

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.

