



FOUNDATIONS OF
Nourishment
& Self Care

A photograph of two women standing close together, both wearing black leather jackets. The woman in the foreground has blonde hair and is looking towards the camera. The woman behind her has dark hair and is also looking towards the camera. They are standing in front of a white backdrop that has a large, dark shadow of a person cast onto it. The background is dark, and there is a bright light source from the left, creating a strong contrast.

The Drama Triangle Blocks Nourishment

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Life Assignment

Notice what role(s) of the **Drama Triangle** you find yourself in. (Victim? Persecutor? Rescuer?) Pick a recent scenario that played out and use the **Stinking Thinking Template** to see the drama at play, then orient to what matters to you. Use the questions to get out of the Drama Triangle, with a goal of once every day!

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

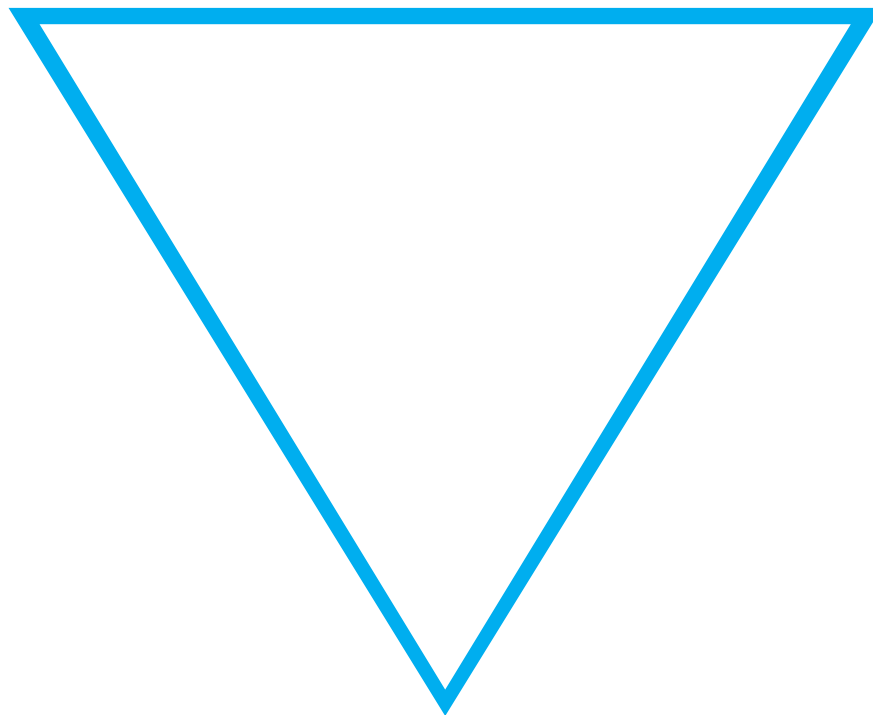
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Drama Triangle

The drama triangle, developed by Stephen Karpman (a student of Eric Berne the founder of Transactional Analysis), is a model of human interaction theorizing three roles people habitually adopt in situations. The drama triangle's seductive, high-energy blame game defeats personal power, minimizes responsibility and accountability, and blocks the possibility of real change.

Rescuer—assumes
responsibility that is not theirs

Persecutor—ascribes
responsibility to others



Victim—absolves self
of responsibility

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Transactional Analysis

The Drama Triangle in Action

Read the scenario below and identify the Victim, Rescuer, and Persecutor

John: I can't believe you burnt dinner! That's the third time this month!

Mary: Well, little Johnny fell and skinned his knee, it burned while I was busy getting him a bandage.

John: You baby that boy too much!

Mary: You wouldn't want him to get an infection, would you? I'd end up having to take care of him while he was sick.

John: He's big enough to get his own bandage.

Mary: I just didn't want him bleeding all over the carpet.

John: You know, that's the problem with these kids! They expect you to do everything!

Mary: That's only natural, honey, they are just young.

John: I work like a dog all day at a job I hate...

Mary: Yes, you do work very hard dear.

John: And I can't even sit down to a good dinner!

Mary: I can cook something else, it won't take too long.

John: A waste of an expensive steak!

Mary: Well maybe if you could have hauled your ass out of your chair for a minute while I was busy, it wouldn't have gotten burned!

John: You didn't say anything! How was I supposed to know?

Mary: As if you couldn't hear Johnny crying? You always ignore the kids!

John: I do not, I just need time to sit and relax and unwind after working all day! You don't know what it's like...

Mary: Sure, as if taking care of the house and kids isn't WORK!

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Stinking Thinking and Mistaken Beliefs

All of us develop “mythconceptions” to some degree that color our thinking. We develop mistaken beliefs in three different areas: beliefs about ourselves, our feelings, and the world around us. Mistaken beliefs about ourselves can be beliefs such as: I am not good enough; I’m not lovable; I’m not worthy. Mistaken beliefs about our emotions are beliefs such as: My feelings are bad; having feelings are weak; my feelings are wrong and must be suppressed or hidden; I’m too sensitive. And our mistaken beliefs about the world are beliefs such as: The world is not safe; the world is scary; people are out to get me; there isn’t any support for me.

Our mythconceptions are just that—mistaken concepts which cause faulty thinking. Our mistaken beliefs and assumptions spawn stinking thinking. Stinking thoughts are mistaken thoughts that appear as factual, but are not true. Stinking thinking takes many forms: rationalizing, making excuses, being defensive, over-generalizing, thinking you are unloved or unworthy, labeling, blaming, minimizing, projecting, being prejudiced, mind reading, being superstitious, obfuscating, all-or-nothing thinking—all ways of fudging or denying the truth and escaping from the deeper reality underneath.

When you learn to recognize your Stinking Thinking for what it really is—thoughts masquerading as truth—you can see that it stems from mistaken beliefs. This false thinking keeps you from achieving what you could and discourages you from trying new things, taking risks, and creating MORE. You may use these thoughts to talk you out of pursuing MORE before you even get a fighting chance. Stinking thinking lowers motivation and kills hope. Yet, it’s how most of us think and talk most of the time.

Complete the Stinking Thinking Template. Pick a demeaning, judgmental, rationalizing thought you have about yourself, your feelings, or your world, and fill out the template to see what the belief could be underneath. Every time you blame another, shame yourself, or justify yourself, you are indulging in stinking thinking related to your mistaken beliefs.

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Stinking Thinking Template

1. What event, situation, or circumstance triggered your stinking thinking?

2. What was your stinking thought?

Examples of Negative Thoughts (stinking thinking):

That's too hard.	I don't need it.
I can't do that.	I don't have time.
I'm not ready.	I don't have enough money.
That's too much.	I'm tired.
I'll do it later.	I've done that.
That's too far.	I can't.

3. Name 3 other instances in your life where this stinking thinking has come up.

4. What are the feelings you experienced?

Fear

Hurt

Anger

Sadness

Joy

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Stinking Thinking Template (CONT'D)

5. Identify some of the mistaken beliefs that may have triggered your stinking thinking.

Examples of Mistaken Beliefs:

I am not enough, not good enough.

I'm too much.

I'm alone and on my own.

I am not lovable.

I'm not okay.

I have to earn love.

I have something wrong with me.

There are not enough resources
(time, money) to go around.

My feelings/emotions are bad.

There is no support for me.

People are out to get me.

The world is dangerous.

I don't matter.

There is not enough love to go around.

6. What is the deeper yearning underneath the mistaken belief(s)?

Examples of Mistaken Yearnings:

I yearn to matter.

I yearn to make a difference.

I yearn to be seen.

I yearn to be heard.

I yearn to be known.

I yearn to connect with others.

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Stinking Thinking Template (CONT'D)

Yearnings:

To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

To love & care for, respond to others

- To care for
- To nurture
- To love

To relate, see and be seen, know and be known, connect

- To be seen, heard, known, and understood
- To see, hear, & know others
- To touch & be touched
- To feel “felt”
- To empathize

To have my existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

To express my essence, sense of self, potential

- To express
- To experience fully
- To learn, grow, develop
- To create
- To be separate, have an identity
- To influence
- To excel
- To fulfill my potential

To have a sense of mattering

- To matter
- To be valued and to value
- To contribute
- To do what I came here on Earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

To exchange and be connected with others

- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

To be connected to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is

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Stinking Thinking Template (CONT'D)

7. What are alternative ways you could meet your deeper yearning?

8. What supportive, creative, generative, positive thoughts could you have thought in that situation?

Examples of Positive Thoughts:

- That's challenging, but I'm willing to engage in the challenge.
- I've never done that before, but I'm willing to give it a try.
- I am afraid, but I'm willing to go for it anyway.
- This is tough, but it's not insurmountable.
- I need to apply myself now because putting it off is just an excuse.
- I haven't made the time but I can choose to.
- I don't have an immediate solution for how to afford it, but if I intend it I can make it happen.
- This happens from time to time, but I can get this done on time.
- I wonder what he meant by that. I'll ask him.
- My contributions count in the big picture.
- I feel upset, but that doesn't make me a bad person.
- I didn't do that sooner, but I can learn from that mistake.

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Stinking Thinking Categories

1. **Overgeneralization:** You view a negative event as a never-ending pattern.
 - a. All or Nothing: You look at things in the absolute ... black white... no gray.
 - b. Magnification: You blow things out of proportion.
 - c. Can't/Won't: Helpless/Hopeless.
 - d. Always/Never
2. **Jumping to conclusions/Irrational conclusions:** You conclude that things are bad without any evidence.
 - a. Mind Reading: You assume that people are reacting negatively to you.
 - b. Fortune Telling: You predict that things will turn out badly.
 - c. Projection: Attributing to others things I am feeling inside.
 - d. Mental Filter: You dwell on the negatives and ignore the positives.
 - e. Prejudice: You avoid the facts by deciding ahead of time.
 - f. Discounting the Positives: You insist that your accomplishments or positives do not count.
 - g. Magical Thinking
 - h. Helpless/Hopeless
3. **Emotional reasoning:** You reason from how you feel (Ex. "I feel stupid therefore I must be.") and fail to reality test.
4. **Should statements:** You criticize yourself or others with "should," "shouldn't," "must," "ought," and "have to."
5. **Blame/shame:** Blame yourself for something you weren't entirely responsible for or you blame others and overlook that you contributed.
 - a. Labeling: Instead of saying "I made a mistake," you tell yourself "I am a loser," "I am stupid," "I am a jerk."
6. **Looped Thinking:** Obsession/perseveration

Source: Revised from Daytop

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Tactics to Avoid Responsibility

Tactics are a survival mechanism. To take away our tactics is to take away the very life power of irresponsible thinking. Using these tactics fuels anger and aggression, promotes feelings of self-satisfaction, negates the need to change, and allows denial that thinking errors exist. Give up tactics and take your power back.

1. Attack/Superiority <ul style="list-style-type: none"> a. Puts others on the spot by degrading, quibbling over words, trying to embarrass, and by using anger as a weapon b. Continually points out inadequacies of others c. Accuses others...of misunderstanding, etc. d. Holds self up by putting others down e. Projecting 	2. Obfuscation <ul style="list-style-type: none"> a. Excuses b. Puts off any obligations by saying "I forgot" c. Is deliberately vague d. Diverts attention from self by introducing irrelevant material e. Attempts to confuse others f. Makes a big scene about minor points g. Expresses phony (BS) analysis
3. Avoiding/Minimizing <ul style="list-style-type: none"> a. Minimizes the situation ("It was just...one...a beer/joint") b. Claims of having changed because of doing it right once c. Over thinking – Neural navel gazing or mental masturbation d. Over declaration of wants – I really want... e. Depersonalization – "It" versus "I", "you" versus "I" or "one" versus "I" f. Going to Formula picking a course of action to avoid the issue g. Jargon 	4. Passive Aggressive <ul style="list-style-type: none"> a. Disconnect b. Surface Compliance c. Agrees or says, "yes" without meaning it d. Pleaser, tells others what they want to hear, rather than the truth e. Is totally inattentive f. Repeating the question g. Withdrawal/Punishing – Silence h. I don't know... I'm trying
5. Self-Pity/Shame/Inferiority <ul style="list-style-type: none"> a. Pays attention to only what is self-satisfying b. Confesses to diffuse and avoid c. Communicates self-pity to avoid responsibility d. Expresses self-pity through whining 	6. Manipulation <ul style="list-style-type: none"> a. Indirect requests b. General statements to avoid specific requests c. Shifting focus covertly
7. Defensiveness/Lying <ul style="list-style-type: none"> a. Lies by omission, by distorting the truth and choosing only what benefits self b. Deflection c. Justification d. Rationalization 	

*Credit to Daytop Academy