



THE TED* LETTER™



By David Emerald

March 2011

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What's New?

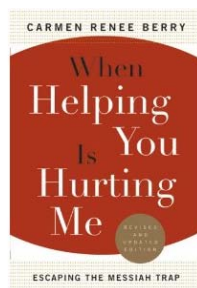
Meet Donna Zajonc, PCC, director of coaching and practitioner services. [View Donna's new video.](#)

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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:

When Helping You is Hurting Me
by Carmen Renee Berry.



Click the cover to order online

Faces of the Rescuer

*"This third role-the one who steps into the dance between Persecutor and Victim-is **Rescuer**. The dictionary defines the verb rescue this way: to free from confinement, danger, or evil; to save or deliver... Rescuers need Victims-someone to protect or fix-to bolster their self-esteem... 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."*

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

When participants in workshops are asked to identify which is their dominant or default role when in the [Dreaded Drama Triangle \(DDT\)™](#), the vast majority identify themselves as a [Rescuer](#). Certainly, it is perceived as more benevolent than the roles of [Victim](#) and, especially, [Persecutor](#).

A Rescuer is often well intentioned, not aware of how they reinforce the powerlessness in the Victim they are serving.

As a "Recovering Rescuer" myself, that was definitely my primary role, though I also did my fair share of playing the other roles as well. In my family-of-origin I was the peacemaker; in my intimate relationships I was the pleaser; and in my management roles I was often the hero problem-solver or mediator. There were other ways I played the Rescuer in other aspects of life and, make no mistake, I still find myself playing the role from time-to-time.

A marvelous and gently-confrontive book has recently come to my attention that has sparked reflection on the various ways - or faces - that of a Rescuer. [When Helping You is Hurting Me](#), by [Carmen Renee Berry](#) serves as a Challenger to anyone whose identity is bound up in the Rescuer role.

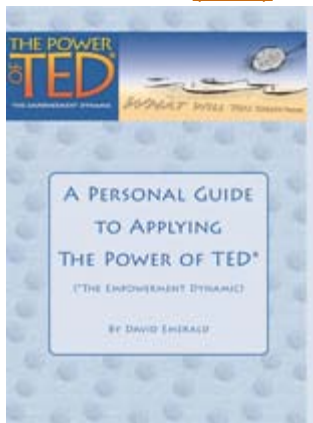
In her work as a social worker and counselor, Berry observed and developed her own version of the DDT, with its triangle of roles: Victim, Offender (Persecutor), and Messiah (Rescuer).

She identifies seven different faces of "Messiah" and how each assumes responsibility for other people (who, I would add, they approach as Victims needing them):

1. Pleasers feel responsible for other people's happiness.
2. Givers feel responsible for other people's material needs.

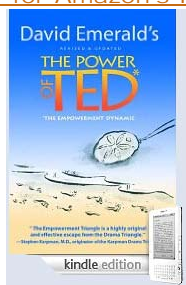
from Amazon.com

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](#)

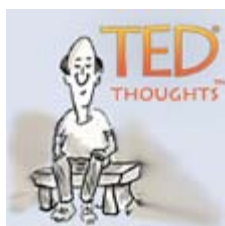


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3. Protectors feel responsible for other people's safety.
4. Rescuers feel responsible for other people's crises.
5. Counselors feel responsible for solving other people's problems.
6. Teachers feel responsible for other people's understanding their lives.
7. Crusaders feel responsible for ensuring justice in other people's lives.

As already mentioned, I most closely relate to the Pleaser (intimate relationships), Protector (family-of-origin) and both Counselor and Teacher (as a manager).

Before reading her book, I had the opportunity to meet with Carmen Renee Berry and am grateful to be developing a collegial relationship with her. Having read [The Power of TED*](#) before our meeting, she enthusiastically expressed the contribution that [The Empowerment Dynamic \(TED*\)](#)TM makes in offering people "another place to go" as they grow beyond the DDT, in general, and the Rescuer role, specifically.

The basic empowerment move for a Rescuer/Messiah is to [shift from Rescuer to Coach.](#)

A [Coach](#) views others as being ultimately capable and resourceful, whereas a Rescuer treats the other as powerless or in need of fixing. In this role, we serve others by seeing them as a [Creator](#) in their own right, and supporting them in the process of creating outcomes, solving problems or responding to life circumstance.

A Coach does this by asking questions that help clarify envisioned outcomes, current realities, and possible *Baby Steps* (small sequential actions that lead toward lasting change). A Coach dares the other to dream and discern the pathways for manifesting their visions.

Another possible shift may be from Rescuer to [Challenger](#). A conscious, constructive Challenger serves as a catalyst for change, learning, and growth and creates an opportunity for thoughtful action for a Creator. They, too, view those they challenge as a Creator in their own right.

There are ways to serve - as a Co-Creator, a Coach and a Challenger - that increases resourcefulness and empowers others. We need not rescue. We need not be a Messiah.

(A final note: As we have been reminded recently by world events, there are times and situations in which is reasonable and appropriate to consciously and deliberately step into the role of Rescuer. For more on this, see the "[A Time to Rescue.](#)")

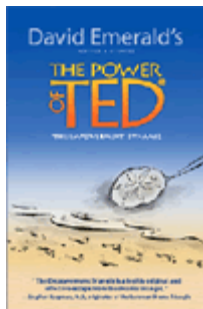
Putting it Into Practice

If you are one of the many who easily adopt the role of Rescuer/Messiah, the following reflection or journaling exercise is for you:

1. What faces of the Rescuer do you take on? In what aspects of your life do you take on which face?

- [The Power in Empowerment](#)
- [When Fear Has Been Defeated](#)
- [Baby Steps & Quantum Leaps](#)
- [Behind Every Complaint](#)

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H.R. via email

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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

2. In what ways are you seeing the other(s) as powerless or as needing you to "do" for them?
3. Which of the TED* roles (Creator; Challenger; or Coach) would best allow you to serve the other(s) in ways that empower and increase their own capabilities?
4. What is one baby step you can take to begin making the shift to that TED* role?

2011 Power of TED* Public Workshops

We are excited to announce the following TED* workshops that have recently been scheduled and confirmed for 2011:

April 24th in Halifax, Nova Scotia: Creating Inspired Outcomes in Your Work & Life with 'The Power of TED*' - Presented by TED* Practitioner Kelcy Benedict of Facilitation Plus. [Click here for more information.](#)

May 5th in Milton Keynes, UK (just North of London): Create Inspired Outcomes in Your Work & Life with 'The Power of TED*' (*The Empowerment Dynamic) -David Emerald and co-sponsor The Harmony Partnership in this first-ever offering of TED* in the UK. [Click here for more information.](#)

May 25th in Boulder, Colorado: An Integral Introduction to The Power of TED* - David Emerald and Bert Parlee, PhD will offer this special one-day introduction to TED* with an added Integral perspective, hosted by Boulder Integral Center. [Click here for more information and to register](#)

November 27th - December 2nd at Esalen (Big Sur, California): The Empowerment Dynamic: An Integral Experiential Exploration - David Emerald and Bert Parlee, PhD facilitate a deep, deep dive into TED* in a most amazing venue. [Click here for more information](#) & [here to register](#)

The spread of TED* continues! If you would like to sponsor a TED* workshop in your community, contact us: DEmerald@powerofTED.com.

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To the Creator in you!

David Emerald

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