



**THE
HERO
MINDSET**

THE DRAMA TRIANGLE: QUICK REFERENCE WORKBOOK

KEVIN REMPEL & ASSOCIATES INC.

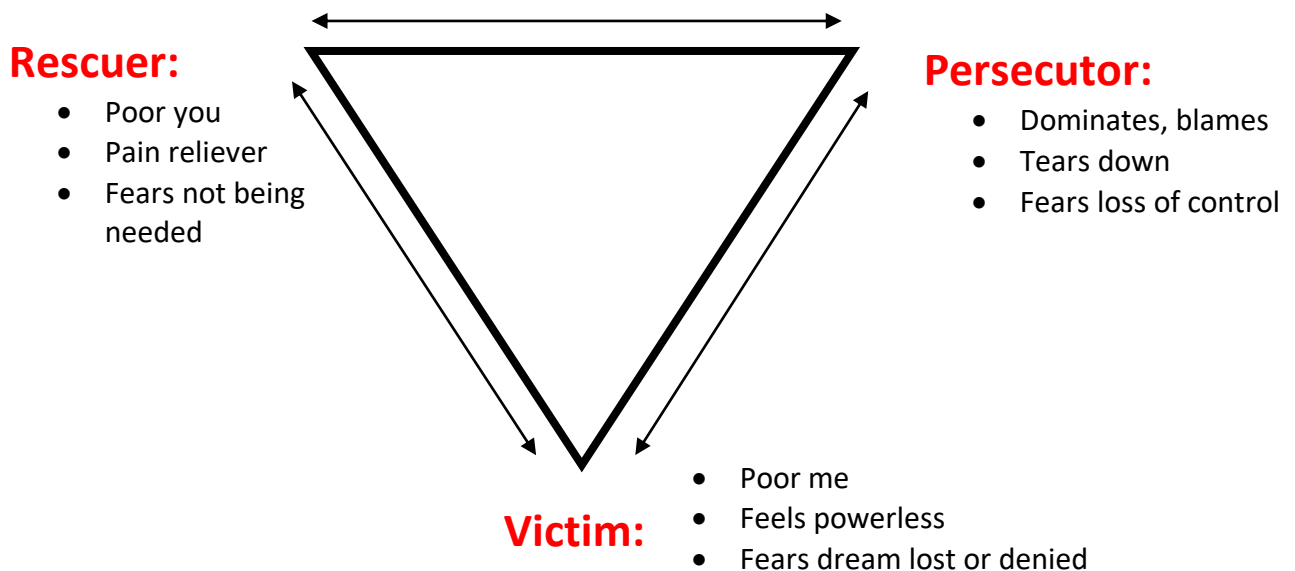
TRAINING AND DEVELOPMENT SERVICES

The Drama Triangle

One of the key points to adopting **The Hero Mindset** in your life and business is to ensure you do not fall into a mental trap where you begin focusing on other people or external factors which can leave you feeling “stuck” in your current situation.

One of the most effective frameworks to help identify this is called **The Karpman Drama Triangle, invented in 1968 by Stephen Karpman.**

There are three roles people most often play when they are “In the triangle”: **Rescuer, Persecutor, and Victim**



The purpose of this model is to recognize when you may be falling into one of these roles and understand that there will always be two people taking part of The Drama Triangle, and your role may shift at any moment.

For example, a persecutor needs a victim to blame. A rescuer needs a victim to rescue. A victim needs a persecutor to be held responsible for its situation.

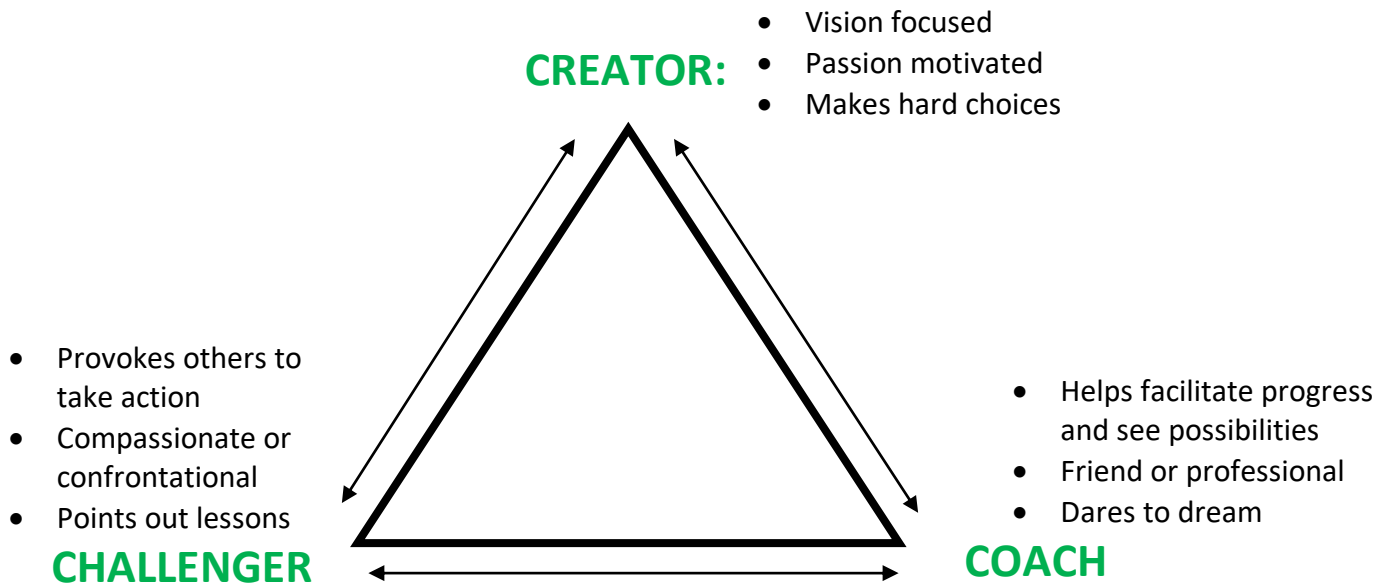
Roles can also shift at a moment’s notice.

For example, if a rescuer may not feel appreciated for helping a victim, they may begin to point the finger at the victim and suddenly become a persecutor in the situation. The victim may then try to make things better by rescuing the prosecutor.



Stay Out of The Triangle

Once you recognize the role you or someone you know may be playing, the key is to then “Stay out of the triangle” by shifting into one of the opposing three roles: **Coach, Challenger, or Creator**



Each of these roles help you stay out of The Drama Triangle.

For example:

- A persecutor can benefit from having someone challenge them to become something greater than they are today.
- A rescuer can benefit from having someone coach them towards new possibilities and dream of a life where they are not always looking after other people.
- A victim can benefit from taking on the perspective of a becoming a creator where they focus on a future vision and make hard choices to move forward in life.

As before, when someone is in the drama triangle of rescuer, persecutor, and victim, if they shift roles you will likely also shift roles.

Maintain your focus on how you can become a friend, colleague, or leader who is a challenger, coach, or creator to help yourself and others rise to the highest potential in both personal and professional life.



About Kevin Rempel

Kevin Rempel is a 2014 Paralympic bronze medalist in sledge hockey.

After being paralyzed at the age of 23, Kevin not only learned how to walk again, but overcome the mental battle of both depression and living with a disability to rebuild his life, and eventually reach the Paralympic podium in sledge hockey.



Kevin is an expert in change management, mental health, and resilience, delivering keynotes and workshops derived from his signature keynote on [The Hero Mindset](#), which is about focusing on small things that make a big difference to help you, too, become a hero in your own movie.

In addition to corporate presentations, Kevin is also an executive coach using strategies from The Hero Mindset Blueprint to help leaders cultivate confidence, adopt healthy and predictable patterns while accepting radical responsibility to cultivate a confident and empowered mindset to help them and their team drive results and embrace change.

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