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**
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….

- It’s Ok
- I feel for you
- I’ll do that for you
- You can have more time
- Don’t worry about me

- I serve others

- I need to help

- I’m responsible for it all

- Capable
- Righteous
- Over-burdened

- They can’t manage

- I have to work so hard

- I’m carrying everyone

- I need to help

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Drama Triangle

What may be going on for the Persecutor…. 

- It’s got to be done right now
- He’s the weak link
- I’ll get him
- Threatened Pressured Right

Who’s fault is it?
When are you going to do it?
It doesn’t matter what you feel – just do it!

- Whose fault is it?
- We’d be OK if it weren’t for...
- She’s always making excuses

Persecutor Rescuer Victim
Drama Triangle

What may be going on for the Victim…..

Persecutor

He’s always picking on me
There’s not enough time to do it.
The system just doesn’t allow it

Rescuer

I’ve got so much going on for me, you can’t expect me to …
You’re so good at it
I never got that help when I was a child

Victim

Why does this always happen to me?
Fearful
Singled out
Self pitying

There’s no choice
Nothing will help
It’s all too much for me
I can’t think what to do

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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

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
Winners’ Triangle

Being responsible may include….

- My role here is….
- So this is what’s happening for you….
- OK. So what can you do?
- This is what we agreed
- How do you think we can manage the rest of it?
- I need to keep myself resourceful
- This bit is not my responsibility
- Empathetic
- Secure
- Strong

Proactive

Responsible

Voicing

They can manage themselves

I can choose how much I do

We can work out how to support each other

I need to keep myself resourceful

OK. So what can you do?

This is what we agreed

How do you think we can manage the rest of it?

This bit is not my responsibility

Empathetic
Secure
Strong
Winners’ Triangle

Being proactive may include:

- We could make some adjustments to the timing
- He does well with support
- We can find a way together

Collaborative
Encouraged
Light

Proactive

What’s the learning?
How can we use it?
I value your opinion
When is it manageable?
What else can we all agree?
What role do we each play?

Voicing

Responsible

- We all make mistakes
- She’s got a lot of skills
- Looking at what didn’t go so well will help us do better next time

- I value your opinion
- When is it manageable?
- What else can we all agree?
- What role do we each play?

I value your opinion
When is it manageable?
What else can we all agree?
What role do we each play?
Winners’ Triangle

Voicing may include….

Proactive

When this happens, I react by thinking…..

I’d like to check this out..

I need more time to work out some alternatives

Voicing

Responsible

This is how I feel about it

I’d like to find a way to organise things differently

If it doesn’t work, I’ll try something else

It would help me to talk this through

Experimental

This is what I feel – and I just could be over reacting

I could try something new and see if it works

Self accepting

Interested

I can say No if I want to

It’s OK to ask for help with my decisions

Maybe I don’t need to do it all. Maybe I don’t need to do it so well

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