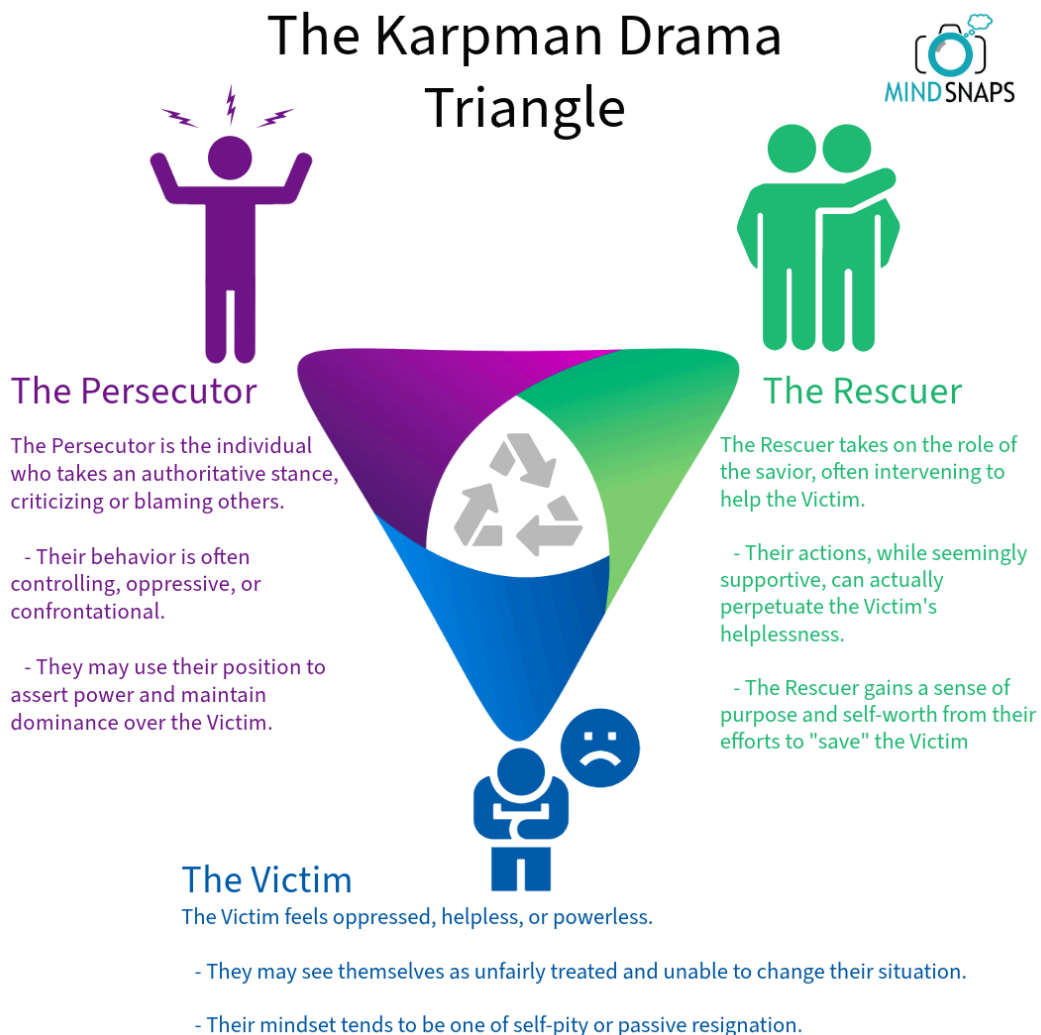




The Karpman Drama Triangle is a psychological model that describes a pattern of destructive interactions that can occur in relationships and social dynamics. It was first introduced by Dr. Stephen Karpman in 1968. The triangle consists of three roles: the Persecutor, the Victim, and the Rescuer. Here's a breakdown of each role:



### 1. **Persecutor:**

- The Persecutor is the individual who takes an authoritative stance, criticizing or blaming others.
- Their behavior is often controlling, oppressive, or confrontational.
- They may use their position to assert power and maintain dominance over the Victim.

### 2. **Victim:**

- The Victim feels oppressed, helpless, or powerless.
- They may see themselves as unfairly treated and unable to change their situation.
- Their mindset tends to be one of self-pity or passive resignation.

### 3. **Rescuer:**

- The Rescuer takes on the role of the savior, often intervening to help the Victim.
- Their actions, while seemingly supportive, can actually perpetuate the Victim's helplessness.
- The Rescuer gains a sense of purpose and self-worth from their efforts to "save" the Victim.

### **Dynamics of the Drama Triangle**

- The roles are interdependent and can shift; individuals may switch from one role to another in different situations.
- The triangle creates a cycle of conflict and dependency, as each role reinforces the others.
- The Persecutor needs the Victim to criticize, the Victim needs the Rescuer to feel supported, and the Rescuer needs the Victim to feel needed.

### **Breaking Free from the Triangle**

- **\*\*Awareness\*\***: Recognizing when you are in the Drama Triangle is the first step.
- **\*\*Empowerment\*\***: Moving from the Victim to a position of empowerment, taking responsibility for one's own actions and decisions.
- **\*\*Setting Boundaries\*\***: The Rescuer can set healthy boundaries to avoid enabling the Victim.
- **\*\*Responsibility\*\***: The Persecutor can shift to constructive criticism and supportive behavior.

Understanding the Karpman Drama Triangle helps individuals become aware of unhealthy interaction patterns and take steps to foster healthier, more constructive relationships.

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