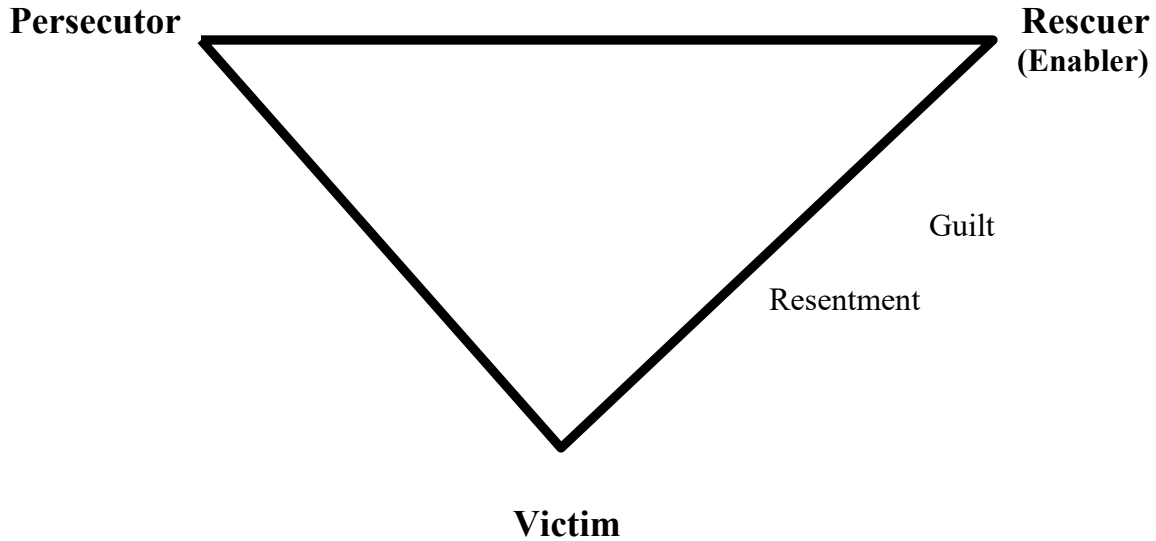


Drama Triangle

(Karpman Triangle)



The Drama Triangle obtains its name since when we are in it there may be high drama or non-reality transactions between individuals and that there are three positions. A position is defined as a non-reality stance that we take. We maintain this non-reality stance by discounting aspects of reality.

The Persecutor discounts the dignity, worth and value of the Victim. The Rescuer discounts the abilities of the Victim. The Rescuer is often driven by guilt to fix the “poor” Victim. After repeatedly rescuing the Rescuer might note that has been no effort by the Victim to improve themselves and the Rescuer now experiences resentment. The Victim discounts his or her own abilities and invites either Rescue or Persecution.

There is also a process whereby folks may Persecute from the Victim position. Politicians i.e. regarding the abortion issue often employ this process: If you are for abortion one might accuse you of killing innocent unborn babies. If you are against abortion one might accuse you of want a woman who had been raped to be forced to have the rapist’s child.

Modified from: Karpman MD, Stephen (1968). "Fairy tales and script drama analysis". *Transactional Analysis Bulletin*. **26** (7): 39–43.