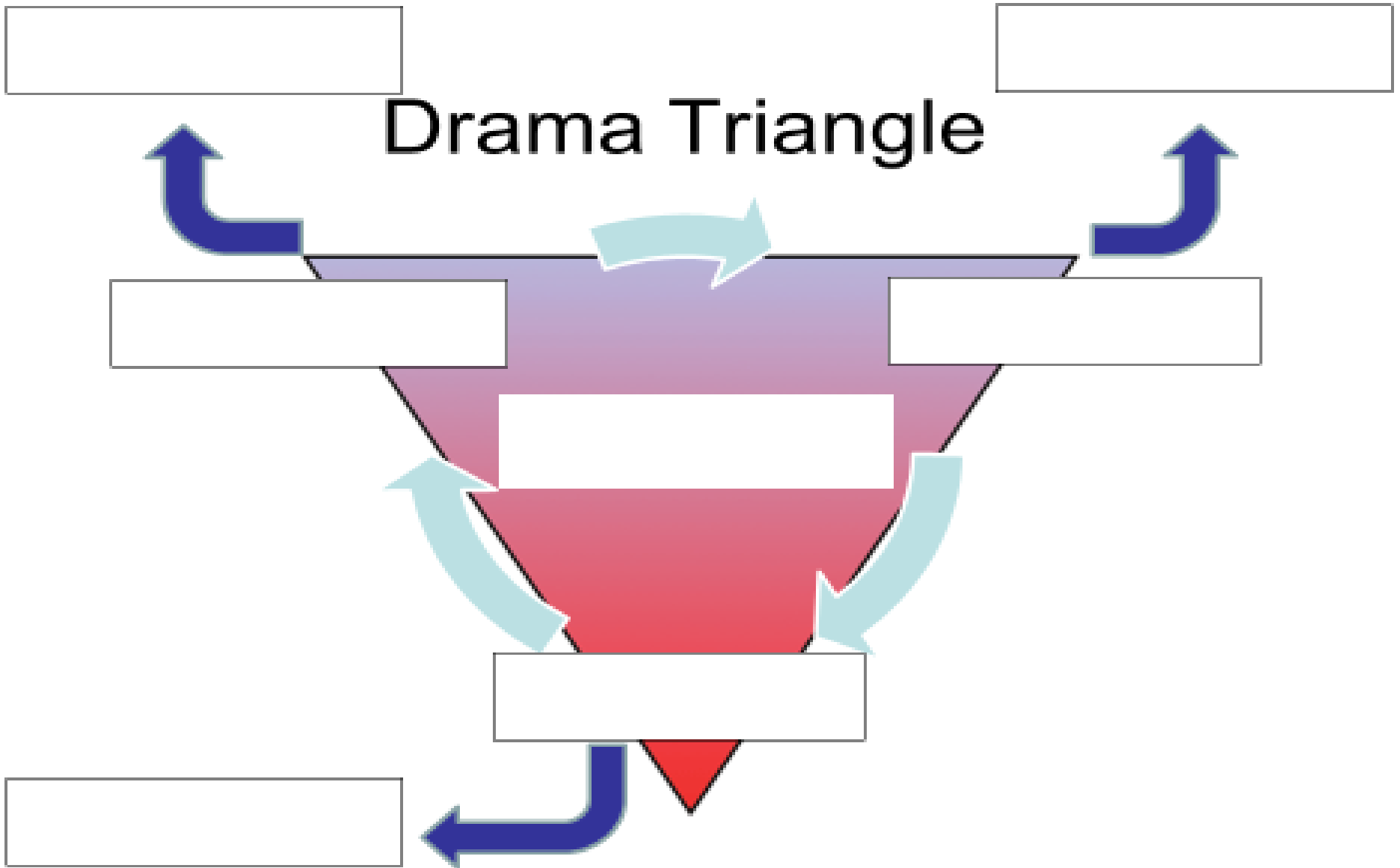


# Drama Triangle



# What can you practice?

- Listen for and notice any drama that you see around you. You may even be playing one of the roles! Write down the roles that each person played.
  - When you hear someone playing the victim orientation ask them:
    - What do you want?
    - What are your options?
    - Are you willing?
  - **Catch yourself being drawn into Drama and make a different choice!!**
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