

Coach

Sees others as whole and fully capable; sees themselves as equal (not above); curiously asks questions and listens deeply; encourages, invites, and facilitates self-empowerment; supports others claiming 100% responsibility and response-ability; focuses on their own business while being available

Out of the Triangle Empowerment

HERO

"I can help. I can handle it. Poor you." Seeks out: appreciation, problems to fix, people to save, pain to relieve, conflicts to resolve

Challenger

Sees others as teachers; taps healthy anger which clarifies and motivates; faces what's no longer of service; calls forth something new; requests and facilitates aligned action; questions own and others' beliefs and thoughts; claims 100% responsibility; appreciates what is

Creator

Sees others as allies and equals (not above); focuses on what's possible; sees multiple options; questions limiting beliefs; focuses on what they want; claims personal power to manifest what they desire; takes steps; expresses authentically; is comfortable in the unknown

In the Triangle Drama

"It should be different. You're (or I'm) wrong. F#*& you (or me)!" Seeks out: control, someone to blame, criticize, & conquer, the "right" way

"There's nothing I can do. I have to. It's too hard. Poor me." Seeks out: help, people who rescue, pain & suffering, overwhelming problems

VILLAIN

VICTIM

