

# THE TED\* LETTER™



By David Emerald

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## In This Issue

Time Out! Where Are We?  
Putting TED\* Into Practice  
TED\* Sightings  
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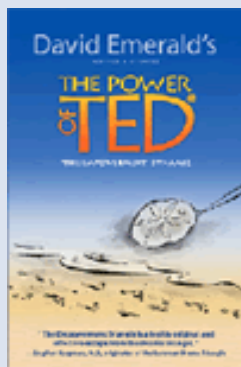
[\(See the printer friendly pdf on the Power of TED\\* Website.\)](#)

## Coming Soon: The Power of TED\*™ News and Updates!

Beginning this month, you will be receiving a second email that will contain TED\*™ news, updates and special offers. Some readers prefer The TED\* Letter™ as a reminder and opportunity for learning how to apply TED\* that is free of such information. Others want to stay up on TED\* seminars, news, and how the work is evolving. While we invite you to read both, you now will have a choice.

As always, thanks for being part of The Power of TED\* community!

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## Time Out! Where Are We?

*"As you go through your daily experience, at every point in time you are faced with a choice about which Orientation and dynamic you want to live within, and which role you're going to play. The Choice Point is that moment in which you can consciously make shift happen."*

From Chapter 8: "Shift Happens" ([The Power of TED\\* - Revised & Updated](#))

Recently, the CEO of a technology company shared with me how he and his leadership team have been applying The Power of TED\*™ as part of their day-to-day decision making and business methodology. He has the FISBE diagrams from both the Victim and Creator Orientation on his wall. Anyone is free, at any time, in a meeting or conversation to say "Time Out! Where are we?" Very often, when they say this, they are pointing at the wall.

One of the key disciplines of living as a Creator is to stay aware of "where you are" - which Orientation you are operating from and what roles you are playing in your relationships with others. When those we work with share the same language and frameworks that are found in *The Power of TED\**, we can then support one another by raising the question when we find ourselves - or see others - slipping into reactivity and dramas.

When we raise the question, "Where are we?" the Choice Point becomes present and we can refocus our attention, intention and energy on what we want to create or how we choose to respond to current realities.

In business and organizational life, we are then able to make the shift from merely reacting to the problems that present themselves - for they always abound - to clarifying what we are want to create. In focusing on outcomes, we work to provide solutions in service to our clients, customers and other stakeholders. As we work toward those results, we may very well face problems that need to be resolved. However, by reconnecting to that larger vision, we now have a much more resourceful basis for prioritizing and meeting challenges.

One immediate example in my own worklife involves my ever-expanding "task list." As I write, the list seems to expand almost on its own! It is easy for me to see the list as a series of "problems" that engage my anxiety and to which I can easily react. Daily I remind myself that I love the work I am blessed to do and that the list represents baby steps in the process of creating and serving others. I then am better able to prioritize the tasks by asking myself which task has the highest likelihood of either directly serving

## What People are Saying about TED\*:

"I just want to say thank you...as a survivor of child abuse - I find that reading your book is bringing me the clarity I needed to become a "creator" instead of continuing as a "victim". Today I am feeling a little better about my journey into the future I am creating for myself..."

With Gratitude,  
P.H.

"Powerful and timely message in (the February) issue of TED\*. I am in awe of the gift that your work extends to a world crying out for relief from fear and scarcity. May you be blessed with a significant increase in global awareness about this beautiful gift you have to offer a world starving for its wisdom."

Love,  
Jim A.

"I read your book as soon as it arrived and so appreciated your story. It is dynamic and such a profound approach to life. For the next few days, I observed my interactions with friends and my husband... How empowering to have this tool!"

Judy M.

"I absolutely love and deeply appreciate this little gem of a book. It shares such a powerful and empowering message, with a loving, gentle, concise flow that keeps you wanting to learn more and more."

Thank you."

Erica B.

"The Empowerment Triangle is a highly original and effective escape from the Drama Triangle." Stephen Karpman, M.D., originator of the Karpman Drama Triangle

"When practical advice meets profound, yet simple, explanations for human behavior, we can learn, change, and grow. The Power of TED\* does just this, and

the most people or that builds a foundation for future service.

In personal relationships, asking yourself a similar question: "Where am I?" can help break the downward spiral of the Dreaded Drama Triangle when you find yourself in either the Victim, Persecutor or Rescuer roles. By pausing (Time Out!) and raising the question to yourself, you can then check in and determine where and how you choose to shift your focus and energy.

Parenting, for example, is full of opportunities to practice "Time Out!" If your child were to bring home a report card with poor grades, how would you respond? Most of us would feel a level of anxiety and be tempted to react in some way: either as a Victim ("How could you...?"); Rescuer ("I'm going to go talk to teachers about how hard you already work and why they should cut you a break"); or Persecutor ("You're grounded and no more TV!").

While any of those reactions may be understandable, they will only perpetuate the drama. So pause, take a deep breath (or 3 or 4) and ask "Where am I?" and "What do I *really* want?" You are at a Choice Point.

In making the shift toward supporting your child's learning and success, perhaps you can respond as a Creator ("I am going to see this as learning opportunity for both myself and my child."); as a Coach ("I am going to use questions to help my child look at what happened, what the consequences are and should be, and what they can do differently."); or as a Challenger ("One consequence is going to be homework before playing outside or TV because their learning is important and I want them to be successful.").

Making such a shift is easier said than done, but the long term outcomes are worth the time and effort.

When you find yourself in the problem-focused, anxiety/fear-based and reactive Victim Orientation - or in any of the roles and dynamics of the Dreaded Drama Triangle - declare "Time Out!" and ask "Where are we?" and/or "Where am I?" Welcome the Choice Point when it presents itself. And then choose where you want to focus your attention, intention and energy. That's what it takes to be a Creator.

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## Putting TED\* into Practice

Try a "Time Out! Day." For one whole day create a way to call "time out!" every two hours by setting an alarm on a watch, clock, or computer. When the alarm goes off, take a few minutes and review the previous two hours. Keep a journal and jot down your observations. What Orientation have you been acting within? How have your interactions been? How much time was spent in DDT roles, and how much of your time were you in the TED\* roles? When you made a shift in roles, what did you do? What didn't work? What did?



beautifully. ”

Annie McKee

Founder, Teleos Leadership Institute and  
co author *Becoming a Resonant Leader*,  
*Resonant Leadership*, and *Primal  
Leadership*

“ Conscious relationships begin  
with conscious individuals. Being  
a Creator in one's own life is the  
heart and soul of *The Power of  
TED\**. This powerful little book  
points the way toward a hugely  
fulfilling life of empowering  
relationships - at work, at home, in  
the whole of your life. ”

Gay Hendricks, Ph.D. and Kathlyn  
Hendricks, Ph.D.

Authors of *Conscious Loving* (among many  
books) and co-founders of The Hendricks  
Institute

“ Knowing the characteristics of  
the Dreaded Drama Triangle (DDT)  
and its creative alternative, The  
Empowerment Dynamic (TED\*) is  
remarkably transformative. It's  
impossible for  
me to overstate my enthusiasm  
for this book! ”

Brian Johnson

Founder of PhilosophersNotes & Zadz/  
Gaia.com

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## TED\* Sightings

This section features links to people and places where TED\* is showing up  
on the internet and in the world.

Check out Michael Greer's March 8th blog (*Inspired Project Teams: Enduring  
Wisdom and Guiding Challenges to Help Project Teams Achieve Their Best*).  
It's entitled "Shift from Drama to Empowerment" and is available in both print  
and audio formats. ([view Inspired Project Team Blog](#))

Thanks Michael!

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To the Creator in you!

*David Emerald*

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