

The Trickster's Triangle



Hero

- Fear of not being enough
- Over-responsible or fixer
- Doesn’t trust others to be powerful
- Powers up on people

Victim

- Fear of owning power
- Not willing to take responsibility
- Blames others
- Creates themselves powerless

The Trickster's Triangle



Villain motivations

- Fear of being weak or powerless
- Discounts others
- False sense of power & importance

Villain Statements

“When are you going to get your act together?”
 “If you want a job done right, you have to do it yourself.”
 “Why are people so incompetent?”
 “Do you know who you’re talking to?!”

Personas or facades

Tyrant
 Know-it-all
 Critic
 Arrogant One
 Big Bad Wolf
 Wise One



Victim motivations

- Fear of owning power
- Not willing to take responsibility
- Blames others

Victim Statements

“They’re picking on me!”
 “If they would only...”
 “I had no control over...”
 “I have good reasons for not...”
 “I can’t because...”

Personas or facades

Poor Me
 Quiet/sensitive/shy One
 Crisis Child
 Scapegoat/Martyr
 Sinner/Rebel
 Stupid/Clumsy/Underachiever



Hero motivations

- Fear of not being enough
- Over-responsible or fixer
- Doesn’t trust others to be powerful

Hero Statements

“What would you do without me?”
 “I do everything and no one appreciates me!”
 “No problem . . .
 -I’ll handle it.”
 -That you discounted me.”
 -That you didn’t do what you said you’d do.”

Personas or facades

Superman/woman
 Peacekeeper
 Jokester/Fun One
 Saint/Savior
 Responsible One
 Nice guy/gal

The Trickster's Triangle

Villain, Victim, Hero

ON-Triangle you:

- Defend yourself
- Don't trust others
- Have lots of energy about a situation
- Feel unclear about what to do next
- Feel violated or discounted
- Collude with negativity and gossip
- Are reactive instead of proactive
- Sense that you need to defend in any way
- Generate confusion in self and others
- Withdraw your energy or contribution
- Blame others or make excuses
- Create and hold resentments
- Feel scared that you won't get what you need
- Are unwilling to consider other points of view
- Believe that a particular person "always does this."
- Flashback to past experiences or bring up the past

Physically:

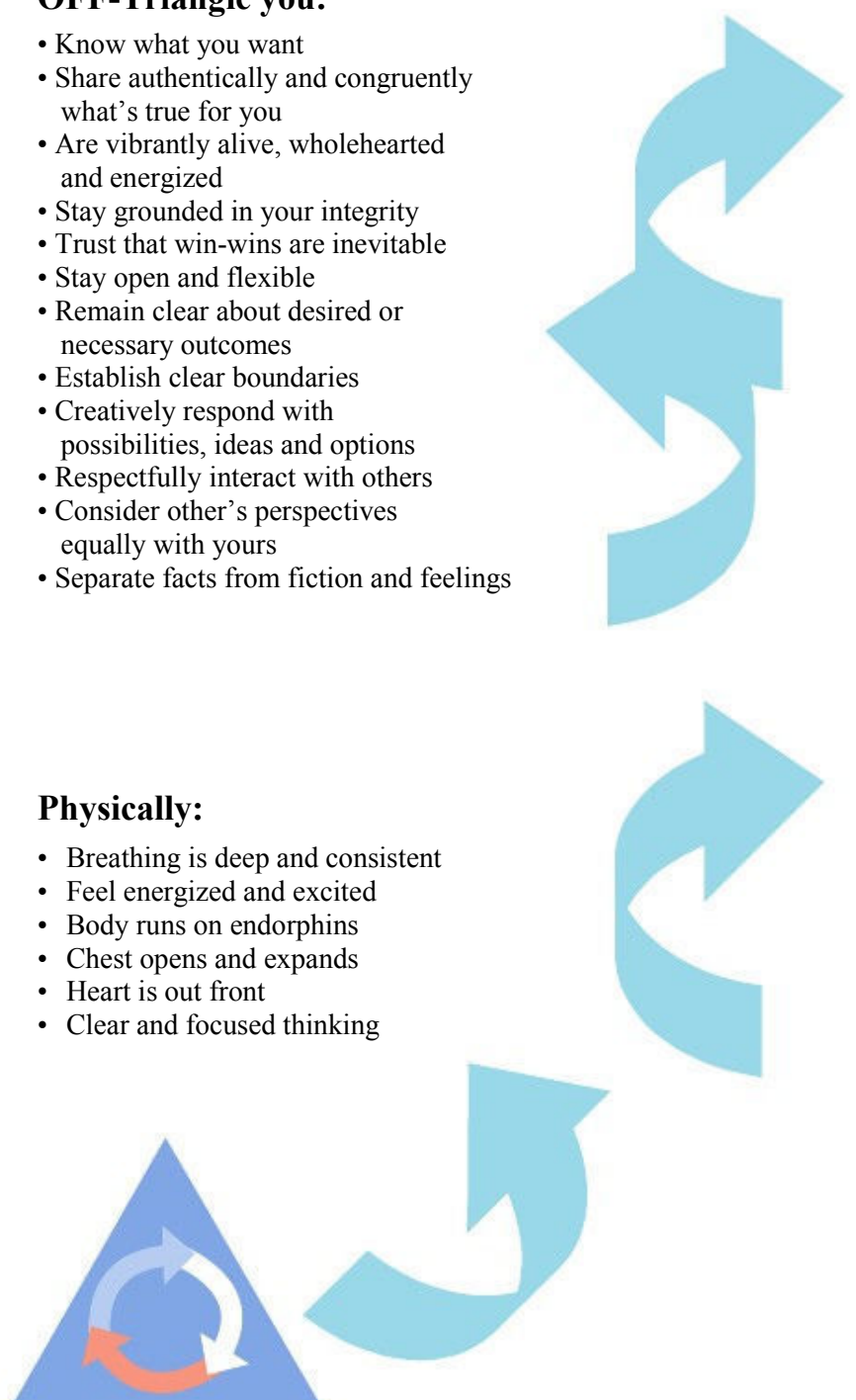
- Breathing is rapid and shallow
- Emotional or physical withdrawal
- Feel shaken; You want to strike out
- Disoriented and confused
- Body physically shrinks, closed hearted shrinks or contracts
- Depleted
- Runs on adrenalin

OFF-Triangle you:

- Know what you want
- Share authentically and congruently what's true for you
- Are vibrantly alive, wholehearted and energized
- Stay grounded in your integrity
- Trust that win-wins are inevitable
- Stay open and flexible
- Remain clear about desired or necessary outcomes
- Establish clear boundaries
- Creatively respond with possibilities, ideas and options
- Respectfully interact with others
- Consider other's perspectives equally with yours
- Separate facts from fiction and feelings

Physically:

- Breathing is deep and consistent
- Feel energized and excited
- Body runs on endorphins
- Chest opens and expands
- Heart is out front
- Clear and focused thinking



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Villain, Victim, Hero

Benefits for choosing off the Trickster's Triangle

- Authenticity
- Aliveness
- Intimacy
- Power
- Ease and Fun
- Creativity
- Live purposefully
- Uniqueness
- Freedom
- Truth
- Playfulness
- Possibility
- Simplicity
- The miraculous
- Follow your heart and your calling
- Evolve to your Greatness
- Enhance and enrich the lives of others



The Trickster's Triangle

To Get Off Triangle

Step One: FIRST, recognize that you are on the triangle, step off and **TAKE A FEW DEEP BREATHS**

Step Two: Move your body, Wiggle your Toes, **Shift the Energy, Smile!**

Step Three: **Graciously Ask** yourself “How have I contributed to creating the situation?”

Step Four: **ASK** yourself: “What do I really want to create from my heart?”

