

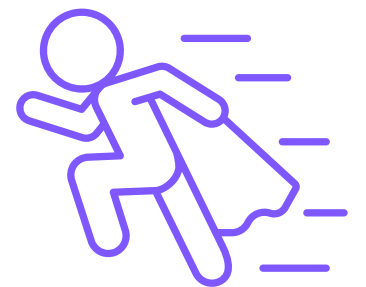
### PERSECUTOR

Attacks, devalues, criticises. Makes others suffer to channel their own negative emotions.



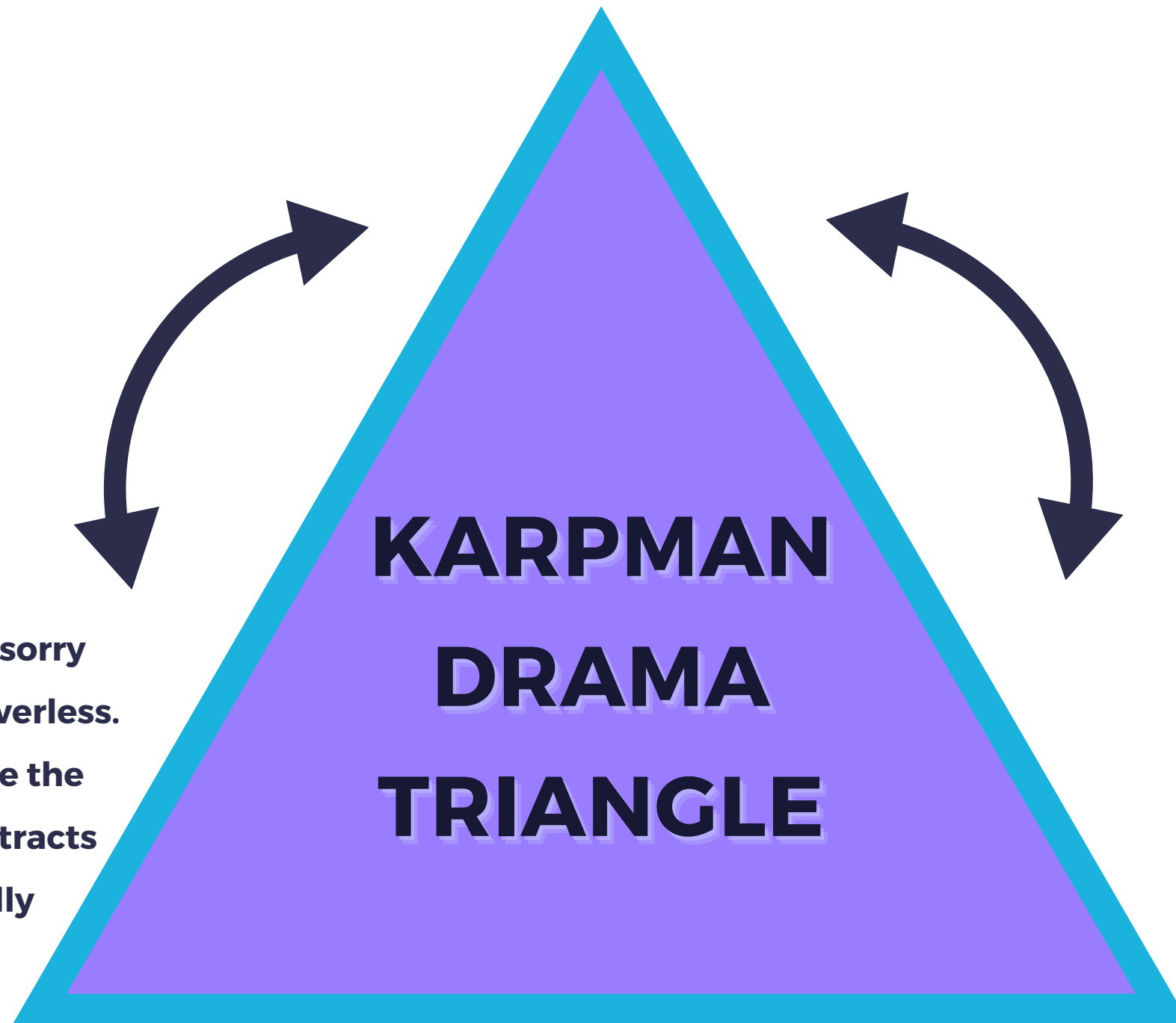
### VICTIM

Suffers, complains, feels sorry for themselves, feels powerless. Seeks the rescuer to solve the problem for them and attracts the persecutor supposedly persecuting them.



### RESCUER

Protects. Wants to make themselves indispensable and feels the need to help the victim, sometimes to the victim's detriment. They do this primarily for their own needs.





# Explanation of the tool

As a counsellor, this tool can help understand and manage interpersonal conflicts. Triangulations are often found at the heart of relationship difficulties unconsciously. These relationship games are more about finding a culprit and making accusations than finding real solutions. It is also important to note each person's position in the triangle does not represent reality. That is, the person who chooses to be the victim is often not the real victim in the situation.

The Karpman Drama triangle was created by Steven Karpman and uses triangulation to help us understand and manage conflict. It helps untangle the power and guilt games that damage our relationships.

The three roles in the triangle are equally harmful, and each person who enters the triangle will take on each role at some point. However, participants tend to identify with one of the roles, and this is learned in childhood. Learning to detect these harmful games will help create healthier relational spheres.

- **Persecutor** : Attacks, devalues, criticises. Makes others suffer to channel their own negative emotions.
- **Rescuer** : Protects. Wants to make themselves indispensable and feels the need to help the victim, sometimes to the victim's detriment. They do this primarily for their own needs.
- **Victim** : Suffers, complains, feels sorry for themselves, feels powerless. Seeks the rescuer to solve the problem for them and attracts the persecutor supposedly persecuting them.

## Sources

Karpman, S. B. (2019). Script Drama Analysis II. *International Journal of Transactional Analysis Research & Practice*, 10(1).

Petitcollin, C. (2013). *Victime, bourreau ou sauveur: comment sortir du piège?(nouvelle édition)*. Jouvence.