The Drama Triangle

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| --- | --- | --- | --- |
|  | Rescuer | Victim | Persecutor |
| What might we notice? |  |  |  |
| Benefits to the person |  |  |  |
| Costs to the person |  |  |  |
| How to shift out of this role |  |  |  |
| Good questions to ask.   * Of ourselves when we are in this role * Of others when they are in this role? |  |  |  |
| What might this role look like in my team? |  |  |  |