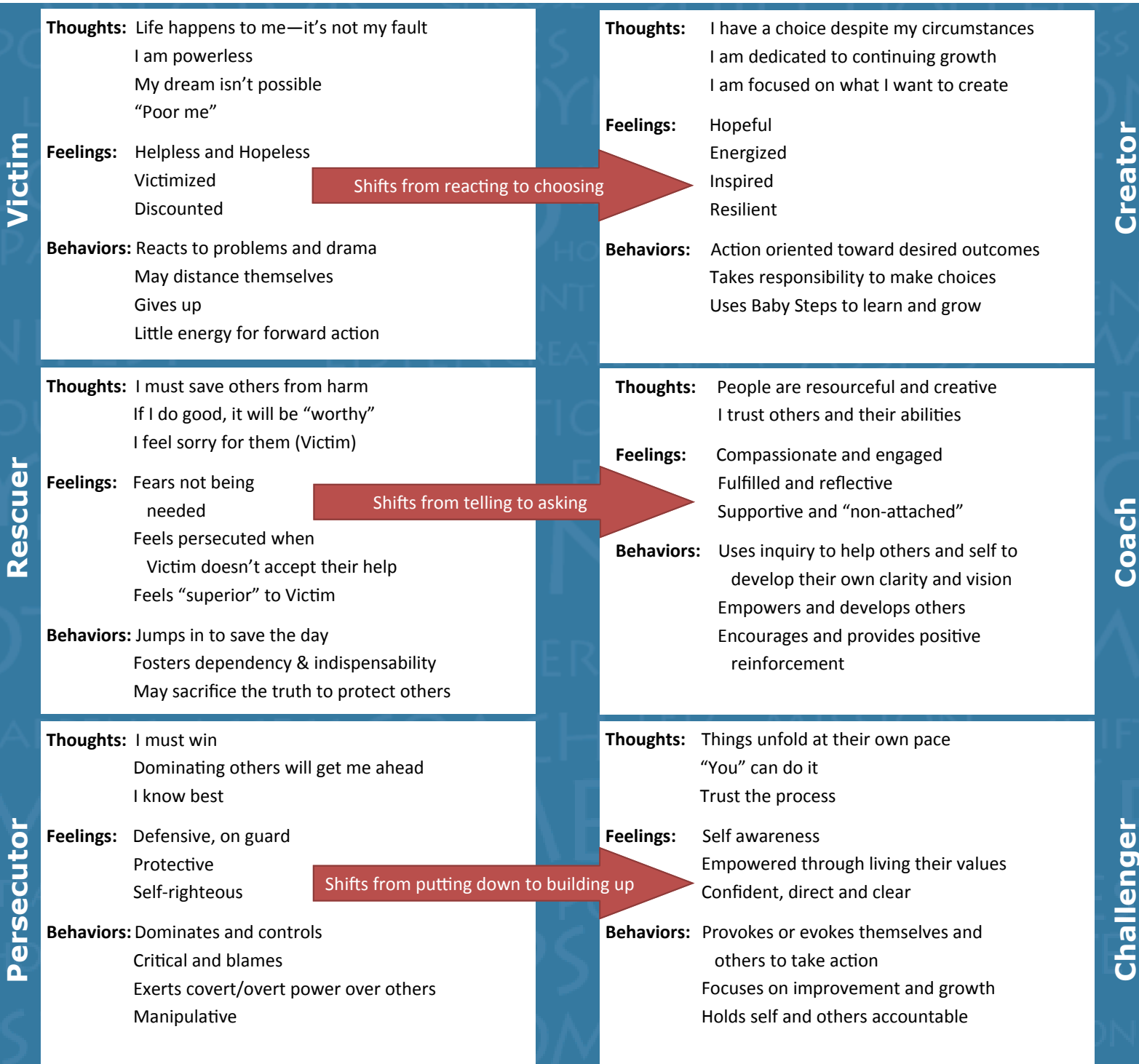
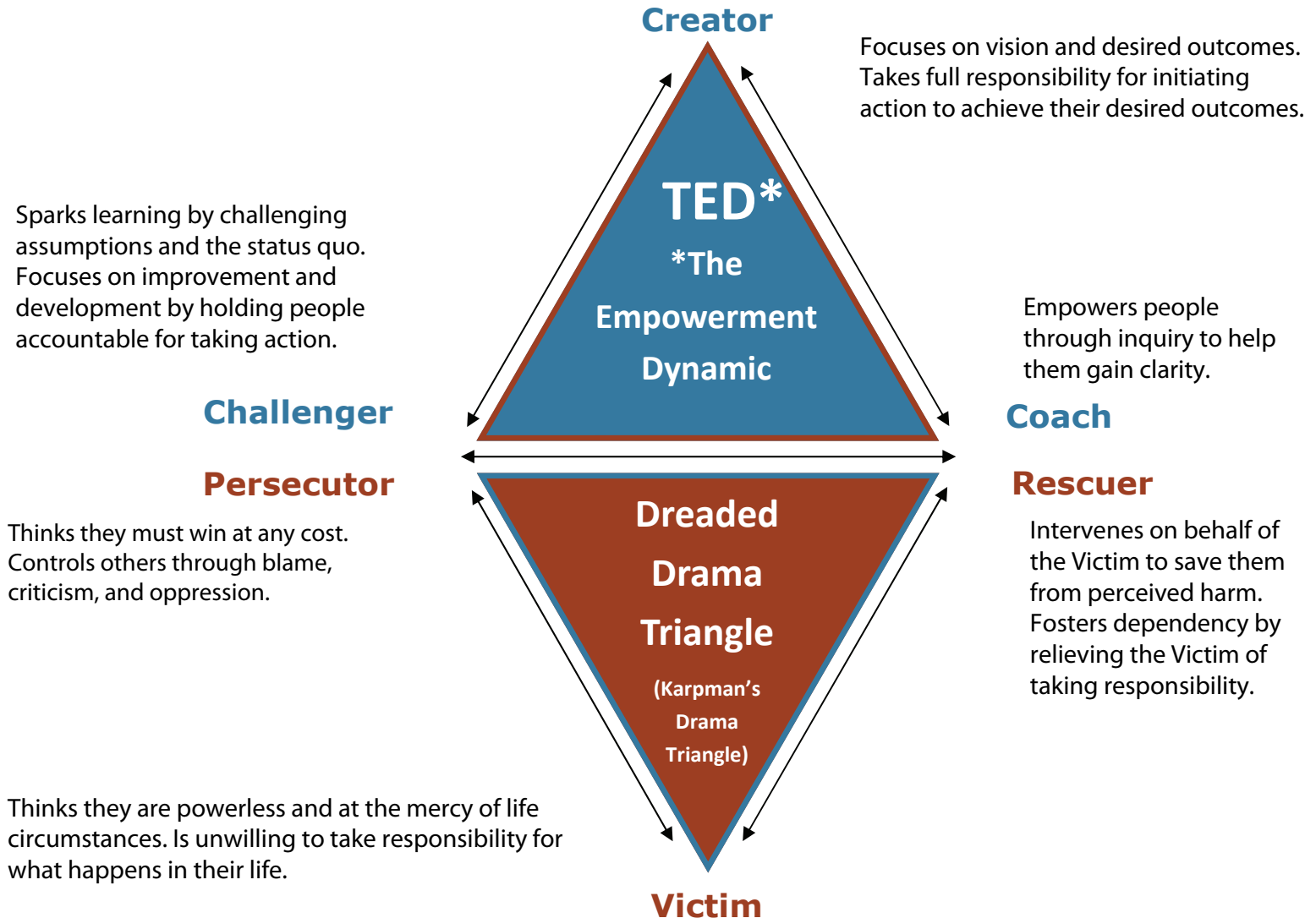


At the heart of TED* (*The Empowerment Dynamic)TM is learning to shift from reacting to choosing our response to life events. The Empowerment Dynamic is the antidote to the Drama Triangle, (first described by Stephen Karpman, MD) and its three toxic roles of Victim (the primary role), the Persecutor (who the Victim blames for their suffering) and the Rescuer (who steps in to relieve the Victim’s suffering). TED* represents a shift from the Drama Triangle to empowering relationships through its more resourceful roles of Creator, Challenger and Coach. People who live and work from the TED* framework, learn to choose their response to life, irrespective of circumstances.



The Drama triangle and Empowerment Dynamic help us understand what is happening in relationships when we face life's challenging moments and interpersonal conflicts. When the relationship is healthy and moves toward each persons desired outcomes, we in the Empowerment Dynamic. When the relationship becomes toxic and takes us further from our desired outcomes, we are in the Dreaded Drama Triangle.

"How we chose to journey through life's challenges and even enter into a helping relationship with someone going through these challenges matters."



The TED* framework is an exciting companion to the Dreaded Drama Triangle (DDT)[™]. The DDT roles of Victim, Persecutor and Rescuer help people to see the disempowering roles they may take on. But what are the alternative roles? The TED* roles of Creator, Challenger and Coach are powerful alternatives to the DDT and increase our capacity to be "at choice" in most circumstances.

