



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World  
Week 26 Action Guide: Karpman Drama Triangle

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Choose one person with whom you, at times, engage in a Karpman Drama Triangle interaction.

What are the adjectives you would use to describe the relationship?

What is the dynamic between you?

What does Self-Agency look like in this dynamic?

How do you choose to get off the triangle and become responsible in a new way?



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Karpman Drama Triangle interaction (cont.)

What boundaries do you need to create?

What direct requests do you need to make?