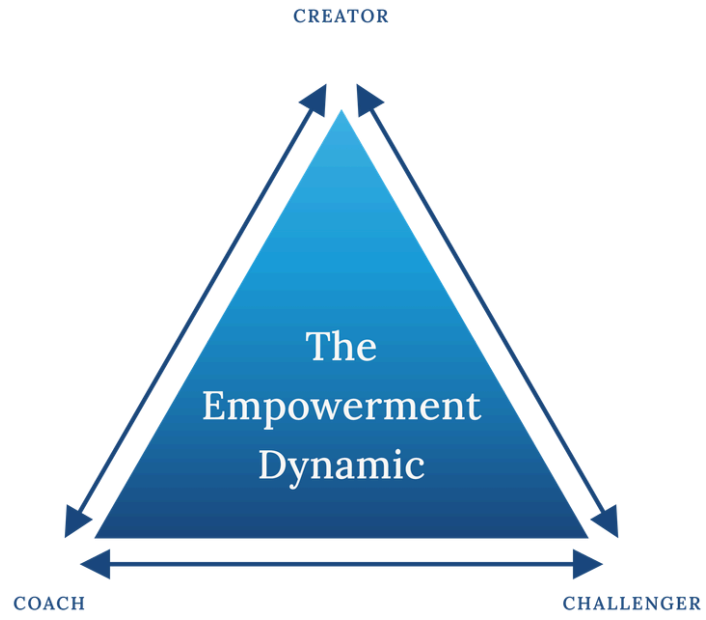
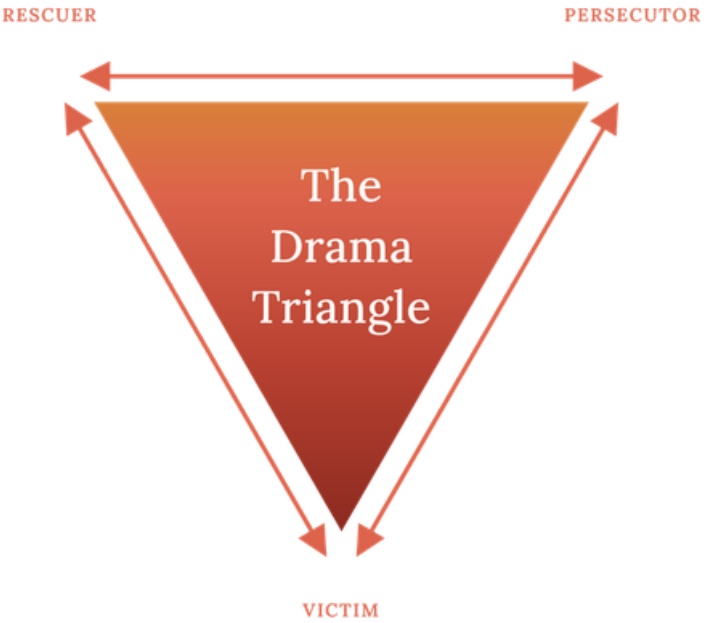
TED* Starter Guide

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TED* roles are outcome-focused and passion-based.





The Drama Triangle roles are problem-focused and anxiety-based.

1 Where Am I Putting My Focus?

Am I focusing on Problems or on Outcomes? A problem focus engages the Victim Orientation. When you upgrade to a Creator Orientation, you focus on outcomes.

2 How Am I Relating?

Am I producing or perpetuating drama or am I empowering others to be more resourceful, resilient, and innovative?

3 What Actions Am I Taking?

Am I merely reacting to the problems of the moment or am I creating by taking Baby Steps—including the solving of problems—in service to envisioned outcomes?

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The Shift to Empowerment

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Victim

Thoughts: Life happens to me - it's not my fault.
I am powerless.
My dream isn't possible.
Poor me.

Feelings: Helpless & Hopeless.
Victimized.
Discounted.

Behaviors: Reacts to problems and drama.
May distance themselves.
Gives up.

Persecutor

Thoughts: I must win.
Dominating others will get me ahead.
I know best.

Feelings: Defensive, on guard.
Discounted so must lash out.
Self-righteous.

Behaviors: Dominates and controls.
Critical and blames.
Exerts covert or overt power over others.

Rescuer

Thoughts: I must save others from harm.
If I do good, I will be worthy.
I feel sorry for them (Victim).

Feelings: Fears not being needed.
Feels persecuted when Victim doesn't accept their help.
Feels superior to Victim.

Behaviors: Jumps in to save the day.
Fosters dependency & indispensability.
May sacrifice truth to protect others.
Shields others from consequences.

Creator

Thoughts: I have a choice despite my circumstances.
I am dedicated to continuing growth.
I am focused on what I want to create.

Feelings: Hopeful.
Energized.
Inspired.
Resilient.

Behaviors: Action oriented toward desired outcomes.
Takes responsibility to make choices.
Uses Baby Steps to learn and grow.

Challenger

Thoughts: Things unfold at their own pace.
You can do it.
Trust the process.

Feelings: Self awareness.
Empowered through living their values.
Confident, direct, & clear.

Behaviors: Provokes or evokes themselves and others to take action.
Focuses on improvement and growth.
Holds self & others accountable.

Coach

Thoughts: People are resourceful and creative.
I trust others and their abilities.

Feelings: Compassionate and engaged.
Fulfilled & reflective.
Supportive & non attached.

Behaviors: Uses inquiry to help others and self to develop their own clarity and vision.
Empowers, develops, & encourages.
Provides positive reinforcement.

REACTING TO CHOOSING
PUTTING DOWN TO BUILDING UP
TELLING TO ASKING

Learn more at
themepowermentdynamic.com

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