

# THE TED\* LETTER™

By David Emerald

July 2010

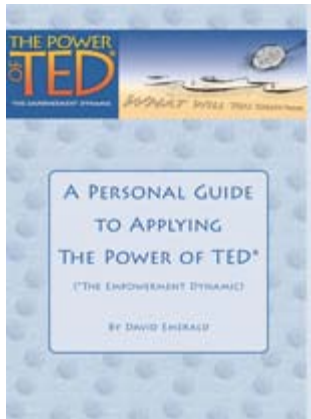


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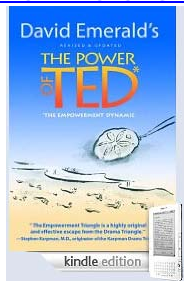
[\(See the printer friendly pdf on the Power of TED\\* Website. - available within 24 hours of this email.\)](#)

## 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!](#)

## I Will Rescue You....

"With Victims to rescue, Rescuers feel justified; they avoid abandonment by being there for others. They foster dependency by becoming indispensable to a Victim's sense of well-being... The Rescuer often sets herself (or himself) up for disappointment and rejection when a Victim won't do as she (he) advises or doesn't appreciate (their) help. Then the Rescuer feels like a martyr: one more name for a Victim."

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

The most common [Dreaded Drama Triangle \(DDT\)](#) role that participants in workshops identify with is the role of [Rescuer](#). Few see their predominant role as that of [Victim](#) and even fewer still like to look at the [Persecutor](#) as their primary role in the dramas of life.

I was recently having a conversation with a new member of our [TED\\* Practitioner Program](#) about this role. At one point she threw in this zinger: "One of my favorite statements is 'I will rescue you, if you will...!' (and then fill in the blank)."

As a "recovering rescuer" myself, her statement became a real cause to pause and reflect. As anyone who is in any type of recovery knows, one is always "recovering," rather than "recovered" - so I continue to monitor the ways I can easily slip into this, my default DDT role.

Looking back on my own history as a manager, I know that I often functioned as a Rescuer, whether it was enabling an employee to not meet expectations, or serving as mediator between employees, or going out of my way to meet a last minute request.

In intimate relationships, seeking to always please or "going along to get along" and not rocking the boat is an easy and subtle way of being a Rescuer.

As a step-parent, I might minimize or seek to lessen the impact of a reasonable or appropriate consequence of a poor decision or immature action on the part of a child.

Thinking of those contexts, the following flowed easily as examples:

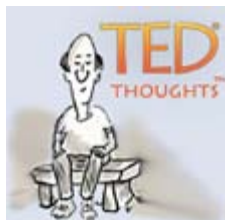
"I will rescue you, if you will..."

- see me as "right"
- see me as a hero
- see me as a "go to" person for answers
- acknowledge how smart I am
- shape up and fly right"



facebook

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"The Power of TED\* was in action this weekend. I had a friend in crisis and asked if she could come over. I said yes, of course, as she was truly upset and devastated. I sat with her for many hours...As I sat with her, I thought, 'How can I truly be of help? I can see what she needs, but she needs to realize this on her own. How can I do this for her?'

I had just read [TED's blog post](#), and instead of rehashing and analyzing who did what and why and when and how awful things were and how that felt and trying to comfort (rescue) her, I instead listened and geared my responses and questions (intuitively, since I only read the one post!) to empower her as a Creator and let her create small goals for herself to move forward instead of remain mired in her drama and her situation. (And repeat these same mistakes I've watched her make over and over for the past 10 years that I've known her.)

The next evening I got a text message from her thanking me for my honesty, telling me she took a lot of time for herself that day and thought about what we'd discussed, and she realized that she needed to make some changes in herself. She said she appreciated me and loved me very much and I was a great friend... your fortuitous blog post really crystallized the intention and helped me to get her there."

K.P. via Facebook

- see me as a good person
- love me
- stay with me/not abandon me

And probably the core one (at least for me) is...

- do what I want you to do

What all of these statements represent is an unstated pact, or "bargain," that the Rescuer is making with the Victim. It is usually not even conscious on the part of the Rescuer. "I will rescue you, if you will (keep up your end of the bargain)."

Here's the "kicker:" when the person they are seeking to rescue (i.e. a Victim) does not follow through on their end of the unstated pact, the Rescuer then often assumes the Victim role. And the drama continues. This is the drama dance that happens when one is rescuing from, and with, this unstated bargain.

Make no mistake - there are times in which adopting the Rescuer role is called for. (For more on this, see the [January, 2010 issue of "The TED\\* Letter."](#)) After all, an EMT (Emergency Medical Technician) does not rescue someone from an automobile or other accident, expecting thanks or admiration in return - they do it to be of service to another human being. It is the unstated pact, and attachment to what is wanted in return, that perpetuates the DDT.

Being of help and support does not require something in return. Instead of rescuing, we can be of service by adopting one of the [TED\\*](#) roles: [Creator](#), [Challenger](#) or [Coach](#). This begins by, first and foremost, seeing those we serve as a Creator in their own right - whether they know it or not or are acting like it or not.

Rather than rescuing as a boss, I could have been more of a Coach ("What actions do you need to take or resources do you need to draw on to get that report completed on time?" or "What kind of working relationship do you desire with your co-worker? What is your contribution to the current situation?").

As a parent, rather than rescue, at times we may need to become a conscious, constructive Challenger. "I know driving is important to you, and you will be able to drive your own car again when you've earned the money to pay for the insurance," may be a statement of "tough love" that contains an important lesson about responsibility.

The key to shifting away from the role of Rescuer is to let go of the need to want something in return for our actions. As a recovering Rescuer, I have had to learn to not expect anything in return.

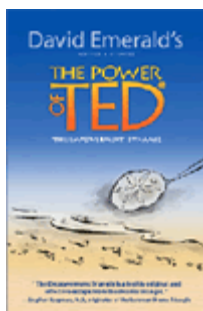
To be of service is to offer support and take satisfaction in helping others---simply for the good feeling of being of service. When you notice that you are expecting something in return, chances are good that you are being drawn into the rescuing role.

If you can serve others as a Creator, Coach and Challenger, it is amazing how much satisfaction you will receive, whether they ever acknowledge it or not.

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## Putting TED\* into Practice

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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](http://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 and via email:

"I want to share what can happen when two people (in this case a dad and his 15-year-old teenage daughter) decide to move from the Drama roles of Victim and Persecutor to Empowered Co-Creators... Thanks for providing the framework, language, tools and actions that God used to take me out of desperation parenting and toward an empowered relationship with my lovely daughter."

[Watch this Video](#)  
"N" in an email

"I heard your interview on the [Dr. Pat Show](#) and got a copy of your book. I have already read the book. I am excited that you were able to put my feelings into words. I have

Identify at least three relationships in which you have a tendency to take on the role of Rescuer. This may be at work, at home, or in any other area of your life. For each, ask yourself the following questions (and maybe journal about them):



- How am I secretly finishing the sentence "I will rescue you, if you will..."?
- What is the outcome that I desire in this situation? What am I hoping that the act of rescuing will result in?
- Is there a way I can shift my focus toward creating that outcome without rescuing?
- How might I step into the Coach role in this situation? What questions could I ask that keeps the power and responsibility with the other person?

### TED\* Sightings

The following are a few references to TED\* that we have become aware of in the past month:

- Read [Carolann Jacobs' blog](#)
- [See Step #5](#) in this "how to" posted by Tiferet
- TED is #110 on the [list of favorite books](#) from Antioch Alums
- [A rather long, but interesting, interchange from 2008 on Biznik](#) that is right on point with this newsletter (and notice that Fran Fisher's comments suggests TED\*!)

If you see TED\* mentioned somewhere on the internet - or anywhere else, for that matter - let us know ([david@powerofted.com](mailto:david@powerofted.com))!

### TED\* News & Updates

**TED\* Foundations** - This one-day workshop provides an in-depth overview of the concepts, frameworks and tools found in *The Power of TED\**.

- Dallas - October 25<sup>TH</sup> at imc<sup>2</sup>

A Deeper Dive into **The Power of TED\*** - This builds upon the foundation of the above workshop and includes an additional highly experiential day 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 - October 25<sup>TH</sup> & 26<sup>TH</sup> at imc<sup>2</sup>

For More Information and to Register:

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

been in the Victim Orientation all my life, survival mode. **READY TO MOVE FORWARD TO CREATOR ORIENTATION."**

"N" in an email

"Using it at my business...and also with my family. My people are **LOVING IT!"**

NC on Facebook

"Mr. Emerald's method of using what he calls part autobiography and part fiction intertwined around a fable to tell his story is unique and interesting... The author's informal, easy-going narrative style makes for a quick read. The drawings scattered throughout the book add a sense of visual appeal and tend to remind the reader he/she is reading a fable. The book's design is well thought out, the text arranged in easy-to-read style. The chapters are short so readers don't feel pressed to keep reading if they want to take a break. Finally, the book's size makes it easy to slip into a purse or backpack for 'reading on the go'."

Writer's Digest

"I first spoke to you when you returned my call for a book order last year (or was it the year before?). You were kind enough to autograph a copy and it is dog-eared from following me around. It has been lovely to watch your message grow, and I am now enjoying more of your writings as a friend of TED's on Facebook. Your book has made a powerful impact on me personally, but also in the

## TED\* Coaching Services

People have been asking for it and now it is here: more ways to support making "Shift Happen!" We are pleased to announce the addition of **The Power of TED\*** Coaching Services. This in-person or telephone coaching service is uniquely designed around **The Power of TED\*** concepts, frameworks and tools.

Learning to let go of reactive strategies and living a life of a Creator has changed many individuals, families and workplaces. Yet, the support of a skilled Coach has been proven to accelerate the application of this way of thinking, being and taking in individuals' personal and professional lives - and in the way that organizations work together.

We are also thrilled to announce the appointment of Donna Zajonc, PCC (Professional Certified Coach) as the new Director of Coaching and Practitioner Services for *The Power of TED\**.

For more information, visit the TED\* website or contact Donna at [donna@powerofTED.com](mailto:donna@powerofTED.com) or 206-780-9300 .

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### Copyright

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To the Creator in you!



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lives of my co-workers and clients with whom I have been sharing The Power of TED\*.

We spoke briefly about how shifting from DDT to TED could help my clients in particular. The folks I work with are primarily mandated by law to attend counseling for domestic violence offenses. I observed how many of them deeply identified with the victim mentality - whether it was just a result of a real or perceived injustice within the legal system or as a result of their SES status or Family of Origin experience. Whatever the reason, many of them have been able to recognize the value in shifting their perception and reactions to pursue what they want vs. defending themselves from what they don't want (many times causing them to move from Victim to Persecutor). Thank you for that!"

M.H. (Austin, TX) in an email

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