



Introducing:
The Power of TED*
(The Empowerment Dynamic*)**

By David Emerald

Since time immemorial, the default orientation of humanity has been that of Victim. Living in an often hostile and dangerous world, human beings honed the “fight, flight, or freeze” reaction to life experience. In the late 1960s, Transactional Analysis pioneer and psychiatrist Stephen Karpman, MD, identified the basic structure of human dynamics in the Victim Orientation as involving three roles: Victim; Persecutor (or Perpetrator); and Rescuer. Dr. Karpman has stated that, while there have been many attempts to describe and forge a way to escape what he calls the Drama Triangle, all such attempts have come up short—until now.

*The Power of TED** (**The Empowerment Dynamic*) is a teaching story that offers a friendly introduction to a powerful new set of alternative roles that has broad implications for meeting life experience more effectively and with much greater fulfillment. The Empowerment Dynamic (TED) points the way for stepping into new roles that offer a life of purpose, power, and compassion toward self and others. TED is rooted in a Creator Orientation toward work and life. This new model describes the following roles as “antidotes” to those of the Drama Triangle:

Victim → **CREATOR:** This is the central role in The Empowerment Dynamic. A Creator claims and taps into his or her personal power in order to choose his or her response to life circumstances. This role is result- and goal-oriented, focused on desired outcomes. Creators work consciously and deliberately to deal with their current reality while moving toward the life they envision creating.

Persecutor → **CHALLENGER:** Creators are able to transform their perspective toward difficulties with people, conditions and/or circumstances into challenges to be met, understood, and (whenever possible) overcome. Unlike the Victim, who sees every challenge as a Persecutor, Creators welcome Challengers, for they encourage actions that lead to meaningful growth. Challengers may provoke Creators to “show up” as compassionate, as confrontational, or both. The Challenger calls forth a Creator’s will to create, often spurring him or her to learn new skills, make difficult decisions, and do whatever is necessary to achieve a dream or desire.

Rescuer → **COACH:** A Coach supports, assists, and facilitates a Creator in clarifying and manifesting the Creator’s desired outcome. Coaches help others perceive new possibilities; coaches dare us to dream! Thus, a Coach acknowledges and helps leverage the power and capabilities of a Creator. In addition to helping clarify outcomes, the Coach also can help a Creator dig deep within themselves to accurately and honestly assess current reality, to identify resources and create solutions. The Coach then holds the Creator accountable for taking the steps necessary to move forward.

Stephen Karpman, MD has said of this new triangle of relationships, “The Empowerment Triangle is a highly original and effective escape from the Drama Triangle,” stating that it “transcends” all other previous attempts to articulate a meaningful alternative to the victim-oriented Drama Triangle he originally described.

*The Power of TED** (**The Empowerment Dynamic*) is an illustrated teaching story of a meeting between of three characters on a beach in what turns out to be a life-transforming conversation: the central character, David, a fellow named Ted (the embodiment of “The Empowerment Dynamic” who acts as Challenger to the Victim Orientation) and Sophia, a mentee of Ted’s who shares with David her experience. The book is illustrated to convey the story and to present essential models to the reader in a simple and engaging way.

*The Power of TED** seminars are designed to teach the new frameworks described in the book, providing tools and tips for making the shift from the Victim Orientation and Drama Triangle to a Creator Orientation and The Empowerment Dynamic, and to help readers apply these new methodologies to themselves, groups and organizations.

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