

By David Emerald



December 2009

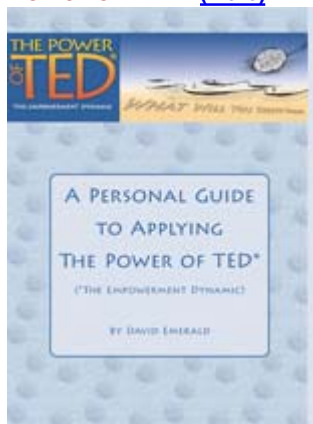
In This Issue

Time Out! Breaking the DDT Cycle
 Putting TED* Into Practice
 TED* News & Updates
 Copyright

[\(See the printer friendly pdf on the Power of TED* Website. - available within 24 hours of this email.\)](#)

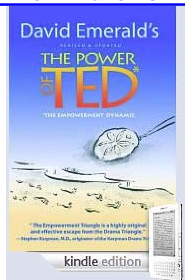
Just in time for the holiday season - we are excited to offer the new TED* companion workbook:

***A Personal Guide to Applying The Power of TED** [\(more\)](#)**



We are pleased to announce that The Power of TED* is now available as an e-book!

[TED* for Amazon's Kindle](#)



[TED* is also available in Multiple E-Book Format Options on Smashwords!](#)

Time Out! Breaking the DDT Cycle

"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.



Discover The Empowerment Dynamic: 1-Day Seminar
January 8, 2010
[\(download pdf for more information\)](#)

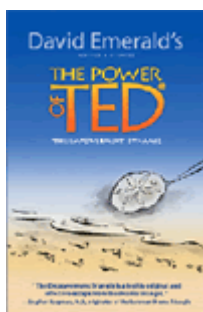
facebook

[Become a TED* Fan on Facebook](#)



Don't miss a single thought! [Sign up for the TED* Thoughts Blog.](#)

[Click Here to Order Now!](#)



Also available online at [Amazon.com](#) and in bookstores everywhere (in the U.S.)!

Available wholesale for book sellers through [New Leaf Distributing](#).

What People are Saying about TED*:

The following are statements that have been shared on Facebook:

“ I became acquainted with The Power of TED* during a series of online courses leading to a certificate in leadership/management from the University of Notre Dame. TED* has become an integral part of my life. As a manager of a large automotive service department we tap into

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 62 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.

Subscribe [Subscribe to The TED* Letter](#)

We respect your privacy and will not share your information with anyone else. Ever.

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to debbie@powerofted.com by david@powerofted.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

or any time - make the following steps a part of your practice in making "shift happen:"



1. **Acknowledge** to yourself (and perhaps the other[s]) that you are in a version of the "DDT Game";
2. **You go first** in attempting to shift to a Creator Orientation and one or more of the roles of Creator, Challenger and Coach;
3. **Call a "Time Out!"** if your attempt to make the shift happen does not work; and
4. **Re-engage** with the other(s) after you have been able to regain your center.

TED* News & Updates

For the latest news on workshops, the new workbook and other announcements, [click here](#)

Copyright

"The TED* Letter" is designed for those who are committed to making the shift from Victim to Creator in their works and lives. If you want to continue to receive "The TED* Letter," please add this to your address book to avoid spam filters. And, please, feel free to forward this to friends and colleagues who might benefit from it! If you do not want to receive future issues, please scroll down to the bottom and click on unsubscribe & we will promptly remove you from the list. And, as always, "The TED* Letter" will not share its subscriber list with anyone else.

This newsletter is written and edited by David Emerald © 2009, with all rights reserved. Please feel free to [send this newsletter in its entirety to anyone you think might like it](#). If you would like to reprint the newsletter for other than your personal use, you are invited to do so, provided you keep the content intact without any editing and attach the copyright notice to our material. This material may not be sold to others.

To the Creator in you!

David Emerald

Newsletter Design by: [Executive Insight, Inc.](#)

Email Marketing by



The Power of TED* | 321 High School Road | Suite D3 #295 | Bainbridge Island | WA | 98110