Module 9 - Drama Triangle

Exercise: How would you react? Follow your intuition.

Please choose spontaneously your reaction to the following situations. Don’t try to be slick:

1. A team member makes an error that should not have happened.
   A You make a scene.
   B You are understanding and explain the mistake.
   C You ask him how he evaluates the situation.
   D You fix the error without saying anything because you want to avoid the confrontation.

2. A colleague uses the team leader to scheme against you.
   A You do nothing. Your team leader will know if to trust the colleague or not.
   B You come up with ideas to give your colleague a hard time.
   C You discuss with your colleague and make sure he knows you are friends and not enemies.
   D You talk objectively to your colleague.

3. You receive a new organizational order that obviously does not make sense.
   A You think how you can avoid fulfilling the order.
   B You ask the person who sent out the order.
   C You think „someone knows why this makes sense“.
   D You try to do your best given the new order.

4. You are criticized unjustly and on a personal level by your boss.
   A You keep calm. Everyone can be of the edge from time to time.  
   B You file a complain at your boss's boss.
   C You do nothing because you can not change your boss.
   D You tell him the his criticism was not objective and unjustified.

5. You are sent to an appointment which will cause you a lot of extra hours.
   A You cry at your colleague's shoulder and ask your family for support.
   B You do it anyhow. Your boss is under the same pressure than you are.
   C You will do the appointment but your proposal won't be as good as it normally would be.
   D You talk to your boss if he can make up for it by relieving you from other tasks.

6. A member of your team is always late.
   A You ask him for the cause of him being late.
   B You say nothing. You don't want to be a square.
   C You tell him he should be on time because of respect for the other colleagues.
   D You pretend not to notice him being late because you don't want to embarrass him.

7. A team member complains you are not providing enough information for him.
   A You agree with him and explain the pressure and stress you suffer from.
   B You tell him that a responsible team member will search for the information himself.
   C You ask him which information is missing.
   D You tell him he should be happy not knowing every detail.
8. A colleague always seems to know best.
A You ask him what he wants to achieve with his behavior.
B You disagree and prove him wrong in every detail.
C You are quiet because there is no point in arguing.
D You agree with him because you hope that this will calm him down.

9. Your boss avoids making decisions.
A You think he picked the wrong occupation.
B You know he is having a hard time.
C You tell him that you need his decisions to proceed.
D You can not do anything about it.

10. You doing a workshop and have to answer a long test about 10 situations.
A You think this test is bullshit.
B You ask the facilitator about the meaning of the test.
C You think: Psychologists need to ask these type of questions.
D You think: These people think they can do whatever they want to us.

Results
How often have you chosen…
...R
...P
...V
...A ?

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>