DRAMA TRIANGLE

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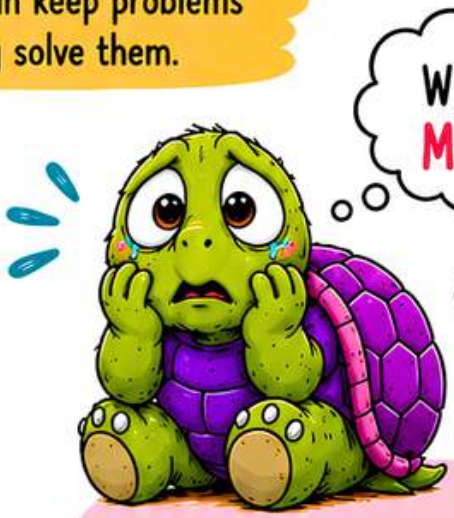
Sometimes people get stuck in these roles during conflict. These roles can keep problems going instead of helping solve them.

FEAR NOT! I'VE GOT THIS!



WHY ME?

1 RESCUER

"I'LL FIX IT FOR YOU!"

- Jumps in to help
- Fixes problems for others
- Finds it hard to step back

These roles create **DRAMA** and keep the problem going in circles.

2 VICTIM

"SOMEONE HELP ME!"

- Feels stuck
- Focuses on the problem
- Waits for others to fix things

3 BLAMER

"IT'S YOUR FAULT!"

- Blames other people
- Uses angry words
- Wants things done their way

THIS IS ALL YOUR FAULT!

STEP OFF THE TRIANGLE!

ASK, DON'T TAKE OVER
"What do you think would help?"

ASK FOR HELP
"Can you help me with this?"

SOLVE PROBLEMS
"What can I do next?"

You can make choices that lead to calmer and healthier relationships.

CHOOSE KINDNESS, RESPECT AND TEAMWORK.

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drama triangle

Drama Triangle is a printable poster that helps children and younger teenagers recognise three common roles that can appear during conflict: rescuer, victim and blamer. It is likely to be useful for parents, social workers, school staff, counsellors and family support workers looking for a simple visual tool for emotional literacy, social skills and conflict resolution work.

Use it in one-to-one sessions, family meetings, classroom discussions, nurture groups or restorative conversations to help a child pause and notice what is happening in an argument. The prompts at the bottom give practical alternatives, including asking rather than taking over, asking for help, and choosing a next step to solve the problem.

The poster can support calmer conversations about friendship problems, sibling arguments, blaming, helplessness and over-helping. Its clear wording and visual layout make it easier for children to remember healthier choices such as kindness, respect and teamwork.