



THE TED* LETTER™



By David Emerald

May 2011

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Now Accepting:
TED* Practitioner
Program Applications

What's New?

Donna Zajonc, PCC, Director of The Power of TED* Coaching & Practitioner Services describes the TED* Practitioner Program.

[Watch the Video.](#)



"Yesterday morning, I sat down to start your book, The Power of TED...and didn't put it down until I completed it. It's been a long time since I've done that...if ever... I found myself rereading it last night and this morning, reviewing the terms and acronyms and want you to know that I am grasping on to points of light that I have discovered in moving towards attaining the perspective of the 'Creator.' It's not going to be easy sledding, but I just want you to know that your work has provided me a perspective that I hadn't held. We'll see how it goes. Thank you and take good care."*

M.G. via Email

"I have to say, as the daughter of an alcoholic father... The Power of TED really helped me as well. I had not heard of the Drama Triangle before reading this book. It helped me recognize the toxic nature of the drama triangle roles (and how often I played them) but most importantly, it clearly illustrated simple baby steps that I could take every day to*

Victimization versus Victimhood

"Are you saying being a victim is just a matter of seeing myself that way..? Are (that people create) their own victimization?"

"Not at all," Ted responded. "The experience of being the victim... is very real... I'm saying one has a choice-however difficult or painful-about how to relate to those experiences. If you identify yourself as a Victim, your choices are limited."

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

Victimization and Victimhood: one is optional, the other is not. Victimization is an inescapable part of the human experience. Victimhood - ultimately - is a choice.

This distinction has come to mind, once again, with this week's series of killer tornadoes in various parts of the United States - especially Joplin, Missouri. While I am almost always attuned to the devastation of weather-related disasters in other parts of the U.S. and the world, this one hit "close to home" because my wife ([Donna Zajonc](#)) grew up just Northeast of Joplin and still has family in the area.

Victimization happens when one is impacted by a **Persecutor** of some sort. It is can be caused by people, by conditions (such as a health condition), or circumstances (such as a natural disaster). Victimization, then, occurs as a particular situation, which can be short term or lifelong, depending on the experience.

Victimhood, on the other hand, refers to a way of being and self-identity, in which the individual assumes that they are powerless and has no choice.

One can be, in reality, a **Victim** while still refusing to take on the label of Victimhood.

There is a very wide range of victimization that occurs in the world and in our lives. Think of this range along a scale of 1 to 10, which we might call the Victimization Rating Scale. At the high end of the range (9-10) is extreme victimization. Those who are victimized by war or oppression or by natural disasters certainly experience the high end of the scale. In addition, in our world, there are many whose daily lives are bound up in such extreme conditions of poverty and malnutrition.

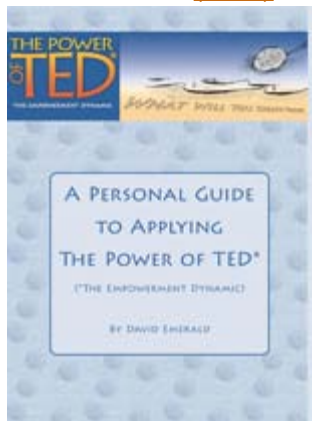
At the other end of the scale (1-2) are experiences of "mundane victimization." A driver cuts in front of you on the road; you come down with a nasty cold; a thunderstorm ruins your plans for a family outing; a co-worker is late in getting information to you for a report you are writing

change my life by "choosing" my reactions (instead of simply "reacting"). I cannot recommend this book highly enough!!! The TED triangle really illustrates how to get into the "functional" triangle..."*

Anonymous post on
[Adult Children of Alcoholics \(ACOA\) Blog](#)

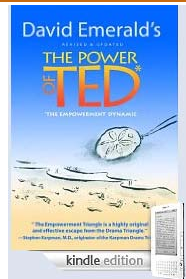
"This is a book I believe you will return to often. It's a great gift for someone who needs a nudge out of being a victim, especially if that someone is you! It offers a sweet awakening. This story and its message is simple, clear, and memorable. If you are ready to break free of the "drama triangle" and hang up co-dependency once and for all, give The Power of TED a read... This little book is a protein packed morsel for those hungry for peace and aware of the calling for a feminine model of empowerment and balance (Yin-Powerment)." -
["Offerings" Blog](#)*

[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!](#)

- all are examples.

Most of us do not want to think of ourselves as Victims. We believe the label "Victim" is only reserved for those circumstances that hit 9-10 on the Victim Rating Scale. However, we may consciously or unconsciously go through our day as a Victim on the 1-3 end of the scale, not realizing the toll it is taking on our energy and life perspective as we react to what is going on around us or happening to us.

How we respond to victimization, however, has everything to do with whether we live primarily from a **Victim Orientation** or a **Creator Orientation**. Empowerment and resourcefulness emerge when we deal with victimization as a **Creator**, retaining our responsibility to be "at choice" in responding to the reality of being victimized.

As a Creator, when we experience victimization we remember that we have the capacity to choose our response - even in the event of extreme victimization.

In **The Power of TED***, Sophia recounts Victor Frankl's revelation, during his internment in Nazi concentration camps, that "everything can be taken from a (person) but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way." This is truly the statement of a Creator in the face of the most extreme of circumstances. While the range of choices available to him were slim, indeed, he realized he was still "at choice" on how to respond to his harsh human experience.

In a story on the Joplin's tornado devastation and how people were dealing with the disaster, entitled "Residents look ahead with gratitude," (May 25th edition of "USA Today") Judy Keen, writes "Across Joplin's 6-mile band of destruction Tuesday, many people were looking ahead with optimism that might seem out of place amid so much devastation. As people surveyed the wreckage of their homes, churches and businesses, some said gratitude and relief outweighed their sadness."

While there is no denying their having been victimized, this is a Creator response. Rebuilding their lives will evolve a baby step at a time and they will continue to vacillate between despair and hope, knowing that their optimism and focusing ahead will guide their way.

When victimization occurs, remember that you can always be "at choice" in how you respond in the long run.

Putting it Into Practice

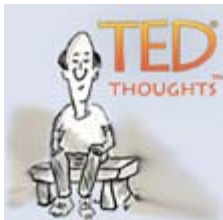
Any time you experience anger, frustration, sadness or any other emotion that is reactive in nature, the chances are great that you are experiencing victimization. The following process is designed to help respond to the situation as a Creator and to increase your capacity for being "at choice" when victimization occurs.

Bring to your mind right now an experience of victimization to use in reading through the process:

1. Describe the experience of victimization. Who or what is the Persecutor in the situation (remember, it can be a person, condition, or circumstance)?



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Don't miss a single thought!

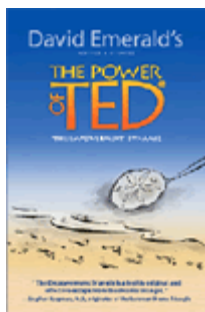
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2. How would you rate your experience of victimization on the Victimization Rating Scale of 1 to 10, with 1 being more mundane/everyday and 10 the most extreme?
3. What is the "dream or desire" that is being denied or thwarted? What is it that you want that the current situation is - or seems to be - standing in the way of or preventing?
4. With that outcome (dream/desire) in mind, and while acknowledging the current reality you are experiencing, what choice(s) might you have for taking a baby step in the direction of the outcome?
5. Commit to - and take - the baby step!

(An important note: If your safety or security is threatened [i.e. a 9 or 10 on the Victimization Rating Scale], it may be vital to do what you must to reach a safe place or state of being in the situation before using with this process.)

Now accepting applications for the October 3-5, 2011 TED* Practitioners Program

The TED* Practitioner Program draws a committed group of individuals from throughout the United States and the world, forming a community-of-practice of professionals who are committed to making TED* (*THE EMPOWERMENT DYNAMIC) a key component in the services they provide to their clients. For more information, [click here](#).

Are you wanting to take a "deeper dive" into TED*?

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. For more information: [view this flyer](#) or to register, go directly to the [Esalen website](#).

The spread of TED* continues! If you would like to sponsor a TED* workshop in your community, [contact us](#).

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To the Creator in you!

David Emerald

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