

What Are Guidelines Self-Therapy on How to Avoid the Drama Triangle?

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Steps to Take:

1. Verbally support the client's feelings. "I can see and feel how sad you are."
2. Encourage a full expression of these feelings in nonviolent ways. "Just close your eyes for a moment and let yourself really feel your sadness."
3. Validate the reality of the client's experience: Say to yourself: "You have just experienced a deep loss, and it is natural to feel this kind of grief and sadness." Identify the need that is related to the client's feelings. "You are feeling sad and alone because you need to feel emotionally connected to people who can give you support and friendship."
4. Avoid taking sides and refuse to buy into any judgments or splitting by the client. "It is difficult when you feel sad and hurt about your wife leaving you. You mentioned that you sometimes think about getting revenge. This is also a natural feeling. However, getting revenge might be a way of avoiding your feelings of sadness and grief because you have lost your connection to her. I want to encourage you to just keep feeling your feelings and thinking about what you need. Is there something that you need from me right now?" "You have just experienced a deep loss, and it is natural to feel this kind of grief and sadness."
5. Identify the need that is related to the client's feelings. "You are feeling sad and alone because you need to feel emotionally connected to people who can give you support and friendship."
6. Avoid taking sides and refuse to buy into any judgments or splitting by the client. "It is difficult when you feel sad and hurt about your wife leaving you. You mentioned that you sometimes think about getting revenge. This is also a natural feeling. However, getting revenge might be a way of avoiding your feelings of sadness and grief because you have lost your connection to her. I want to encourage you to just keep feeling your feelings and thinking about what you need. Is there something that you need from me right now?"
7. Bring in the person with whom the client has conflicts and offer to serve as a mediator in resolving the conflicts. "It might be helpful to resolve this problem with your wife directly." Avoid rescuing the client or participating in secrets. "Would you be willing to call your wife and ask her to come with you to our next session?"
8. Encourage the client to work on his or her part of the conflict even if the other person in the conflict is not willing to participate in a

mediation. "It takes two people to create a conflict. What part do you think you contributed to this conflict?"

9. Have you ever had this kind of conflict before, either with your wife or with other people?"
10. Help the client identify the dynamics and patterns in the client's history of conflicts. "I am hearing some similarities in the stories you have told me about the recurring conflicts you have had with your wife and the kinds of conflicts you had with your father when you were growing up. Are you aware of any of these similarities?"