

The Drama Wheel

Exercise: Identifying and owning our less than centred parts (Moving Through the Power Struggle)

Below are four dysfunctional social interactions we take in life. Use your score to find your centre of gravity. Take it in turns to dialogue with your partner. Let him/her know what you have become aware of and how you might develop your interactions into centred responses. The diagram below will help you find a positive action plan.

1. **+Persecutor:** I do not respect boundaries, I become abusive, manipulative, controlling, I avoid blue and green, I become defensive, critical, insincere, inflexible, sarcastic, cynical, arrogant, insensitive, smug, angry and potentially violent, pretentious and unfriendly.
2. **-Victim:** I collapse into subjectivity because I feel like an object, powerless, overwhelmed with innocence, I avoid yellow and red, I avoid the big picture, I choose to remain ignorant, fatigued, gullible, masochistic, irrational, ineffective, incompetent, hesitant, doubtful, aimless, cowardly and subservient and unaware of my covert power.
3. **-Rescuer:** I like to feel superior and in control, the hero who attempts to fix the above conflict (persecutor/victim) but who avoids my own yellow and blue conflict, pain and discomfort. I can be tyrannical, coercive, dominating, stubborn, dictatorial, oppressive, bitter, righteous, possessive and disloyal towards my own inner conflicts and unconsciously maintain the behaviours of those I attempt to rescue.
4. **+Dramatist:** I am unaware of the effects I have on others as I skim too lightly over tremendous depth. Connections to myself or others is at stake as I ignorantly play & switch between all the parts (rescuer, victim, persecutor) and I end up in drama, feeling anxious, defensively over-confident, manic, overwhelmed, burnt out, intolerant, impulsive, suspicious, exhibitionistic, prickly and just switch off.

