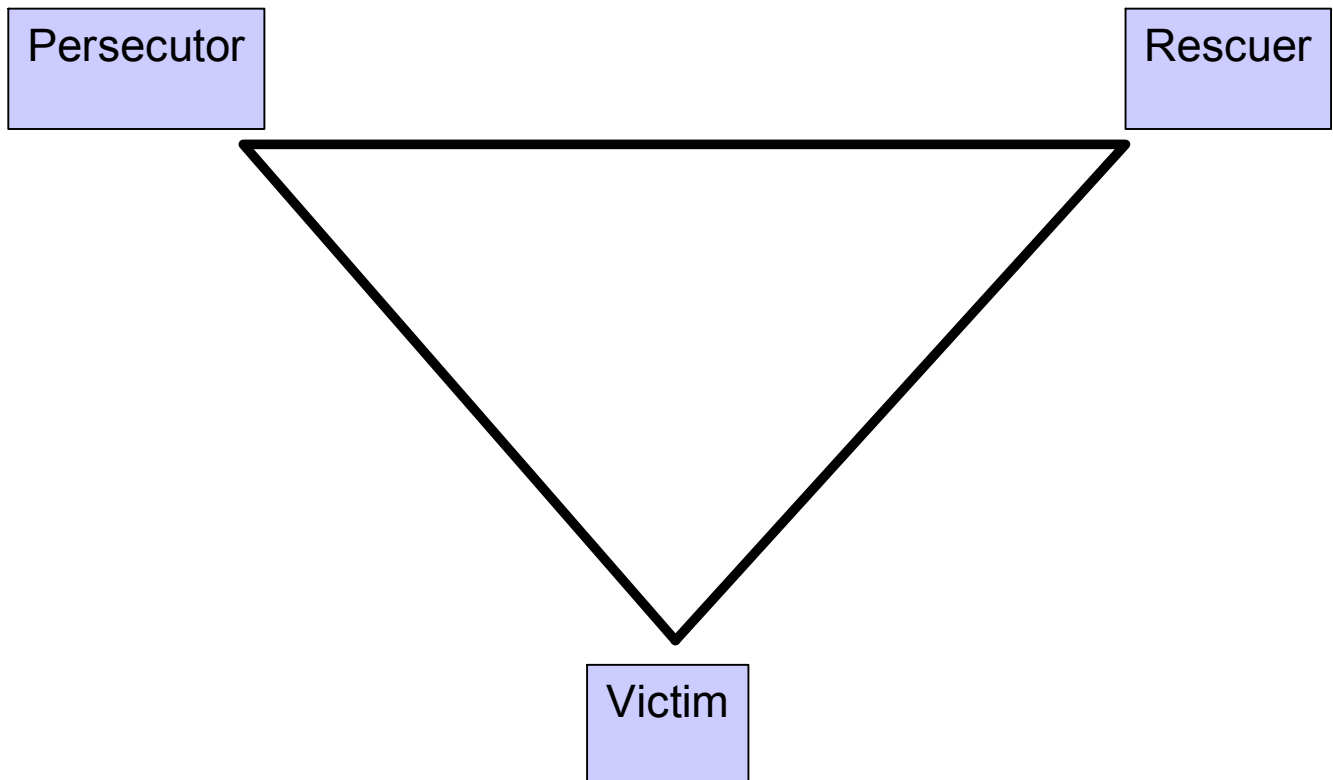


# Drama Triangle



Each position sees us replaying ineffective patterns of thoughts and behaviour.

Drama triangle developed by Karpman (1968)

Karpman, K (1968), *Fairy Tales and Script Drama Analysis*, Transactional Analysis Journal 7:26

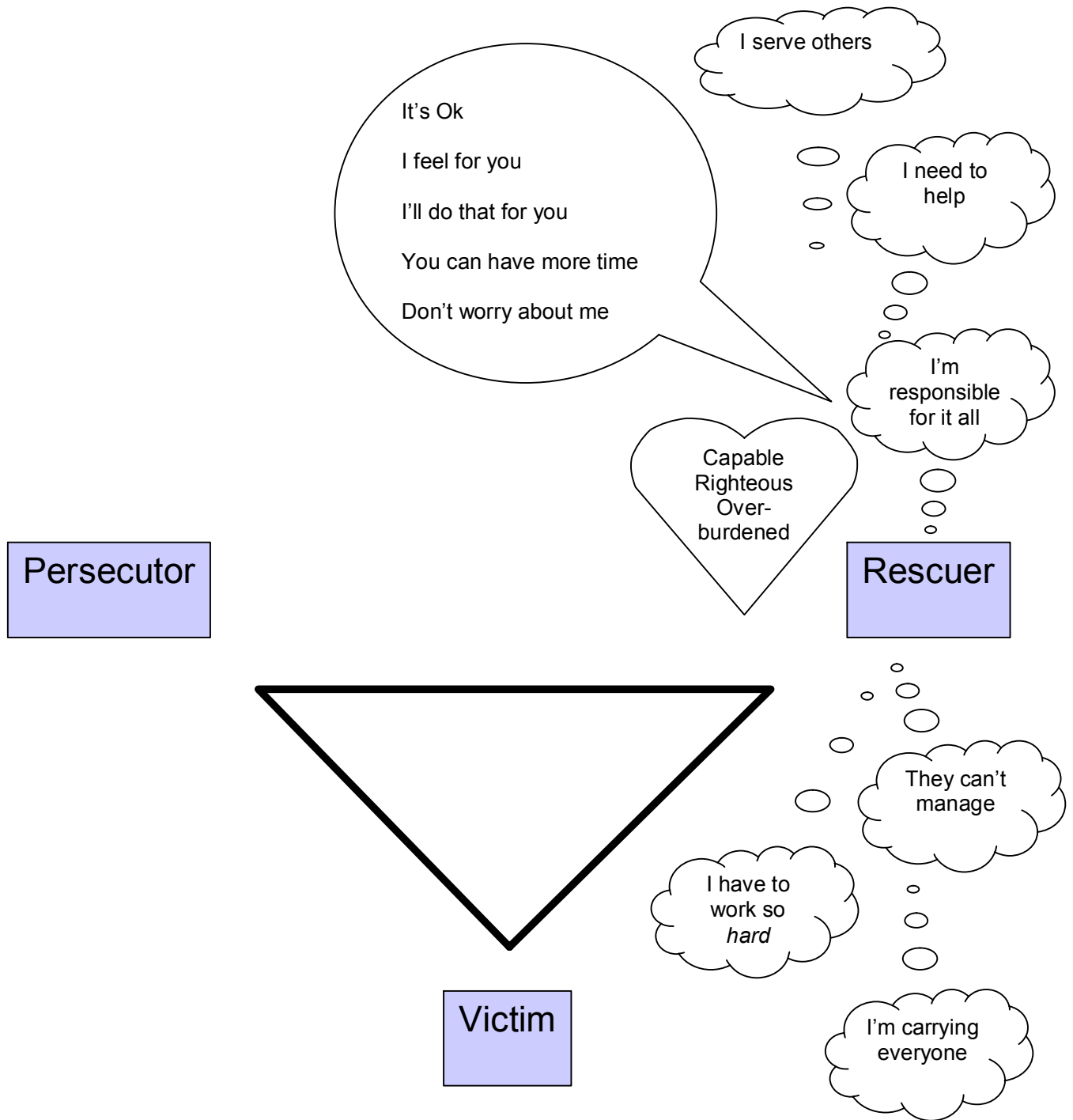
## Useful sources

Hay, J (1993), *Working it Out at Work*, Sherwood Publishing – on TA, including Rackets

Napper, R & Newton, T (2000) *TACTICS*, TA Resources – on TA, including Drama Triangle & Winners Triangle

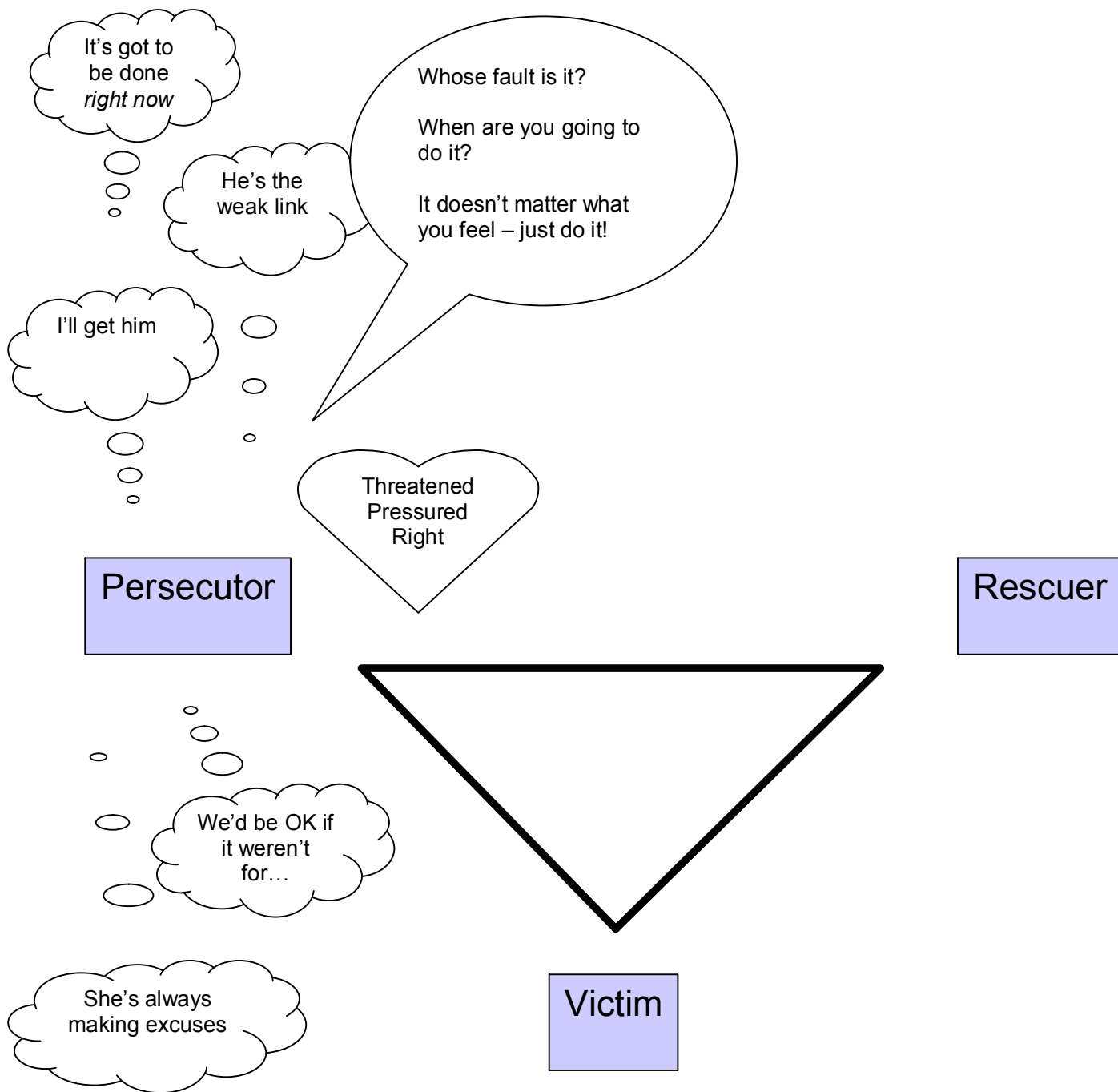
# Drama Triangle

## What may be going on for the Rescuer....



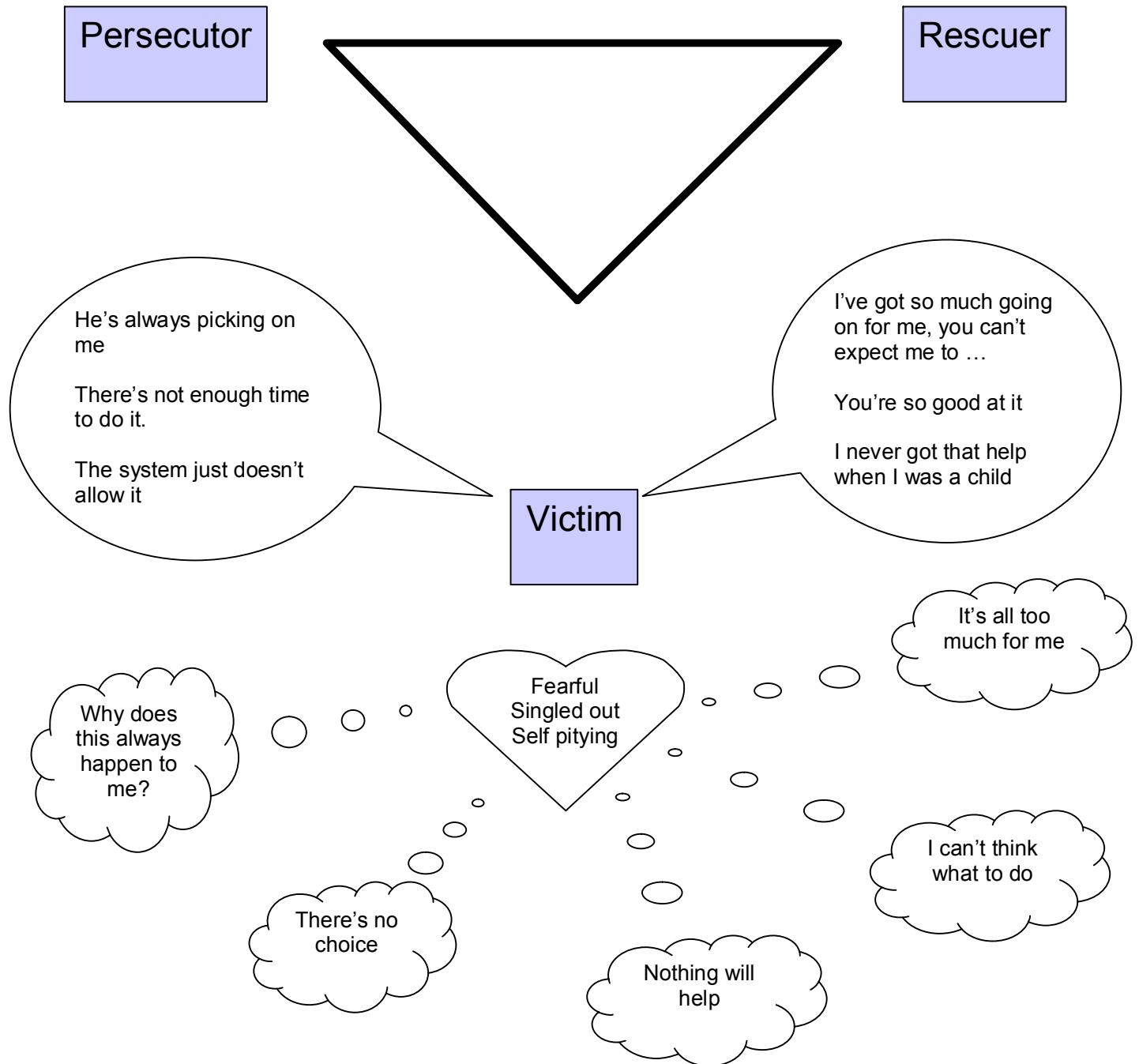
# Drama Triangle

## What may be going on for the Persecutor....

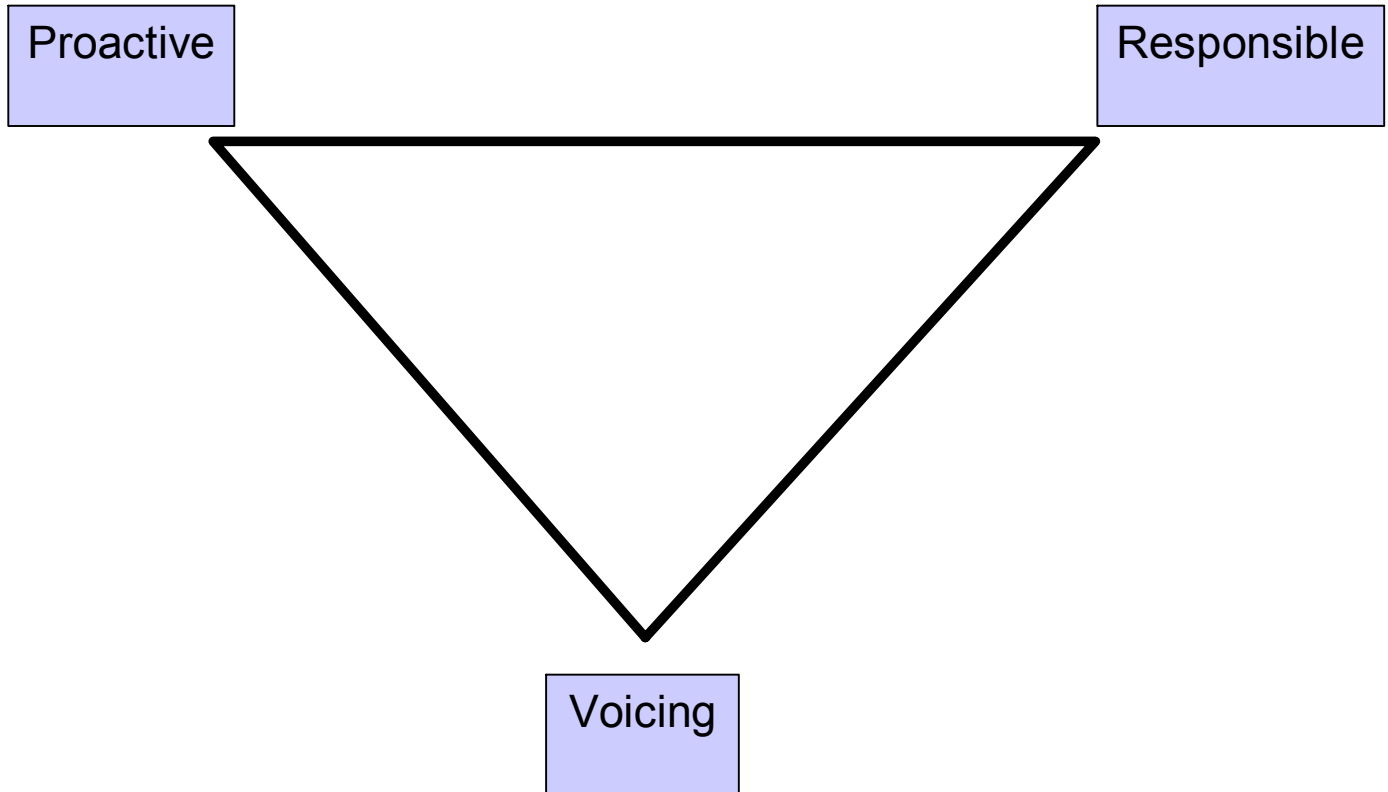


# Drama Triangle

What may be going on for the Victim.....



# Winners' Triangle



## Voicing

owning feelings, thoughts, reactions & *vulnerability*

## Proactive

*potently* giving strokes & defining boundaries

## Responsible

*responsive* to others in contracting for what you can do  
& giving no more or less than asked

Napper & Newton, 2000

## Focus on “I’m OK, You’re OK”

Winners' triangle developed by Choy (1990)

Choy, A (1990), *The Winners' Triangle*, Transactional Analysis Journal 20:1

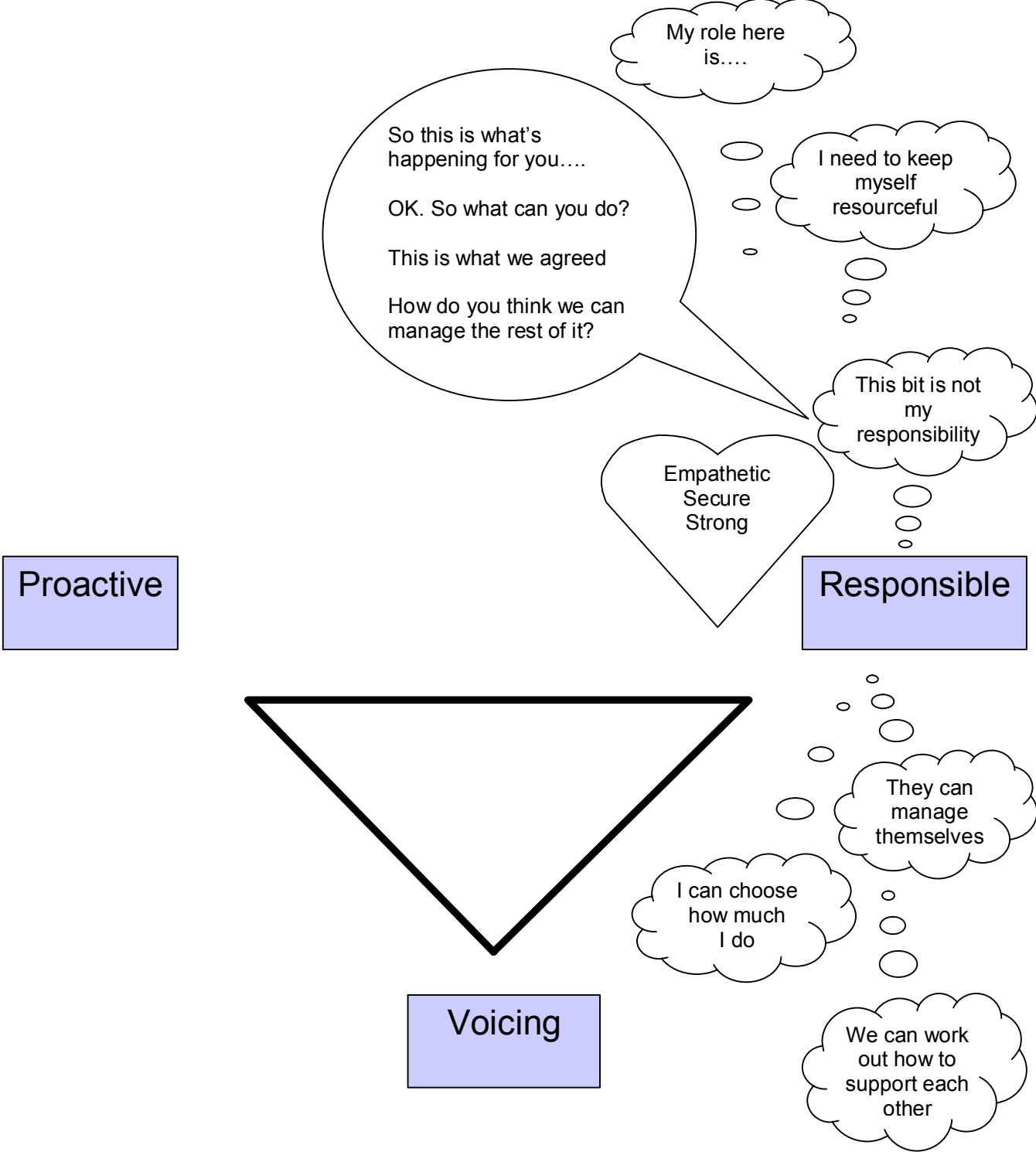
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Hay, J (1993), *Working it Out at Work*, Sherwood Publishing – on TA, including Rackets

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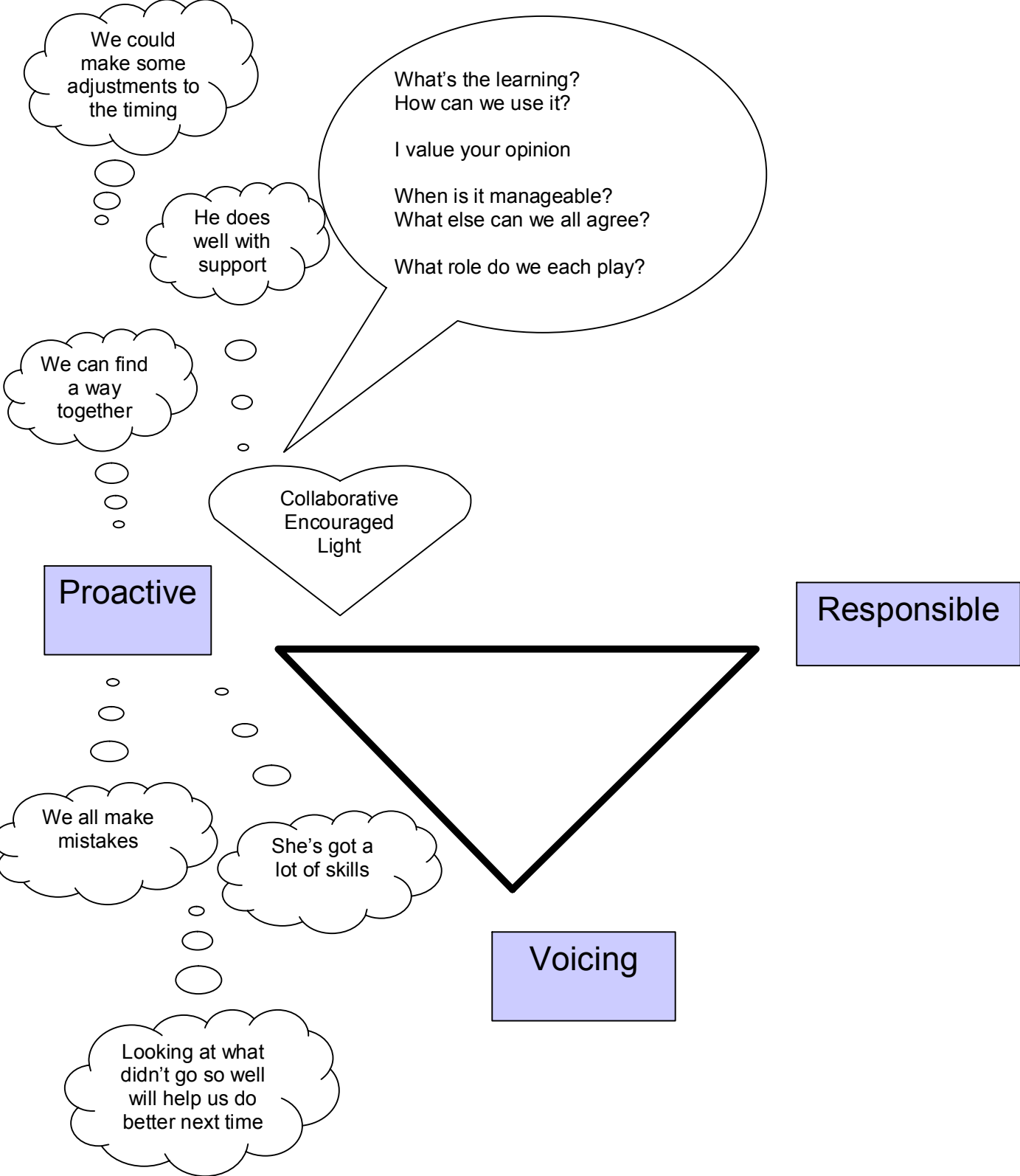
# Winners' Triangle

Being responsible may include....



# Winners' Triangle

Being proactive may include....



# Winners' Triangle

Voicing may include....

