

Everything in Relationship: Keep it Simple

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Objectives

- Identify relationship roles and characteristics
- Understand how the relationship cycle perpetuates itself through thoughts, feelings, and beliefs to create unhealthy relationships
- Identify motivations and rewards in relationship patterns
- Gain insight on how change is possible and lasting

The Triangle

First created by Steven Karpman in 1968.

Karpman, Steven B., M.D. (1968) "FAIRY TALES AND SCRIPT DRAMA ANALYSIS" Retrieved from <http://www.karpmandramatriangle.com/pdf/DramaTriangle.pdf> April 3, 2015

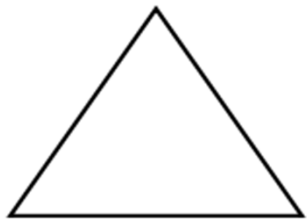
Defines 3 roles we all use in interactions and relationships.

The Triangle

Adaptation of Karpman's original
Drama Triangle

Holistic, heart-centered approach

VICTIM



PERSECUTOR

RESCUER

Relationship Triangle Cycle

VICTIM Pattern:

Through self-discovery
we learn
to interact
coming from a
place of love
(no hidden agendas,
Nothing to gain.)

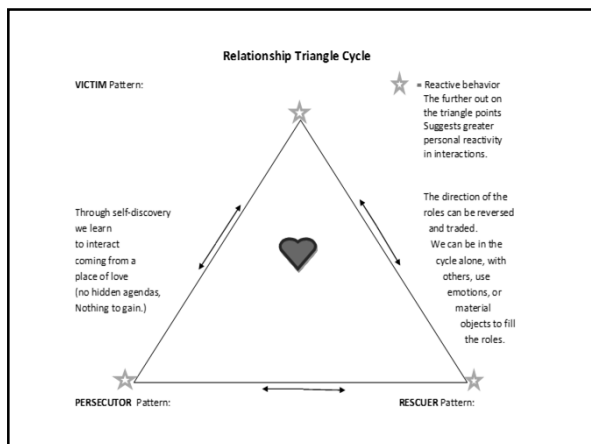
PERSECUTOR Pattern:



= Reactive behavior
The further out on
the triangle points
Suggests greater
personal reactivity
in interactions.

The direction of the
roles can be reversed
and traded.
We can be in the
cycle alone, with
others, use
emotions, or
material
objects to fill
the roles.

RESCUER Pattern:



VICTIM ROLE CHARACTERISTICS

- Avoids Responsibility
- Self-pity - "Oh poor me, No one loves me..."
- Makes excuses – If only ..., I don't have...,
- Blames others for their circumstances.
- Martyr- suffers; I'll just do it, no one else will.
- Helpless- I can't. Learned Helplessness
- Little empathy for others; they are central focus
- Dwell on struggles
- No boundaries.

VICTIM ROLE CHARACTERISTICS

- Early into a relationship, victims will mention personal hardships.
- Discuss intense personal info with anyone.
- Sensitive to anything/one they can use to fill needs.
- Expect sympathy and attention- lots of it.
- Feel entitled to others sympathy, time, resources, energy. Energy suckers.
- Expect you at their pity-parties and wallow with them.
- Analyze everything, make small stuff big to find problems or focus of blame.

VICTIM RELATIONSHIP WITH RESCUERS

Need each other. Rescuers contribute to helplessness and feel powerful.

Conditional

Needy of support, time, money, resources on victim's terms.

Will adore you as long and you care for needs.

You must do what I want or I won't make it.

I want to share every detail of my life with you.

Fear of abandonment; being left out or alone.

Life is empty, you fill it/complete me.

VICTIM RELATIONSHIP WITH PERSECUTORS

Victims need persecutors to victimize them.
 Persecutors can be human, illnesses, the
 "system," substances, history (it's always
 been that way.) etc.
 May inter-change roles to continue drama going.
 Persecutors find victims weak, predictable, and
 have little respect for them.

VICTIM RELATIONSHIP WITH PERSECUTORS

I'm dependent on you.
 Wait till I tell what you did to me.
 You hurt my feelings.
 It's your fault; you cause me to suffer.
 I'll stay close so you can misuse me.
 You are so important, you can treat me any way you
 want.
 Let's pretend nothing happened/keep it secret.
 I'm fine, don't worry.

VICTIM FAULTY THOUGHTS/LIES

I have no choice.
 I can't change.
 It isn't my fault.
 I can't do anything to change.
 I am dependent.
 I am overwhelmed.
 I'm bad. Something's wrong with me. (Shame)
 I am not responsible.

VICTIM EMOTIONS

Shame- Something's wrong with me/life.
 Misery – sad and sorry for self
 Powerlessness
 Helpless
 Anger
 Competition – must be great victim, raise ante

PERSECUTOR ROLE CHARACTERISTICS

- Fewer are willing to recognize this role in themselves.
- Believe they are good person- doing behavior from care/concern.
- Thinks of self as hero.
- Entitled to teach others how to toughen up, what their place is.
- Power and control.

PERSECUTOR ROLE CHARACTERISTICS

- Feel justified working for greater cause, righting wrongs, avenging justice, defending.
- Experienced the victim and rescuer role.
- Disrespect – look down on others differences.
- Judgmental, critical.
- Rigid and dogmatic- fixed view how it should be.
- Right way to do things (perfectionist).
- Lack empathy –can't show or lose status.

PERSECUTOR ROLE CHARACTERISTICS

- Bullies Threatens
- Rigid, authoritative
- Blames – It is your fault. You did/caused this....
- Attacks, abuses:
 - physical, verbal, gesture, proximity
- Attempts to gain power and control.
- Sets unnecessary limits.

PERSECUTOR RELATIONSHIP WITH VICTIM

Need victim to feel powerful and control.
 Perceive a one-up position.
 I'm OK; you're not. I will teach you to be ok.
 Give me my way and I will be nice.
 SILENT TREATMENT
 I/my wants are more important.
 Do what you are told/expected to do-You know.
 Emotions (guilt, shame) are often projected on to the victim to keep the victim oppressed.

PERSECUTOR RELATIONSHIP WITH RESCUER

Persecutors use rescuers to avoid finding solutions.
 Persecutors resent rescuers and attempt to blame and persecute them.
 See them as meddling, interfering
 If it weren't for you, I would have this all worked out.
 Get lost.

PERSECUTOR FAULTY THOUGHTS/LIES

I can't help it; it's just the way I am.
 If I want something, I will get it. (Spoiled child)
 I'm better than them.
 I have to take control; they are weak, incapable,,
 It is their fault.
 It is my right to be this way.
 I'm doing this to help/for your own good.

PERSECUTOR EMOTIONS

Out of touch with emotions. Anger is substitute.
 Use anger as cover-up for vulnerability.
 Fear Sadness
 Guilt Grief
 Shame Fear of abandonment
 Justified
 Vengeful
 Unsafe to express true emotions even if recognized.

RESCUER ROLE CHARACTERISTICS

- Helpful in disguise. This "help" hinders rather than creates a way for someone to grow and move out of struggle.
- Rescuing in the helping professions – enabling
- Helps maintain dysfunction, imbalance and impede healthy growth.
- An attempt to meet a subconscious need for attention, affection, or status.
- Protects both victims and persecutors from consequences.

RESCUER ROLE CHARACTERISTICS

- Feels responsible for others.
- Fixer, problem solver.
- Needs to be needed.
- Helper, saves the day. Wants to be good guy.
- Takes over for another.
- Poor boundaries.
- Discounts/denies truth to keep roles functioning.
- Yes people; people pleasers.

RESCUER ROLE CHARACTERISTICS

- Unimportant people come first. E.g., take phone calls instead of spending time with children or spouse.
- Go extra mile (professionals too)
- Volunteer work instead of significant people
- Secondary gain: get gratitude, importance and escape dealing with own issues.
- People leave rescuers feeling better, less burdened; keep them coming back for more.

RESCUER RELATIONSHIP WITH VICTIM

Puts own needs after victim role
 Won't judge
 Does not set clear boundaries
 Needs to feel needed, wanted, included in drama
 Gets power and false sense of self-esteem from the relationship
 Victim is 'safe' with rescuer
 I am here for you no matter time of day/concern
 Soften truth, gentle lies
 No need to change if it is difficult, you are just fine.

RESUER RELATIONSHIP WITH PERSECUTOR

- Identifies closely with protecting victim, so can reveal persecutor's wrongs. You are mean. I don't like you much right now.
- Feels important, competent and superior over the persecutor.
- Persecutor feels consequences, and is cleared like confession for persecutors.
- Rescuers hold the triangle together
- When attempts fail, the roles shift.

RESCUER FAULTY THOUGHTS/LIES

I'm just helping.
 They need me.
 They can't do it alone.
 I do this because I care and want to help.
 It's Ok, my family will wait.
 My needs don't matter.

RESCUER EMOTIONS

Fear of not having needs met (trades bits of self).
 Power assumed by taking over/functioning for others.
 Stressed, exhausted
 Lonely- no return on relationship when support is needed.
 Empty, high risk for depression
 Guilt
 Anger, resentful when realizes one-sided role.

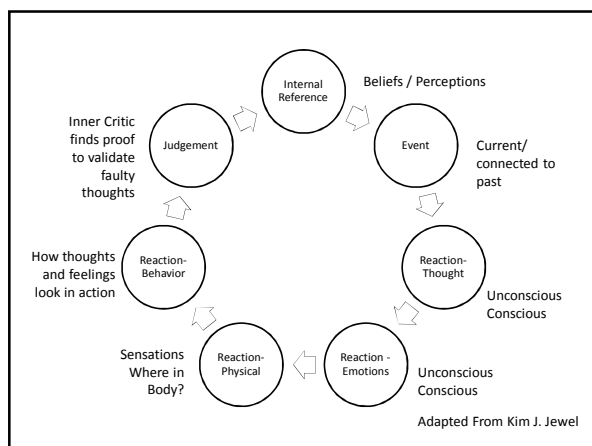
So What Next?



UN-MASKING

Identification of Main Role and Pattern

- Use clients personal stories to demonstrate roles in action
- Identify favored role – “go to” role
- Homework to verify or discount roles in varied events
- Find the pattern flow and stopping point



Internal Reference

Personal Beliefs/Perceptions

Event

Trigger (current or connected to past)

Reaction

Unconscious and Conscious –

Thoughts- Feelings- Physical- Behavior

Judgements

Internal critic finds proof to validate faulty thoughts

Identification of Roles and Patterns

- Identify thoughts involved in events
- Identify basic emotions involved during event:
Fear, sad, guilt, shame, loss/grief, anger
- Awareness of physical reactions in body
- Attend to ABC (antecedent, behavior, consequence) of role in events

Identification of Roles and Patterns

- Thoughts
Important to have person identify thoughts involved in triggering event. Connected to role (I can't, it's not my fault, etc).
- Feelings
Keep it simple. Go through menu of 6 emotions.
When feelings are identified, it helps the client go deeper into the thought; go after core thought.

Identification of Roles and Patterns

- Combine thoughts and feelings
- When you think the thought XXX combined with your feelings of XXXXwhat do you believe about yourself?
- Where do you feel that in your body?
- How do you behave?
- What does that look like?

.....Considerations

- Early life experiences- failure to complete essential tasks in early childhoods
- Learned helplessness
- Biology – hormones
- Stress
- Group consciousness
- Homeostasis

failure to complete essential tasks in early childhoods (pre age 3)

- Magical Thinking- lacks cause/effect. Typically use blame, coincidence, other elements that have little to do with the event.
- Concrete Thinking-visual and tangible. Not abstract such as justice, freedom. Info needs to be concrete, quantifiable. Conflicts focus on the visible aspects.
- Cross-Relational Thinking -abstract thinking, recognize relationships but still see world acting upon them. (act, sound, feel like victim) 70% of population operate at stage three or lower.
- Systemic Thinking- ability to think holistically and recognize underlying patterns and thoughts, feelings and behaviors that repeat. Can control them in some way. Relate to conflict and understand conflict may reoccur because of past events. 29 %
- Trans-Systemic Thinking -recognize correlations of current conflict and unresolved conflicts from past. See opportunity to change and recognize choices affecting outcomes. 1%

Robert Kegan [In Over our Heads](#)

Truth of Responsibility

- All judgement is self judgement.
- My thoughts are my creation.
- I am the creator of my life.
 - Life isn't happening to you; it's happening for you.

It's not enough to know
You have to know how.

Dr. Joe Dispenza

Becoming Aware

- Attend to thoughts
 - Keep a journal of thoughts for a day
 - Recognize any theme of pattern

Learn to confront or challenge harming thoughts.

Practice

PROCESS of SELF-DISCOVERY

Byron Katie – 4 Questions

Katie, Byron. "Loving What Is" Four Question Exercise. "Celebrate Your Life Conference." Nov. 2009

- Discover the function of the behavior
 - And the underlying core beliefs
 - Not worthy, deserving, lovable, enough,
 - Fear of being nothing, invisible
- Allow client to 'see' what life would be without the problem thought
- Create desire for that vision
- Help them discover the lie in the thought
- Let it be felt how others and themselves are hurt in the relationship patterns

self-discovery

And the answer is.....

- What do I want?
- How will I get it?
- What experience am I looking for?

Desire is the root of emotion. Desire is one of the strongest motivators for behavior.

self-discovery

And the answer is.....

- What is needed to facilitate change?
- What isn't working for me?
- What experience am I looking for?
- What to I want?
- What is next for me?
- What else is possible?

self-discovery

And the answer is.....

- How can it become better?
- What if it is just a habit?
- What if I started seeing what it right?
- What am I afraid will change? What will happen?
- What do I need to find my true strength?

Allow – victim example

Choices: None is wrong, we all experience the roles.

- Do nothing, be victimized by others and self, continue to invalidate situations, others, self in order to be right, ,,,
- Play the role of victim, embrace it. Choose the victim. Every cast of a play has a protagonist, the victim. Come into harmony and alignment with being a victim.
- Lovingly feel all the energies that leave you living in victim. Experience and feel what is keeping you locked into victimization.

Behavior Function

- When function of behavior of secondary gains (identified in each role) are uncovered, the continuation of harmful interactions in the relationship becomes a choice. There is awareness.
- Similar to a bad habit
- Practice change; recognize opportunity for change.

CHANGE = HEALING THE CYCLE

Understanding

Empathy

Compassion

Forgiveness

Getting to the Heart



Heart Research

Heart electromagnetic field largest of any part of human body.

Extends several feet from body

Interacts with others' electromagnetic fields

60 times greater in amplitude than brain

HeartMath Institute

Empathy vs. Sympathy

Brown, Brene. (Dec. 10 2013) "Brene Brown on Empathy" Retrieved from <https://www.youtube.com/watch?v=1Evwgu369Jw>. April 3, 2015

MIRROR WORK

Conference with Self

Eye contact

No judgements

Smile, laughter, joy

Notice physical sensations

Meditation/Awareness Training

- Changes your brain – 15-30 minutes daily
 - Lateral prefrontal cortex (Logic, rational, balanced perspective)
 - Modulate emotional responses
 - Overrides automatic behaviors/habits
 - Decrease in tendency to take things personally
 - Medial prefrontal cortex (references back to you-Me Center)
 - Reflect on self – daydream, interactions,
 - Inferences about others
 - Empathy (assessing differences)
 - Maintaining social connections

Meditation/Awareness Training

- More Changes
 - Insula –body sensations
 - Gut feelings
 - Safe, dangerous, benign
 - Empathy – experiencing and feeling
- Amygdala (fear center)
 - Fight/flight
 - Growth, sex hormone, Immune system
 - Initial emotional responses

Compassion Exercise

Lampman, Carol. Integral Breathwork.
Compassion and Forgiveness Exercise.
Integral Breath Therapy training; Syracuse
NY. July 2011.

Forgiveness

- Necessary for healing and integrity
- Need teach “how” to forgive
- Forgive others
- Allow forgiveness
- Disrupts triangle

Forgiveness Exercise

- 1. A says to B: “_____ (name of person you are forgiving), I forgive you for”
- Continue repeating the stem sentence for 4-5 min.
- B says “Thank you” after each statement.
-
- 2. A becomes the person they are forgiving (the name above) and says: “Thank you, _____ (your name), I forgive you for”
- Repeat this stem sentence for 4-5 minutes.
- B says “Thank you” after each statement.

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