



The LowDown podcast

Reflection Guide

Use this reflection guide in conjunction with The LowDown Podcast to further your personal growth. You can use it as an aid while listening or as a reflection tool after listening to corresponding episode. Submit a podcast idea here: sigmakappa.org/podcast/submit-a-podcast-idea/

08 | Navigating a Drama Triangle with Career Expert and HR Consultant Lauren Moffatt

What does your relational wealth look like?

Is there a time where you have unintentionally created a drama triangle? Which role did you take, the rescuer, victim, or villain?

Describe a time when you took on the role of a victim.

Describe a time when you took on the role of a villain.

Describe a time when you were a rescuer. What could you have done differently in that situation to not create a drama triangle?

To avoid a drama triangle, use these three steps as a starting point:

- 1. What is the real issue here?*
- 2. Ask the powerful questions of yourself. Then decide if you are going to stay out or step into the role of the rescuer.*

- *What did they ask me for?*
- *What can I really do?*
- *What part would you like me to do in this situation?*

3. *Show empathy and set a boundary.*

Reflect back to that initial drama triangle. How did the roles change for those involved?

What is something you are going to stop doing as a result of listening to this podcast episode?

What is something you are going to start doing as a result of listening to this podcast episode?