

KARPMAN DRAMA TRIANGLE

When operating from "child ego state" (wounded self/adaptive child) to "child ego state" in a relationship, you fall into one of these 3 roles.

Healthy relationships demand that both partners operate from Wise Adult (Adult ego state) to Wise Adult state...

Whether you or your partner has picked one of these roles, be aware that one of you will try (consciously or unconsciously) to invite the other one to take on one of these other roles.

Focus on staying out of the triangle if you or your partner has fallen into the drama triangle. If need's be, practice Time Out in order for you or your partner to recentre and step back into his Wise Adult.

