

THE TED* LETTER™

By David Emerald

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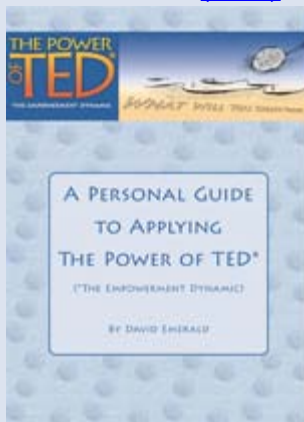
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[\(See the printer friendly pdf on the Power of TED* Website. - available within 24 hours of this email.\)](#)

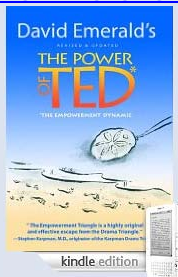
Public Workshops on The Power of TED* coming to Seattle and Dallas in March. [See more](#)

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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A Time to Rescue

"The third role is Rescuer, the one who intervenes on behalf of the victim, to deliver the victim from harm by the Persecutor."

From Chapter 2 "The Dreaded Drama Triangle" ([The Power of TED*](#))

If you are reading this newsletter, you are undoubtedly aware of the earthquake and ensuing humanitarian drama playing out in Haiti. This month's "TED* Letter" is derived from two entries from the ["TED* Thoughts" blog](#) that were written during the week of the tragic events.

In reading [The Power of TED*](#), one could rightly conclude that the [Rescuer](#) role in the [Dreaded Drama Triangle \(DDT\)](#) is not as effective, resourceful and helpful as its antidote in [TED* \(*The Empowerment Dynamic\)](#) - the role of [Coach](#). When it comes to living life as a Creator and supporting others in creating in their lives, that perspective is foundational.

However - and this is an important however - there are times in which it is perfectly appropriate and necessary to assume the role of Rescuer.

For example, I am blessed to live in the Pacific Northwest of the U.S. along the Puget Sound. If I am walking along a beach and spot someone thrashing about in the water, that is not the time for me to step into the role of Coach by asking something inane like "What outcome would you like to create?" In that moment the only sane thing to do is to jump into the water and bring them safely to shore - to be a Rescuer.

The devastating earthquake that has brought Haiti to its knees is a reminder that, in the human experience, victimization happens. Through no fault of their own, the people of that land are, indeed, victims of this natural disaster.

In just such a situation, it is time to be a Rescuer - in whatever way one can. The people of Haiti need our helping hands - financially, materially, spiritually, emotionally, and physically.

The day after the actual earthquake, I had an almost "out of body" experience of taking a break from writing, sitting down in my warm and dry living room (with a hot steaming bowl of bean soup) and turning on CNN to check the latest. I knew of the earthquake, but I had no real knowledge of the true current reality. As the reality became apparent, I wept.

During the broadcast, the Haitian Ambassador to the U.S. was interviewed. When asked how the Haitian people would eventually respond, and after thanking the world for its outpouring of response, he



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What People are Saying about TED*:

The following are statements that have been shared on Facebook:

“I think daily about TED*. My daughters (5 and 6 years old) are quite engrained in the victim role these days, and I'm finding it helpful to ask what they want or remind them that they have the choice to be or act how

stated, "The Haitian people are a hearty people." (In other words, they are [Creators.](#))

He then shared that, when the Haitians secured their independence 200 years ago, they did so with the slogan, "In unity there is strength."

In times of natural and human disaster - and there will be other times, as it is part of the human experience on planet Earth - it is important to remember that we are Co-Creators and that there are times when reaching out a helping hand to one another is an act of compassion and co-creation. In such unity there is, indeed, strength.

The circumstances in Haiti are a clear example of how the [Persecutor](#) in the human drama can be a condition or a circumstance. Of course, the Persecutor can also be a person. There are also times in which the human experience involves being victimized by others - either an individual or a group.

When such victimization happens, we can react as a Victim or we can respond as a Creator - the choice is ours. This may be a challenge for some to accept, but even in the harshest of circumstances, we still have the "freedom" to respond to the situation we face. One famous example, which is referenced in *The Power of TED**, is that of [Victor Frankl](#) and his response to his Nazi captors in World War II concentration camps.

Another from that same era of abject victimization is that of [Anne Frank](#). She came to mind when it was reported that [Miep Gies](#), the woman who found and preserved Frank's diary, passed away at the age of 100. Gies was part of a group of Rescuers who appropriately helped hide the Frank family from the Nazis. As Gies once said, "I am not a hero... I only did what seemed necessary at the time."

"Doing what is necessary at the time" is an important frame-of-reference for when consciously adopting the role of Rescuer is reasonable and appropriate. The dictionary defines the verb "to rescue" as the act of removing somebody from a dangerous or harmful situation and as an instance of helping somebody in an awkward or difficult situation.

However, once the individual or group has been rescued and the situation stabilized, THEN it is time to shift into the Coach role as the way of supporting the way forward.

Unfortunately, in the case of Anne Frank and their family, that time did not come (although Anne herself acted as a Creator in choosing her response to her circumstances. In Haiti, once the time comes that the dead are recovered; systems stabilized; and basic needs met, relief agencies must work to empower and support and the Haitian people in their rebuilding efforts. In the hypothetical situation of saving a drowning person from the Puget Sound, once they are rescued from the water and safely on shore, it may be appropriate to inquire as to how their potential drowning happened and what they can do to prevent in future.

Victimization is an unfortunate part of the human experience. When it happens to those around us, there will be times where helping them as a Rescuer will be what is called for. Even in the act of rescuing, we can see those to whom we extend a helping hand as the Creators that they inherently are.

As a Creator, we work toward envisioned outcomes. When rescuing, the

they want. The construct that you introduced continues to serve me well.

Thanks for that! ”

D.L. in an Email

“I read *The Power of TED** at least 20 times over the past several years. It is one of the 5 books I keep on my desk at all times - that is saying a lot because I read a lot of books! I use the principles with my clients, and I use them in my life on a daily basis. One of my clients made a great statement. She said, "I knew about the drama triangle, but I never knew what to do to counteract it - now I do after reading this book." If I could give 100 stars for this book, I would.”

Review by E/EC on Amazon.com

“It really is an awesome book. I have known about the Drama Triangle for about 10 years now and have taught the concepts of it many, many times at work and in my prison work, but the Empowerment Triangle information is what makes this whole piece work. I always taught people to pursue their passion and they would avoid the drama cycles, but I really like simplicity of the Empowerment piece. While it is simple in structure, it is not always easy to see. And the best part is that it allows us to shift

envisioned outcome can be to support the other(s) in being removed from harm's way, or reaching safety, or achieving stability. Once that vision is achieved, it is then time to reassume the role of Coach as the way to of offering support.

Putting TED* into Practice

In what ways do you - or can you - lend a helping hand in times of natural or human disasters? List 1-3 ways in which you could be a conscious Rescuer:



- Financially:
- Spiritually:
- Emotionally:
- Physically:
- Materially:
- Other:

When lending a hand in the above ways, do so while seeing and treating those you are supporting a Creator, rather than a Victim.

TED* News, Updates & Sightings

FIRST PUBLIC WORKSHOPS IN NEARLY TWO YEARS!

Discover TED* (*The Empowerment Dynamic) - This one-day workshop provides an in-depth overview of the concepts, frameworks and tools found in *The Power of TED**.

Seattle - March 5th at the Dreamclinic Massage Center
Dallas - March 25th at imc2

A Deeper Dive into The Power of TED* - This is a two-day, highly experiential workshop designed for those who are already familiar with TED* and are committed to enhancing their capacity as a Creator. This workshop will be co-facilitated with Bert Parlee, Ph.D.

Dallas - March 26th & 27th at imc²

For More Information and to Register:

<http://www.powerofted.com/seminars.html>

New Workbook: "A Personal Guide to Applying The Power of TED*" Now Available

Be one of the first to use this comprehensive workbook as a companion to the book. It serves serve as a guide to applying the principles, mindset, and practices of The Empowerment Dynamic to your own life. It is designed for individual use and will encourage the Baby Steps by which to put TED* into daily practice. Reading *The Power of TED*™* prior to pursuing these activities is highly recommended. This workbook can serve as a wonderful reinforcement of the principles contained in the book, enlivening your learning experience.

For more information and to order:

<http://www.powerofted.com/book.html#workbook>

graciously.”
S.H. on Facebook

“No surprise that TED* is selling out... TED* is a phenomenal way to see the world, and to live... I am discovering that laid off workers find your work a very powerful reminder and way of getting centered again as they search for the work they have a passion for and not "just a job". Thank you!

”
A.D. on Facebook

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To the Creator in you!

David Emerald

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