

# The Drama Triangle

The Drama Triangle is a psychological concept that is often used to explain our roles within our relationships, our interpersonal dynamics, and our outlook on life. The concept involves three roles: the Rescuer, the Victim, and the Persecutor.

Not everyone falls specifically into these 3 roles. This is just one way of demonstrating the dynamics in some relationships

## The Defining Characteristics

### Rescuer

Views themselves as a martyr, have weak boundaries, need validation or control, are enablers, and avoid their own problems.

### Victim

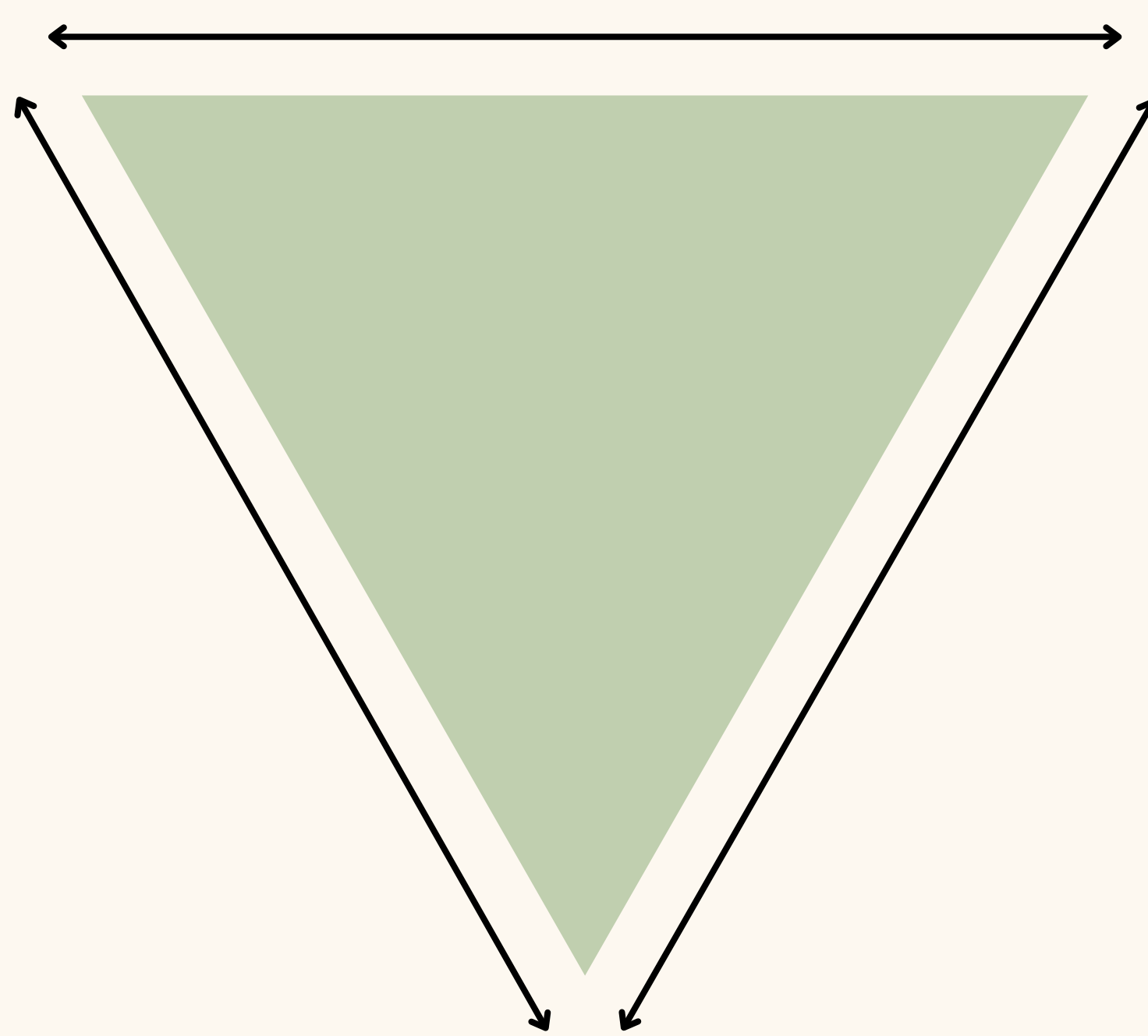
Feels helpless, powerless, projects blame, passive-aggressive behavior, resists solutions.

### Persecutor

Aggressive, insecure, projects blame, prone to anger, struggles with own vulnerability.

## The Triangle at Play

**Rescuer**  
"Let me help you"



**Persecutor**  
"It's all your fault"

**Victim**  
"Poor me"

Understanding the interplay of these dynamics can help you communicate better, manage conflicts, and build a healthier outlook. If you require support, consider reaching out to Trust Mental Health. Our team of BIPOC therapists are experienced in various therapeutic modalities.