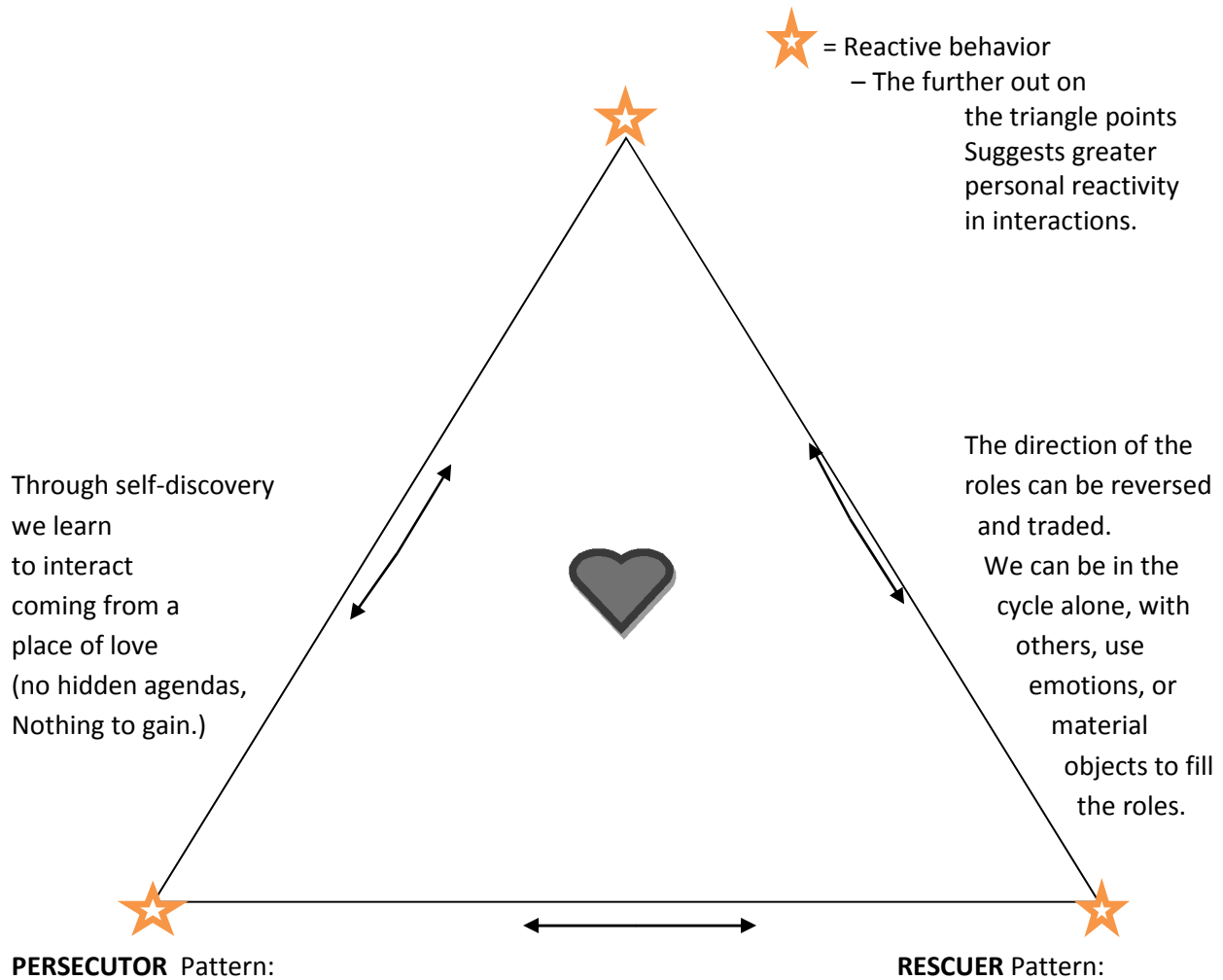


## Relationship Triangle Cycle

**VICTIM** Pattern:



As we become aware of our roles in relationships, the less comfortable we become in the cycle. We awaken ourselves from interactions that once seemed comfortable (negative emotions, thoughts, actions) to realization of those patterns as uncomfortable and harmful. With this awareness, we make positive changes and develop healthier relationships.

What is your dominate pattern?