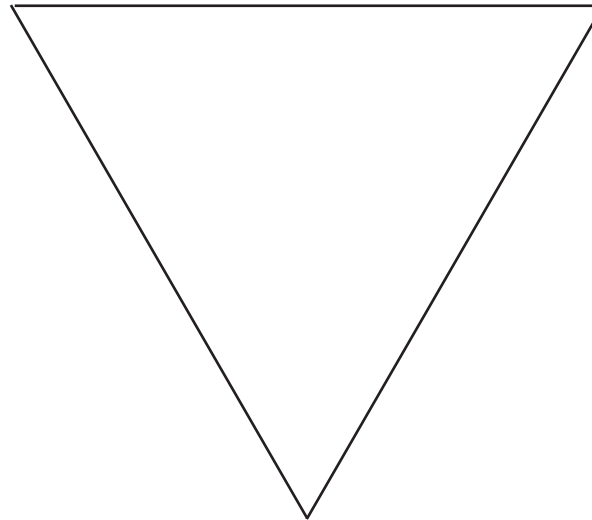
Showing vulnerability instead of unconsciously expecting it from elsewhere as a victim

In all three of the new roles, attuning within yourself and with the other is important. This can be learned and practiced within a therapeutic relationship.

COMPASSION TRIANGLE

Assertive

Helper <50%



Empathic