

Drama Triangle in Supervision

Exercise 2

Think of a supervision situation where you know you have been a Rescuer, Victim, or Persecutor...you might have been all three at some time in the same scenario!!!!
Using that situation ask yourself the following questions.

What am I not doing?

What do I need to do?

Who is taking responsibility for whom? Who am I taking responsibility for?

Am I allowing the other person to take responsibility for themselves and their actions?

Who has the power? How do I know?

Have I agreed to more than I want to do?

Am I doing more than half the work?

Am I owning my power positively and appropriately?

Am I using it to set my own boundaries and take responsibility for myself and my actions?

What boundaries do I need to set up?

Am I using my power to take care of myself properly?

What am I feeling about this situation? What would I like to feel?

What action do I need to take to make sure that I deal with this in the best possible way so that it has the best possible outcome?