



RISE

from

DRAMA

To Create Extraordinary Outcomes

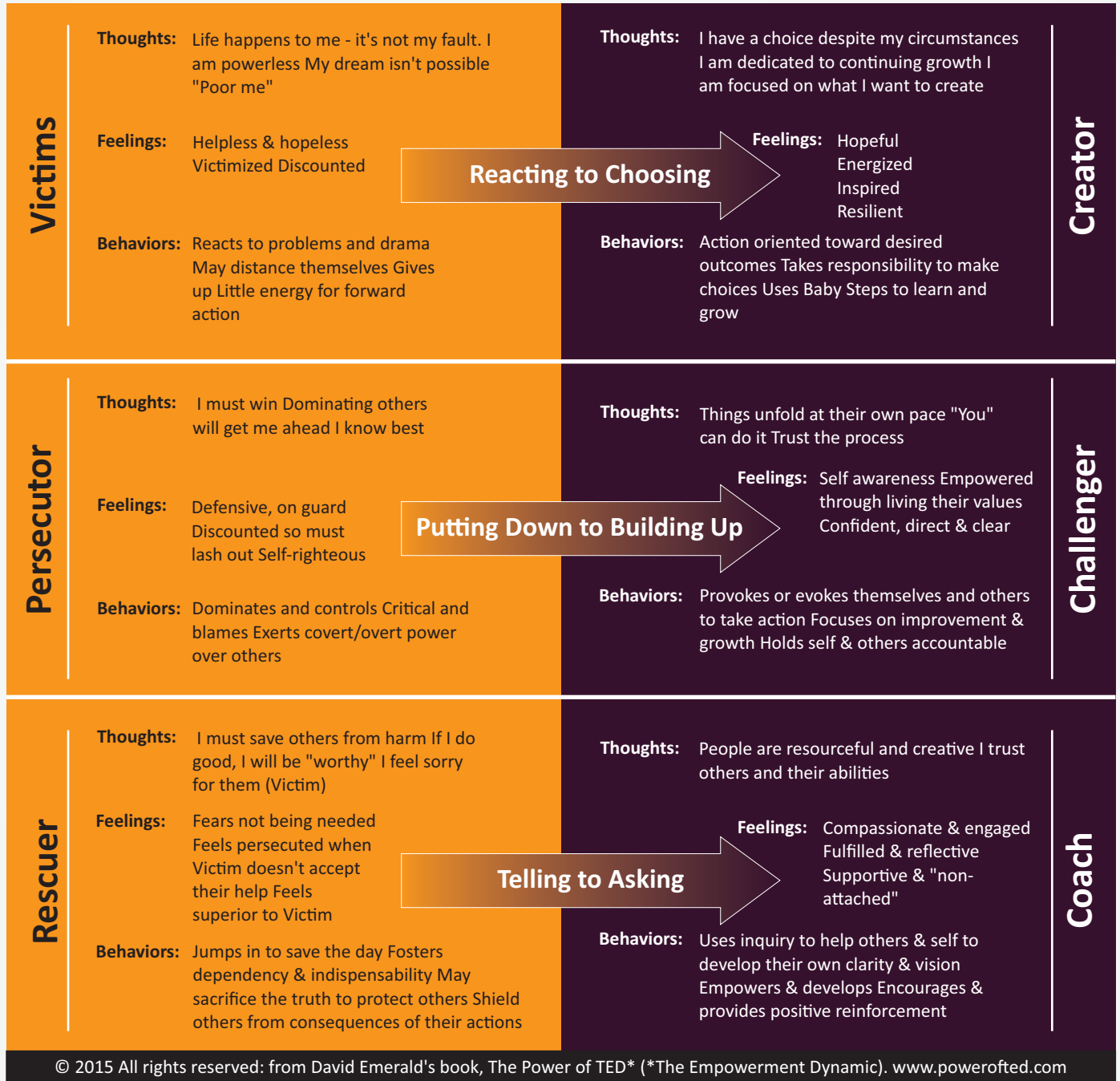
naked  recovery

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“ There are two kinds of drama: the drama that leads to more drama and the drama that leads to a new mindset. ”

~The Power of TED



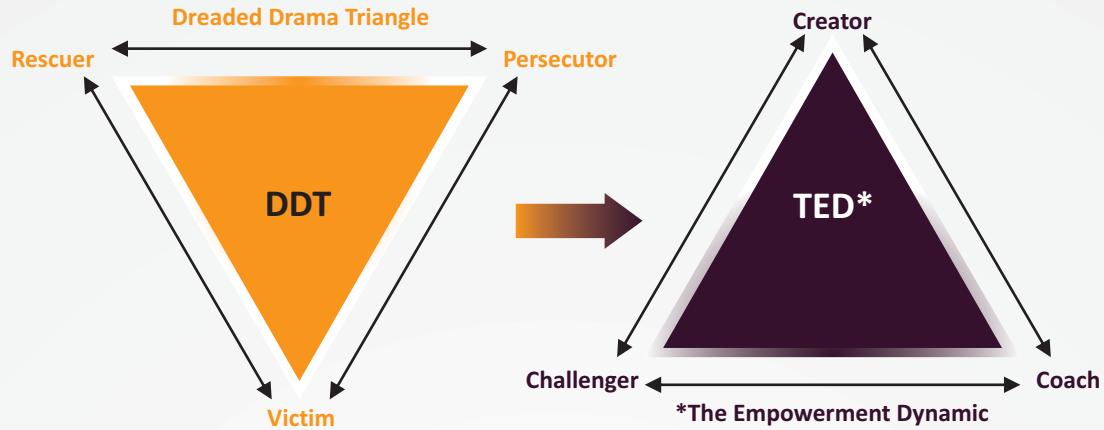
The Dreaded Drama Triangle (DDT) is like quicksand. You step into it and it sucks you under, often for days or weeks. DDT shows up when we respond in fight, flight, freeze or appease mode. The cost is in precious minutes, pennies, energy and calories.

“ When you are looking for a Rescuer, you may be thinking like a Victim without even realizing it. ”

~The Power of TED

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Victim

Thinks they are powerless and at the mercy of life circumstances. Is unwilling to take responsibility for what happens in their life.

Persecutor

Thinks they must win at any cost. Controls others through blame, criticism, and oppressions.

Rescuer

Intervenes on behalf of the Victim to save them from perceived harm. Fosters dependency by reliving the Victim from taking responsibility.

Creator

Focuses on vision and desired outcomes. Takes full responsibility for initiating action to achieve their desired outcomes.

Challenger

Sparks learning by challenging assumptions and the status quo. Focuses on improvement and development by holding people accountable for taking action.

Coach

Empowers people through inquiry to gain clarity.

FISBE:

Focus

Inner

StateBehavior

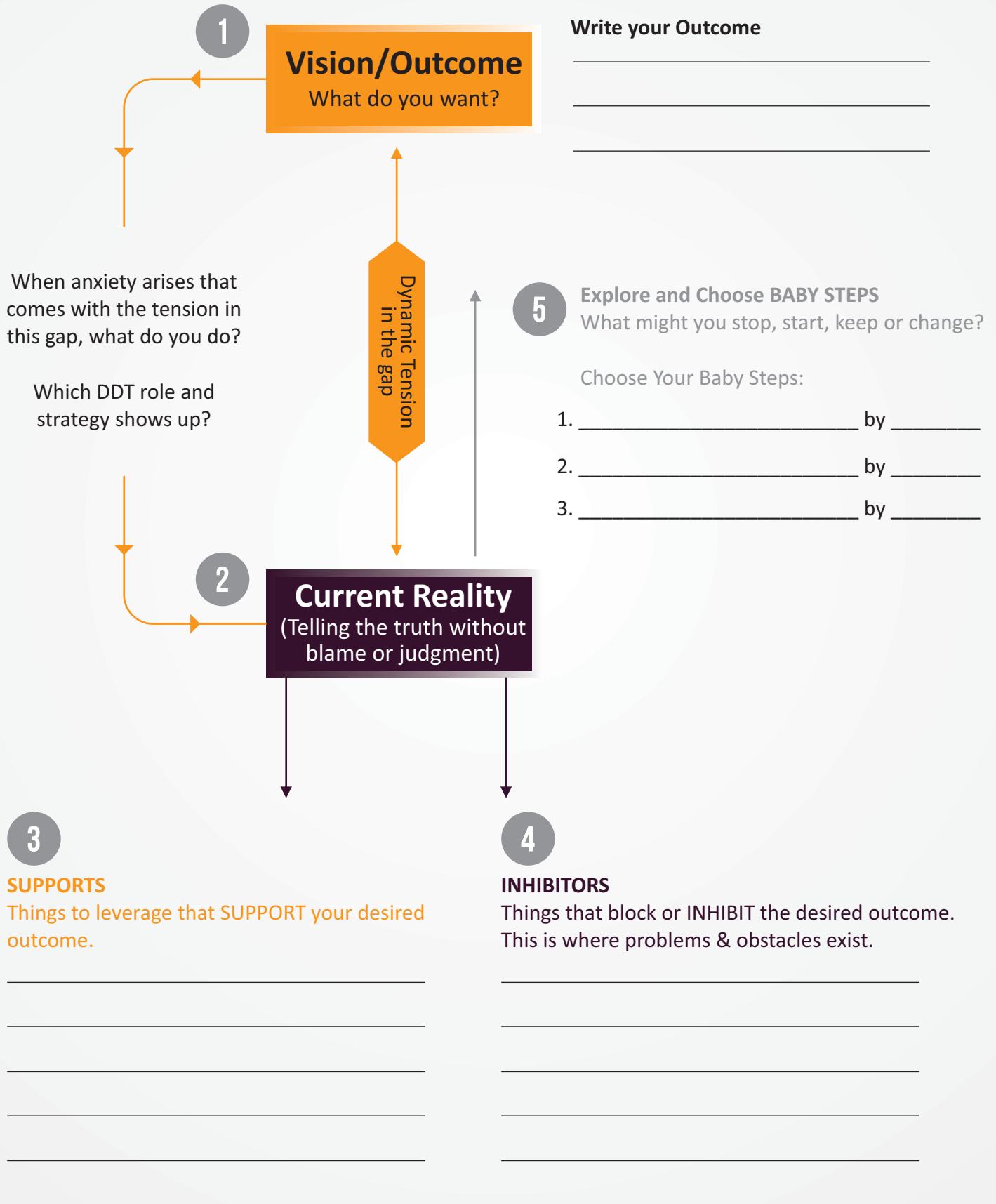
“ Where people put their Focus engages in them an emotional Inner State, which then drives their BEhavior. ”

~The Power of TED

The
3
Vital
Questions

Question	DDT	TED
1 Where are you putting your focus?	Problem	Outcome
2 How are you relating?	Anxiety	Passion
3 What actions are you taking?	Reacting	Baby Steps

TED* DYNAMIC TENSION WORKSHEET



Meet Adele Theron

Certified Clinical Trauma Practitioner CCTP



Adele Theron is an author, Trauma and Change management specialist. She is the founder of Naked Recovery which provide online treatments from PTSD and trauma. Naked Divorce which supports people with divorce recovery, Naked Marriage which supports couples to heal their marriage and Luminous which runs change management programs for global multinational companies like General Motors, ArcelorMittal and Philips. Alongside the trauma programs she has developed programs covering redundancy, bankruptcy, birth and bereavement, she runs the award-winning 21-day divorce recovery program called the Naked Divorce Emotional Freedom program as well as the Spark Save your Marriage program. She lives in her homes within the United Kingdom and New Zealand, travels and runs recovery retreats worldwide.