

The Drama-Triangle and Kinesiology

by Rosmarie E. Sonderegger Studer

Purpose

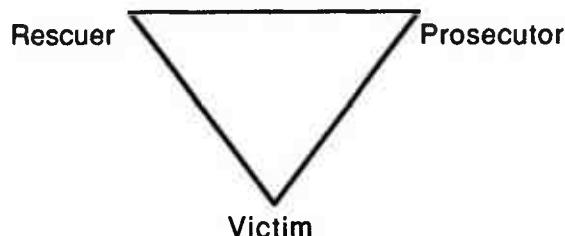
As a Kinesiologist, each one of us works with people that come to use, be it to groups or private sessions, with courage and trust. Therefore, it is important for use, to know how we interact with people and what our reflex patterns are in communication when we are under stress. One way to deal with this, is to look at the DRAMA-TRIANGLE.

This presentation helps to reveal these maybe unknown patterns and show ways to deal with them in a responsible way.

Introduction

In Kinesiology we state that a human being is STRUCTURAL, CHEMICAL, and EMOTIONAL.

In TRANSACTIONAL ANALYSIS the triangle is used to explain human relationship patterns under stress. Stephen Karpman, a transactionalist, has designed a diagram, a triangle, that shows the "games" (tricky transactions) we all play at times.



The Roles

The Prosecutor: The prosecutor is hard on the other person, puts down, devalues, give the impression of looking down on them and that, of course, they cannot measure up to him/her.

Consequence: The others are not okay = Discount.

The Rescuer: Devalues the other person, understanding that he/she is slightly "above" and from this position he/she offers help ... because the "poor people" are unable to help themselves.

Consequence: The others are not okay = Discount

The Victim: Also for this person, somebody is inferior and not okay - he/she him/herself.

Consequence: Discount of self.

Sometimes the victims are "hunting" for a prosecutor that puts them down, or are looking for a rescuer for help because they believe that they need help. They confirm: I am unable to make it by myself.

Whereas prosecutor and rescuer discount others, the victim discounts him/herself.

All the three roles ar part of a "game". People participating react to past experiences (often as far back as childhood) and lack the presence of HERE and NOW.

Balance

With Kinesiology, a DRAMA can become a COMEDY!

1. Switching, PACE, etc.
2. Permission to address this issue.
3. My "favorite" role in general?
in specific circumstances?
4. A situation, a person?
5. % Stress - my role
- my co-players' role
6. What advantages/disadvantages do I have in this game? - Be specific.
7. "I am willing to release the need for this role", M-test
"I allow my co-player to give up his role", M-test
8. How will I be different, then?
- Be specific
9. Balance

This balance is not only important for Kinesiologists or people working in a helping profession, very often a client who does not feel any changes, is repeating the DRAMA-pattern over and over, and has a chance for change with the DRAMA-TRIANGLE.