



Dreaded Drama Triangle  
roles are ultimately  
disempowering.

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

## 1 Where Am I Putting My Focus?

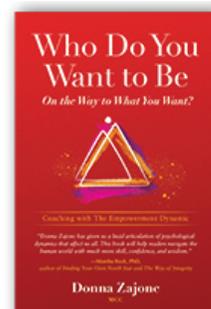
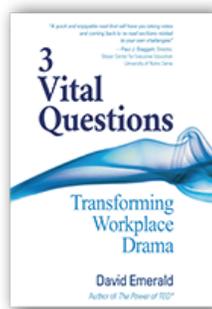
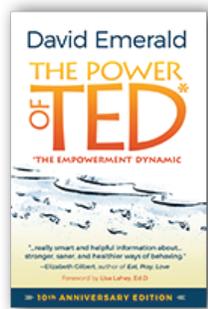
Am I focusing on Problems or Outcomes? A problem focus engages the Victim Orientation. When you upgrade to a Creator Orientation, you focus on outcomes.

## 2 How Am I Relating?

Am I producing or perpetuating drama or am I empowering others and myself 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?



Our books are available on Amazon and where ever books are sold.



# Transform Drama Into Empowerment

At the heart of TED\* (\*The Empowerment Dynamic) is learning to shift from reacting to choosing our response to life events. The Empowerment Dynamic is the antidote to the Dreaded Drama Triangle, (first described by Stephen Karpman, MD) and its three toxic roles of Victim (the primary role), the Persecutor (who the Victim blames for their suffering), and the Rescuer (who steps in to relieve the Victim's suffering). TED\* represents a shift from the Dreaded Drama Triangle to empowering relationships through its more resourceful roles of Creator, Challenger, and Coach. People who live and work from the TED\* framework learn to choose their response to life, regardless of circumstances.

