Thrive 101 | Drama vs. Empowerment Triangles

Based on the Drama vs. Empowerment Roles exercise, explore the current roles that are playing out with you and your team. Take some time to review the Empowerment Dynamic and Drama Triangle, then fill in the answers below.

1 | What position of which triangle are you currently existing in? Maybe you are existing in more than one?

2 | Where are your team members in the relational dynamic?

3 | How do you feel about the position you are in? Write down any beliefs, actions and emotions centered around your current position.

4 | Repeat this exercise for other people on your team. Take note of what position they are in, the beliefs they are operating in, and how they act. Also, jot down how you think their actions make them feel.

5 | Consider the changes or shifts that you can create using the roles described in the Empowerment Dynamic.

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