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 a shift happen. The main way you make the shift is by choosing a more empowered role to play.

From Chapter 9 "Shift Happens" (*The Power of TED*)

The "Holiday Season" is upon us. Many of the world's spiritual and/or cultural traditions treat this as a special time of the year - a time to pause, a time to celebrate, a time to gather with friends and family.

For many, gatherings with family are times of both blessings and challenges. For those who find themselves in family systems in which drama and strained relationships are part of the landscape, gatherings can either be seen as a problematic time to react - or a time to practice the perspective of the Creator Orientation and TED* (*The Empowerment Dynamic*).

I had the "growth opportunity" to experience first-hand a breakdown in a most important relationship during the recent Thanksgiving holiday here in the U.S.

We both struggled with the downward spiral of the Dreaded Drama Triangle (DDT) and the all-too-familiar dynamic of "Victim! Victim! Who's the Victim?" In this "game" (as Transactional Analysis calls such a dynamic between individuals), both parties lay claim to the Victim role and react to the other as the Persecutor. Both feel victimized as the game plays out and both want a Rescuer to emerge to end the game (and, often, to declare who is to blame for the breakdown and who is the "legitimate heir" to the mantle of Victim).

The question became: "How to break the cycle?"

One insight, which arose from the breakdown and exploration, is that explaining and justifying one's actions and perspective tends to perpetuate the DDT. Instead, we found, what seems to help is to own one's contribution to the breakdown and to acknowledge it. Reviewing the sequence of events from the perspective of "what I did to contribute" - rather than "what you did to make me react/feel bad" - can be useful in identifying what behavior patterns arose.

Once the behaviors are identified - and the DDT role(s) from which they came - we then have the possibility of choosing to make the shift into (TED*) The Empowerment Dynamic. We can shift from Victim to Creator by speaking to what we want to create.
The shift from Persecutor to Challenger begins by checking our intention. If the intention is to look good or be right, it’s best to take a “time out” (more on that in a minute). Speaking from an intention of learning and growth - rather than blame and fault finding - for both parties is what a Challenger does.

We can also break the cycle by shifting into the role of Coach (rather than Rescuer) by asking questions that help identify what we want to create and/or learn.

Breaking the cycle by owning our contribution and making the shift is a process that is useful in all aspects of life and relationships: at work, at home, in our communities, etc. To do so calls an effective and empowering end to the DDT "game."

You Go First

In order for the game to end, someone must make the move to TED* (*The Empowerment Dynamic) and one of the roles - Creator, Coach or Challenger. Who is going to make that move? It is tempting to stay in the Victim role and wait for the other to go first. However, if the other person is also waiting, the DDT is only going to be perpetuated.

So, if you want to make the shift from the DDT to TED* - YOU go first!

Time Out!

There will be times in which the other(s) with whom you are interacting either refuse - or are unable - to break out of the DDT cycle. That’s when it is time to call "Time Out!"

The first step is to call a "time out!" - either to yourself or out loud to the other(s) with whom you are in the drama. To realize and declare that this (the DDT) is not what you want begins to break the cycle.

The next step - whenever possible - is to take a break in the interaction. The break may be 10 minutes, 2 hours, a day... however long it takes for you to recenter yourself in the Creator Orientation. Fix a cup of coffee/tea or take a walk before coming back together. The important point is to break your own participation in the drama.

Then, depending on the situation, you may explicitly explore how you were participating in the DDT or you may merely re-engage with the other(s) from the role of Creator, Challenger or Coach.

The holidays can be a time of great joy and celebration. If the DDT raises its toxic head, remember that - as a Creator - you have the capacity to choose to break the cycle.

Have a GREAT holiday season and here’s to a New Year of purpose and prosperity in all ways!

Putting TED* into Practice

When you find yourself hooked into a drama and the Dreaded Drama Triangle (DDT) - during the holidays...
power of TED* every day, both in our relationships with each other and with our customers.

At home, The Empowerment Dynamic has brought much harmony and balance. We also used the book as a center piece for a Mission Trip this summer with 82 high school students in our youth group. It was amazing to hear the teens sharing their discovery with the congregation upon their return. The Power of TED* has been truly life changing. I am grateful beyond words.

J.H.

Our almost 4-year old granddaughter... loves TED*. She discovered it on the counter a few weeks ago and now it's her favorite bedtime book when she spends the night at our house. We look through the book until she finds one of the sketches and then she begins to tell the story of who is sitting on those benches and what they are doing/saying and who created the footprints and walking stick (almost always family members). She gets most excited when we get to the triangle pages because she knows the letters and then makes up special words to go with them. What a delight!

C.W.S.

Thanks for such an insightful book. I became engrossed in the Power of Ted in just a few short pages and couldn't put it down. It was a learning and liberating experience for me. It revealed the patterns of behavior we live with without our conscious acceptance. We become victims of the DDT and trapped in the triangle. It helped me to recognize that I was in the triangle and then showed how to make the changes needed to exit the triangle. I hope this valuable book will touch millions of people and help them to be Empowered.

J.A.

Since I've been aware of TED, it's been fundamental in my journey away from victimhood and towards empowerment. Some of my baby steps forward seem like I'm doing the moonwalk instead, especially during these recessionary times, but I look back and find I've come a long way when I travel the path I create. Gotta go subscribe to your blog.

J.R.

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To the Creator in you!

David Emerald

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