

# FUTURE TALENT LEARNING

## Take the Drama Triangle quiz

The Drama Triangle, identified by Dr Stephen Karpman, is a dynamic model of social interaction comprising three archetypal (dysfunctional) personas - victim, persecutor and rescuer. They are trapped in a ceaseless cycle of conflict, switching between roles without resolution. Find out your default and secondary role by taking the following quiz.

**Read the statements below and give each a score from 0-2 in the right-hand column, ie:**

- I do not identify with this statement      **0**  
I identify somewhat with this statement      **1**  
I strongly identify with this statement      **2**

**A: I struggle to make decisions.**

B: I look for opportunities to help other people.

**C: I feel I am often unlucky.**

D: I tend to get impatient with my colleagues.

**E: My way is usually the right way.**

F: I regularly feel hopeless and overwhelmed.

**G: I hate it when I'm not in charge.**

H: I often feel responsible for other people's wellbeing.

**I: I'm told I can be intimidating.**

J: I don't 'suffer fools'.

**K: I'm generally a selfless person.**

L: Some people just don't have what it takes.

**M: I find it difficult to speak up for myself.**

N: I often speak up on behalf of others.

**O: I regularly feel out of my depth.**

P: I'm as likely to fight other people's battles as my own.

**Q: I am strongly empathetic.**

R: I like to help people solve problems.

**S: I always get landed with the worst projects.**

T: I rarely make mistakes.

**U: I feel guilty if others are struggling.**

V: I often feel undervalued.

**W: I avoid confrontation.**

X: I quite enjoy confrontation.

**Y: Helping others is a reward in itself.**

Z: I'm quite critical of other people.

**AA: I find myself picking up the slack for other people.**

BB: I expect others to meet the same standards I set for myself.

**CC: I don't feel I have any influence.**

DD: I find myself blaming others a lot.

**Add the scores for each statement, in the order given below, to get a total for each archetype:**

**Persecutor score:**

**D, E, G, I, J, L, T, X, Z, BB**

Victim score:

A, C, F, M, O, S, V, W, CC, DD

**Rescuer score:**

**B, H, K, N, P, Q, R, U, Y, AA**

## Results

**If your score is between 0 and 6: this isn't a strong role you play.**

If you score between 7 and 13: you sometimes fall into this role; it may be your secondary role.

**If you score between 14 and 20: this is a primary role for you.**

