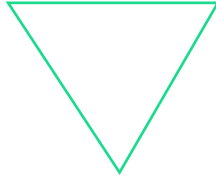


# The Drama Triangle

It shows how we get stuck in unhelpful roles, especially under pressure.

## Persecutor

- Blames, judges, controls.
  - Creates fear or resistance.
- "It's your fault"*



## Rescuer

- Takes over.
  - Means well but makes others feel small.
- "Let me help"*

## Victim

- Feels powerless.
  - Complains, avoids responsibility.
- "Poor me"*

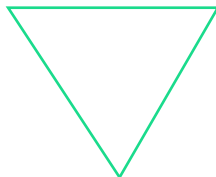
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# The Winners Triangle

Healthy behavior, no drama, just ownership.

## Assertive

- Sets boundaries, speaks clearly and respectfully.
- "This is what I think and/or feel..."*



## Coaching

- Offers help without taking over.
- "I'm here for you and how can I help you?"*

## Proactive

- Dares to ask for help, takes responsibility.
- "I need support."*

# Rescuer Check

## Before you jump in — pause and check

1. Is the other person actually struggling? ————— **No** → Don't rescue  
**Yes**  
↓
2. Are they asking for help? ————— **No** → Don't rescue  
**Yes**  
↓
3. Do you know how they want to be helped? ————— **No** → Ask him/her  
**Yes**  
↓
4. Does helping give you energy? ————— **No** → Set your boundaries.  
**Yes**  
↓
5. Even if it takes longer than expected? ————— **No** → Set your boundaries.  
**Yes**  
↓
6. Go ahead — now it's support, not saving.