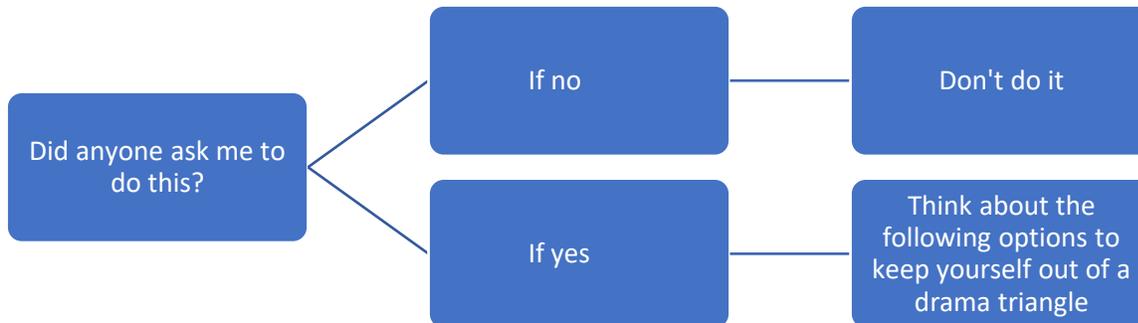


## Only You Can Stop a Drama Triangle!

How do you prevent or stop a drama triangle?  
Before doing anything ask yourself the question below.



Response A: I'm interested in hearing more about your ideas, experience, and thoughts.

Response B: I'm wondering if you could tell me more about what is important to you about hearing my ideas. (If you tried A and they continue to push you to share your advice/ask for your opinion)

Response C: I'm happy to share my ideas after I hear more about yours. Summarize what they are saying and ask them questions to deepen and widen thinking.

Response D: If you've done all of the above and some one is still wanting to hear what you think there's a way to give someone ideas without getting into a drama triangle.

