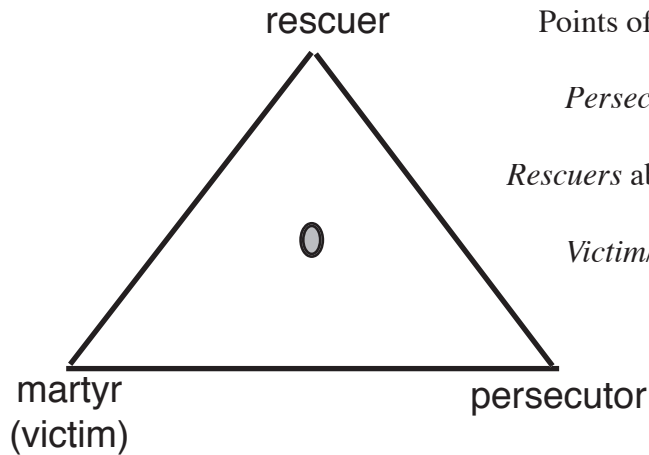




## **KARPMAN DRAMA TRIANGLE**



Points of the triangle correspond to roles played in the drama.

*Persecutor* abuses power over another by knowing better.

*Rescuers* abuse power by "saving" instead of empowering another.

*Victim/Martyr* abuses power by claiming to be powerless, therefore not accountable or responsible.

The challenge is staying centered, rather than drawn into the drama.

## **BOUNDARIES**

Boundaries are the socially constructed delineations between entities, which *define* personal/private safety zones ("sanctuaries").

The Latin word for *boundary* is *finis* (root of *define*).

To define something is to mark its boundaries.

### **Personal Boundaries include:**

One's own body

One's own possessions

One's own space which surrounds the body and possessions

One's own relationships (and roles) with others

One's own internal space (emotional, intellectual, cultural, & spiritual space)