



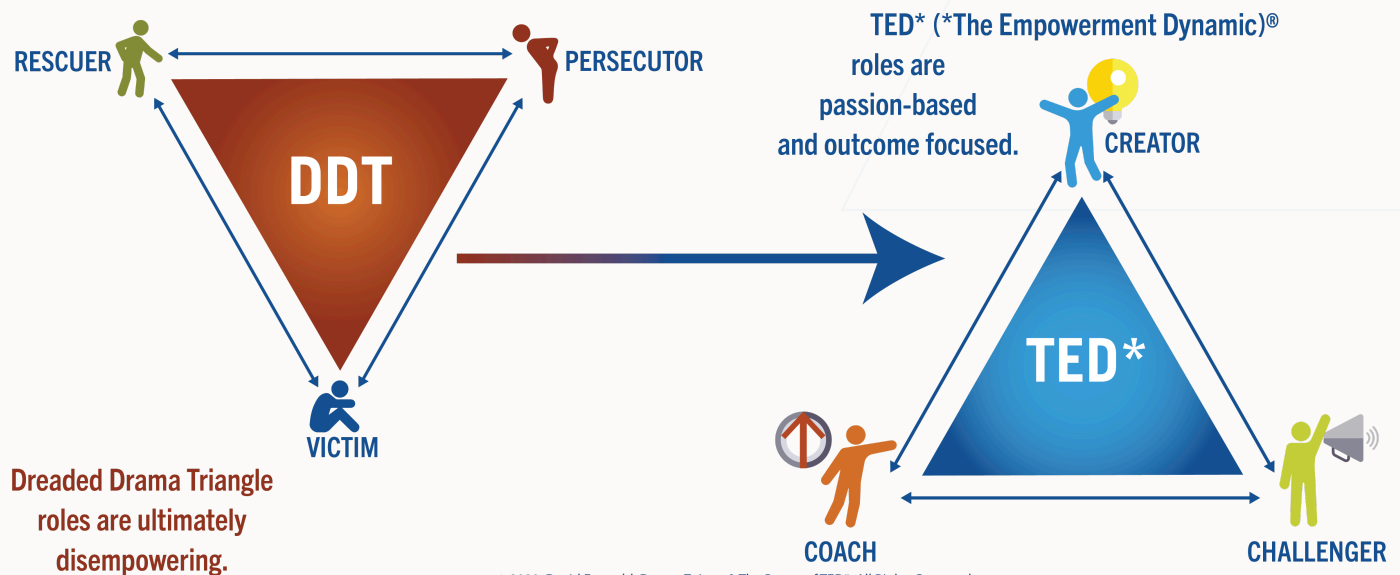
Choose your *response* to whatever life brings.

The Empowerment Dynamic (TED*) is a practical map for moving your relationships, teams, and inner life from *reactive drama* to *creative, inspired action*.

Reacting → Choosing

Telling → Asking

Putting Down → Building Up



The Empowerment Dynamic (TED*) challenges you to choose your response to life's events instead of reacting to them. It counters the Drama Triangle—the three disempowering roles identified by Stephen Karpman, MD: Victim, Persecutor, and Rescuer. Instead, TED* offers three resourceful alternatives: Creator, Coach, and Challenger. This shift lets you respond intentionally, regardless of circumstance.

Three shifts. Six roles. *One choice.*

Each disempowering role has a resourceful counterpart – and the shift from one to the other is always available to you.

FOCUS | Reacting to Choosing

▼ Victim

"Life happens to me."

THOUGHTS

Life happens to me — it's not my fault.
I am powerless.
My dream isn't possible.

FEELINGS

Poor me.
Helpless and hopeless.
Victimized and discounted.

BEHAVIORS

Reacts to problems and drama.
May distance themselves or give up.
Little energy for forward action.



▲ Creator

"I choose my response."

THOUGHTS

I have a choice despite my circumstances.
I am dedicated to continuing growth.
I focus on what I want to create.

FEELINGS

Hopeful.
Energized and inspired.
Resilient.

BEHAVIORS

Action-oriented toward desired outcomes.
Takes responsibility for their choices.
Uses Baby Steps to learn and grow.

RELATE | Telling to Asking

▼ Rescuer

"Let me fix it for you."

THOUGHTS

I must save others from harm.
If I do good, I will be worthy.

FEELINGS

Sorry for the Victim.
Fears not being needed.
Persecuted when help is refused.

BEHAVIORS

Jumps in to save the day.
Fosters dependency and indispensability.
Shields others from consequences.



▲ Coach

"What do you want to create?"

THOUGHTS

People are resourceful and creative.
I trust others and their abilities.

FEELINGS

Compassionate and engaged.
Fulfilled and reflective.
Supportive and non-attached.

BEHAVIORS

Uses inquiry to help others find their own clarity.
Empowers, develops, and encourages.
Provides positive reinforcement.

ACT | Putting Down to Building Up

▼ Persecutor

"I must win."

THOUGHTS

I must win.
Dominating others gets me ahead.
I know best.

FEELINGS

Defensive and on guard.
Self-righteous.
Superior to the Victim.

BEHAVIORS

Dominates and controls.
Critical and blaming.
Exerts covert or overt power over others.



▲ Challenger

"You can do it."

THOUGHTS

Self-aware.
Empowered through living their values.
Things unfold at their own pace.

FEELINGS

Confident, direct, and clear.
Trusts the process.

BEHAVIORS

Provokes and evokes action in self and others.
Focuses on improvement and growth.
Holds self and others accountable.

Three questions to *shift your day*.

Ask these in any moment of drama. Each one moves you out of a disempowering role and into a resourceful one — one Baby Step at a time.

01

Where am I putting my focus?

Am I focused on problems or on outcomes? A problem focus engages the Victim Orientation. When you upgrade to a Creator Orientation, you focus on what you want to create.

FOCUS Reacting → Choosing

02

How am I relating?

Am I producing or perpetuating drama — or am I empowering others and myself to be more resourceful, resilient, and innovative?

RELATE Telling → Asking

03

What actions am I taking?

Am I merely reacting to the problems of the moment — or am I creating by taking Baby Steps, including the solving of problems, in service to envisioned outcomes?

ACT Putting Down → Building Up

Take a *Baby Step* today.

Choose one small action in service of the outcome you want to create. That single step is where empowerment begins.

theempowermentdynamic.com

Our books are available on Amazon
and wherever books are sold.