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For more information, contact:

Institute of Behavioral Research  
Texas Christian University  
P.O. Box 298740  
Fort Worth, TX 76129  
(817) 257-7226  
FAX 257-7290  
E-Mail IBR@TCU.EDU  
Web site: www.ibr.tcu.edu

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C. Dealing with Other People

A Problem with Another Person?..93
An Important Person..94
An Important Conversation..95
The Drama Triangle: Overview..96
Drama Triangle: Rescuer..97
Drama Triangle: Victim..98
Drama Triangle: Persecutor..99
YOU ARE HAVING A PROBLEM WITH ANOTHER PERSON?

How would someone who was not involved describe it?

THE OTHER PERSON INVOLVED IN THIS PROBLEM

How do you see it?

How does the other person see it?

Why do you see it that way?

Why does the other person see it that way?

What can you do about it?

Your thoughts/feelings?

Your actions?

C = Characteristic   L = Leads to
Think about an important person in your life.

What is the person’s name?

What are the person’s good qualities?

What are the person’s best qualities?

What relationship do you have with this person?

What activities do you do with this person?

What do you talk about with this person?

How does this person affect (influence) you?

Positive

Negative

How do you affect (influence) this person?

Positive

Negative

How can you deal with this person so you are both better off?
AN IMPORTANT CONVERSATION

OTHER PERSON

N

1

2

YOU

N

1

2

N = Next

TCU Guide Maps/Dealing with Other People
A “game” that some people get into.

When people play these roles again and again, it becomes a game that nobody wins.

These roles can change: A person may move from one role to another. If, in the long run, these roles have negative results for players, it’s a game... and nobody wins.
How does the Rescuer behave?

What is the Rescuer thinking?

What is the Rescuer feeling?

What things happen to cause the Rescuer to start rescuing?

RESCUER

What does the Rescuer LOSE from this?

What does the Rescuer GAIN from this?

C = Characteristic
L = Leads to
How does the Victim behave?

What is the Victim thinking?

What is the Victim feeling?

What things happen to cause the Victim to start rescuing?

What does the Victim LOSE from this?

What does the Victim GAIN from this?

C = Characteristic
L = Leads to

Drama Triangle-V

TCU Guide Maps: Dealing with Other People
How does the Persecutor behave?

What is the Persecutor thinking?

What happens to cause the Persecutor to start rescuing?

What is the Persecutor feeling?

What does the Persecutor LOSE from this?

What does the Persecutor GAIN from this?

PERSECUTOR

C = Characteristic
L = Leads to