

Drama Triangle language

Persecutor, unaware of their desire to dominate will often use words like: “You must do...”, “It’s your fault”, “I’m disappointed in you” (Often in front of others to demonstrate coercive control).

Loud and dominating.

Victim: Likely to hear passive phrases like “they make me feel...”, “I can’t ...” “I’m powerless”, “I’m stuck here”, and “no one is helping”, “it’s not fair”, “It’s not my fault.”

Quiet and shrinking.

Looking for a **Rescuer** who will come to help them who may say, “poor you”, “why don’t you tell me all about it”, “I can help with that...”, “let me see what I can do”.

Sunny and positive.