



THE TED* LETTER™



By David Emerald

February 2011

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What's New?

Meet Donna Zajonc, PCC, director of coaching and practitioner services. [View Donna's new video.](#)

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"Your book has transformed our company. Internally we knew the drama triangle...we created a way out of it that just wasn't good enough. Your model - is truly profound. A few months ago you said to me, 'Choose Choice Sooner'. I think about it almost everyday. That it is really a timeline for me now... If I can get to choice sooner - everything is better."
C.H. via email

Recommended Reading:

Stop Workplace Drama

by Marlene Chism.



Stop the Drama

"The Drama Triangle is a tangled web... A person may play any one of these roles, or he may vacillate between them. The roles may be obvious and explicit, or subtle and seductive... One absorbed in the Drama Dynamic sleepwalks through her days, believing that this nightmare is just the way things are."

From the Chapter 3 ("A Drawing in the Sand") of [The Power of TED*](#)

Some months after the first edition of *The Power of TED** was published, the phone rang. On the other end was [Marlene Chism](#), president of ICARE and founder of the Stop Your Drama (SYO) Signature Process.

After sharing the work she had been doing around the Karpman Drama Triangle, she in essence declared "you have written the book I have been envisioning - including the island and beach theme!" (For more, [listen to Marlene's interview of me.](#)) During the call, I shared my perspective that the world needs multiple voices and multiple perspectives on how to move beyond the dramas in our lives and to not give up on her vision of a book.

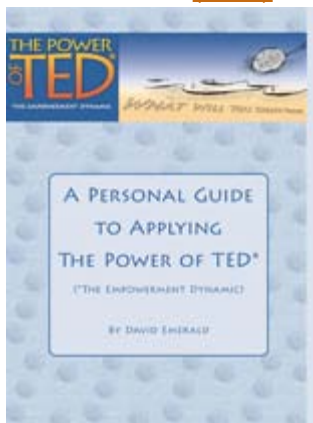
As of this month, her vision has come to fruition with the publication of her book: [Stop Workplace Drama](#). Throughout the book, she puts forward an eight-step methodology for stopping drama. She also shares freely of her journey as a Creator that consciously began when she was working on a factory floor and made the decision to become a speaker, trainer and consultant.

Beyond Marlene's methodology and her story, there were three ideas that captured my attention and are central to moving beyond drama - whether at work, at home or in any other important social relationship.

- **The** drama versus **your** drama (page 9) - Drama is an inescapable aspect of the human experience. When it occurs, the key is in being able to see the drama and not get triggered or hooked into it by taking on one of the Dreaded Drama Triangle (DDT)™ roles of Victim, Persecutor or Rescuer. As Marlene observes, "*The drama* is the situation. *Your drama* is how you react to it. Therefore, while you may not be able to stop *the* drama, you certainly can stop *your* drama... you can learn to manage - and alter - your response."
- Don't confuse **where** you are with **who** you are (page 90) - Working and living as consistently as possible from a Creator Orientation is a lifelong journey. As explored in the [February 19th](#)

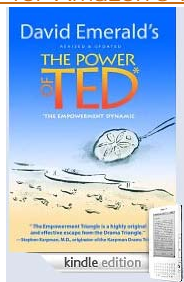
Click the cover to order online from Amazon.com

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](#)

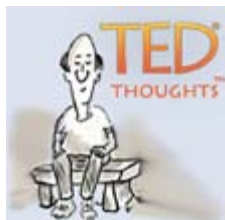


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Recent Blogs:

- [Empowering Healthcare](#)

"TED* Thoughts" blog, learning about the possibility of TED* and seeking to embody the roles of Creator, Challenger and Coach take time and we will inevitably find ourselves slipping back into the drama and DDT roles from time-to-time. "Who you are is more powerful than where you are," she writes, and who you are is a Creator. When you find yourself (or where you find yourself) defaulting to old ways, the step to take is to choose how you want to be.

- Drama is not really the problem (page 210) - As in the first idea above, the "problem" is how we respond to drama and life challenges. Marlene reminds us, "The amount of time you stay in the drama - and the effort you put toward it - is the problem. Complaints, excuses, and regrets only serve to keep the drama alive." So, when drama arises, see it as a Challenger calling you how to learn how to make "shift happen" into more empowering and resourceful ways of responding to life experience.

The ways of thinking, interacting and taking action that makes up the Power of TED*™, through adopting a Creator Orientation and cultivating the capabilities of a Creator, Challenger and Coach, provides a simple (though not always easy) way to disempower, move beyond and perhaps even stop the drama.

Thanks to Marlene for adding her voice, her experience and her advice to our collective effort to stop workplace drama!

Putting it Into Practice

This is a reflection and/or journaling exercise:

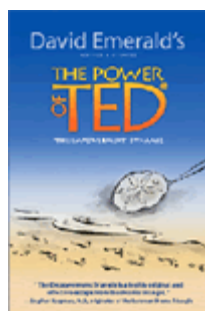
1. What kinds of drama (*"the drama"*) has a tendency to hook *"your drama?"* In other words, what kinds of situations trigger you? Being aware of the type of situations that can pull you into drama is the first step. When they occur, STOP, OBERVE the drama and CHOOSE a response that neither fuels the drama nor engages you in it.
2. To avoid confusing *who* you are with *where* you are, for the next week, practice "End-of-Day Refection" (one of the [7 Daily Practices for Applying the Power of TED*](#)). At the end of each day, look back: when were you operating from the Victim or Problem Orientation and when were you rooted in the Creator or Outcome Orientation? What roles did you find yourself in?

When you fall into a DDT role, if you could declare a "do over," how might you have make the shift into the corresponding more empowered and resourceful TED* role? Let go of judging yourself as good or bad in this practice- just notice and discern where you are and how you might continue to grow.

3. What do you find yourself complaining about, making excuses for, or regretting? Rather than continuing to perpetuate this mis-direction of energy or the drama itself, "[choose choice](#)" and redirect your energy toward what you want to create or how you choose to respond.

- [Responding to Anxiety](#)
- [Egypt: Creating Historic Change](#)
- [Responding to the Inner Critic](#)

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"Thank you for writing this wonderful book! My copy is getting quite dog-eared from reading and re-reading it."

H.R. via email

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 social media sites and via email:

"David's book, *The Power of TED** was instrumental in changing the perspectives of our management team. Through the guidance of his book, I have not only grown as a manager, but also as a human being."

C.M. on LinkedIn

"As a physician in a leadership role, (David's) profound insights have been invaluable. His framework for enacting change is unique and effective and I highly recommend not only his book, but David as a keynote speaker and a friend."

K.A., M.D. on LinkedIn

NEED SUPPORT IN APPLYING TED* IN YOUR PERSONAL OR PROFESSIONAL LIFE?

We offer experienced coaching and consulting services. For more information, email either Creator-in-Chief david@powerofTED.com or Director of Coaching and Practitioner Services, donna@powerofTED.com today. Or call us at **206-780-0994**

INTERESTED IN BECOMING A TED* PRACTITIONER?"

Learn more about this growing community of practice [here](#).

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To the Creator in you!

David Emerald

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