

Chapter 1 : String Ideas Â« calendrierdelascience.com

Using the Karpman Triangle (also known as the Drama Triangle) as my guide, I have summarized a process of "recovery" from manipulative relationship dynamics.

See the end of the chapter for notes. Chapter Text Ruby had been acting quite oddly lately. Well, more so than usual, perhaps a bit mysteriously if Pyrrha might ascribe an adverb to her behavior. In fact, from the sound of things, she and Blake were the sole occupants right now. She looked down at the slumbering Cat Faunus with a sort of wonder. Would she still take the same path, knowing then what she did now? How is it possible to love two women, this much and at the same time? Her amber eyes blinked open slowly before gazing around and lighting upon her face. The raven-haired girl smiled sweetly. She was gone when I woke, as are the others. Knowing her, it was to hide the blush now on her face. The Faunus girl let out a happy little sound of contentment and hugged the redhead closer to her before resuming her purring, though at a much louder pitch. Laughing softly once more, Pyrrha kept up her ministrations, enjoying both the close contact with the other girl as well as the opportunity to make her this happy. To both of you, allowing me to be myself. Blake eagerly returned the affection, pushing herself up so that they were at an even level. In return, the raven-haired girl snaked one arm around her neck and the other around her waist under her, pressing their bodies close. The redhead gave her a small smile that was returned as the pair of them retrieved their scrolls. This one was longer, slower, almost as if time itself slowed down. And when they parted, it was with a contented sigh from the both of them. They gave each other another small smile before Pyrrha finally left for her room. What is Blake to me? Do I truly love her? I wonder ifâ€¦ Could we be girlfriends as well? Does she feel the same way about me? As she pulled on a casual outfit for the day, she decided to push her unresolved musings to the back of her mind. There was time to figure out what, exactly, Blake and she were. Pyrrha had never been much of a reader outside of textbooks, but Blake had been happily sharing some of her adventure tales from her bookshelf, and so she was able to keep up with the excited raven-haired girl as she picked through the new arrivals. Many of the authors were now familiar to her, as well as some of the series that Blake pointed out to her. They left the bookstore and began to head for the airbus to take them back to Beacon, bags in hand. Mostly recommendations from Blake on stories she had read in the past that she felt the redhead would enjoy and appreciate. As they boarded the airbus, still chatting happily, their scrolls vibrated. It was a joint message from Ruby, asking if they were on their way to the room, which Pyrrha answered in the affirmative. She received a simple reply, Good. The two girls shared a blush and a giggle as they were both likely thinking the same thing. Nor would I ever complain about, erâ€¦" She cleared her throat. She knew she was blushing furiously, but a slow smile crept across her face as she felt Blake take her hand into her own and lean her head against her shoulder. They walked back to their dorm building, hand in hand, enjoying the bright spring weather. The temperature was still mild but the sunlight warmed their faces. Finally, she gave a sigh. A nickname shall be forthcoming, have no fear. They finally got to their room, but upon opening it, saw that it was still just as deserted as before. Blake headed over towards her bed, noticing something out of place as she placed both of their bags on her desk. On it, Ruby had written, "Valiant heroes, your princess has been captured! Gather your weapons for an adventure! They then quickly headed over towards the library. She stared at the book uncomprehendingly before letting out an uncharacteristic sharp bark of laughter, earning her several glares from other students. Pyrrha leaned over her shoulder and read the title. How To Pick Up Women. Go ahead and read the numbers off to me! Fortunately, it was easy to find which room they were to use, as it was clearly marked as having been reserved for Team RWBY for the afternoon. The girls eagerly opened the door to see Yang and Weiss, also decked out in combat gear, chatting together amicably. Ruby has been busy planning something, but what else does the devious little brunette intend to throw at our heroines? I realize that I write both Blake and Pyrrha with a lot of blushes. Okay, a whole boatload of them. Once they figure out what they feel for each other, I expect it would reduce somewhat.

Chapter 2 : A Thorny Tangled Triangle Chapter 13, a rwby fanfic | FanFiction

An unmentioned dead person, a child asleep upstairs, or a relative across town or a thousand miles away, can animate relationship triangles through memories, anniversaries, mementos, holiday associations, e-mails, phone calls, and silences.

The Web address of this article is <http://> Follow underlined links after finishing this article to avoid getting lost. This is one of a series of articles on Lesson 4 - optimize your relationships. These articles build on Lessons 1 - 3, and prepare you for Lesson 5 evolve a nourishing family and Lesson 6 effective parenting. This brief YouTube video clip previews key points in this article. These ideas apply to any human group, not just families. This common dynamic was first publicized as "the drama triangle" in by Dr. It involves three people and three roles, like parts in a play. One person unconsciously chooses the role of the Persecutor "P". That may quickly shift so that the Persecutor becomes a Victim, and the former Victim may become a Rescuer. Note that these three labels refer to roles behaviors and attitudes , not the person in the role. Each role may be played by an adult or a child. Each person can switch back and forth between these roles with different situations and different people. The Persecutor P say a father scowls and says sarcastically to Victim e. The Rescuer often another caregiver, like a mom or grandparent who observes this interaction and feels empathic and protective of the Victim. Let me get you a snack. Triangles can form in a flash over almost any behavior or interaction. They may occur once, occasionally, randomly or predictably, and repeat cyclically for months or years until someone leaves or refuses their role. Several triangles can exist simultaneously, and can affect each other - e. Triangles and Subelves Premise - normal people develop an "inner family" of talented subelves which comprise their personalities. For example, a psychologically-wounded person governed by angry, critical, aggressive subelves may unconsciously choose the Persecutor role in their family and other groups. A shame-based adult or child may instinctively adopt the Victim role by not knowing and asserting their rights as a worthy person. PVR triangles occur among personality subelves all the time. Remembering past "triangle" experiences may reproduce their emotional impacts at full strength. Thus one triangle incident may count the same as 20! Internal and outer triangles cause or result from concurrent family values and loyalty conflicts, which are common in low-nurturance "dysfunctional" families. So family adults do best if they develop effective strategies to spot and resolve all three of these stressors. They will often unconsciously take or accept the Rescuer role for the needy people they serve. A dead or living fetus or infant can be a full triangle role-holder - usually the Victim. The two other role holders or more accurately, some of their inner-family members will feel and act for the fetus or infant. Sometimes a group can fill one of more of the three triangle roles - usually the Persecutor. The good news - if you accept the reality of personality subelves, you can use parts work to keep your Self in charge in most situations, and train your other subelves to avoid triangling. That will significantly help reduce your getting hooked in triangles with other people. Does what you read make sense to you? Can you think of any recent or current triangles among your family members? Who chose which role, and what was the outcome - i. Each person or subself in a triangle role can feel disrespected and hurt by one of the other role-players. Mutual respect is essential for effective communication and healthy relationships, PVR triangles hinder both of those prizes. Triangles often cause mixes of anxiety, hurt, resentment, distrust, disrespect, competition, frustration, guilt, shame, blame, avoidances, and arguing among the three role-takers. These promote expectations of stress between the three people. Habitual triangling and ineffective communication in a family will corrode its nurturance level. That promotes psychological wounding in developing kids So what can you do about triangles? Resolution Options Encourage your family adults to Do Lesson 1 together, and accept the idea of having a dynamic inner family of personality subelves. Develop your own terms and language, if that helps. This empowers you all to become aware of, and reduce, your inner triangles. They cause the outer triangles! Keep their true Selves in charge - specially in times of change and conflict. Triangles and related stressors flourish when false selves have taken over. See Lesson 1 for options; and invite your family adults to Understand and accept triangles as normal dynamics in any social group, and that none of the three role-takers are "bad" or "wrong;" and Get

clear together on what you want instead of triangles - e. Help each other agree on who is choosing what role, and talk non-critically about that as teammates. In particular, help each other learn to use hearing checks, awareness "bubbles," E motion -levels, respectful assertion and I-messages, and win-win problem-solving. Use the skills and language of awareness and metatalk to begin to talk as partners about inner and outer triangles as they happen. Model this for your kids, and encourage them to learn how, too. Option - experiment with rotating the new family role of Triangle Hunter or Scout. Becoming aware of triangles and their relationship impacts is a big part of the solution. Teach and show your kids the three triangling roles, and agree on what to call each of them. Help younger kids understand the difference between roles and the people in the roles. Neither the roles nor the people in them are "bad, " but the results of triangling can hurt self-esteems and family harmony, trust, bonding, and teamwork. Adults give high family priority to learning how to spot and resolve values and loyalty conflicts in and between your homes. Help each other a develop a common language to describe and discuss each of these, and b be alert for these stressors any time you spot a triangle - they usually occur together. These Options in Action If the adults in the example above had invested time and effort at these options together, they would have spotted the triangle and problem-solved instead, or avoided it in the first place. Intentionally avoiding her own inner triangle blocking her Mama-Lion personality part , Mom says something calmly like "Whoa! That alerts him to his inner triangling without undue guilt, so he says something like "Mm, yeah, your right. That might look like this Then he thinks "What do I need now? One might sound like this respectful "I"-message: How can we solve this problem? Anything like "Ah, who talks like that in the real world? We could never sound like that. Anyone can learn to think and talk like this example if they you want to! Recap The universal social dynamic called relationship triangles significantly stresses adults and kids. Triangling occurs when three people - or three personality subselves - unconsciously adopt the situational or chronic roles of Persecutor, Victim, and Rescuer. All of these can be improved! Helping each other form effective strategies to manage triangles, values conflicts, and loyalty priority conflicts will benefit any relationship and family. See this article for more perspective and options. Note that effective strategies depend on family adults a usually being guided by their true Selves Lesson 1 , and b helping each other to intentionally learn and use the seven effective communication skills in Lesson 2. Are your people doing those yet? Pause, breathe, and reflect - why did you read this article? Did you get what you needed? If not, what do you need?

Chapter 3 : RWBY: A Thorny Tangled Triangle - Chapter 50 - dongyrn - RWBY [Archive of Our Own]

Before we start, it's important to note that the exposure triangle is not intended as a technical tool. For example, it's not going to help you calculate the perfect camera settings for a given.

Check new design of our homepage! How to End a Love Triangle and Get Out of an Emotional Mess Love is not always lucky, especially when the person you love is in love with someone else. It is a tricky situation. But it is not so easy to get out of a love triangle. LoveBondings Staff Last Updated: Dec 09, Are you in love with another man or woman while still being in a relationship with someone? The obvious consequences are an unhappy relationship, adultery and three broken hearts. You know you are in a love triangle when you have two suitors of whom there is a preference for one over the other OR when your beloved is in love with someone else. A romantic relationship involving three people can get very messy. But, you cannot continue this forever. Do you know how to get out of such a situation? Love does switch off a part of your brain and everything becomes so complicated and confusing. Your love gets no acknowledgment before the world. Love makes us do crazy things But, you need to get out of it with or without your lover. Else you will forever be stuck in a rut. Ending such a relationship is not so easy but you need to tell your lover that they can only be on either side. Tell them to either choose you or go back to where they came from. And once you have made the decision to leave, stay determined because a fickle mind is a battle lost. The grief of separation will be present but if you truly promise to recuperate, you will find yourself in no time in the arms of a lover who respects and loves you unconditionally. You just need to believe in yourself and stop letting your insecurities prevent you from achieving the happiness that you deserve. That is such a complicated situation. You are not with this one completely and you are not with that one either. What are you doing? Being in love with two people is like keeping your heart in a love limbo, a place where you will never be able to move on and enjoy a relationship, be with someone and be sure of it. You are preventing all three of you from moving on. The attention of two lovers is exciting but it serves no good when you cannot fully commit to even one. Not to forget, the guilt of it all that prevents you from having a healthy relationship with either of your lovers. You need to get that person out of your thoughts. Out of sight, out of mind. If you cannot, you will remain helpless. You have to choose either of the two people and then decide to be with one of them. Time mends everything and you will see that with time, you will be over the other person before you even know it. It does happen in real life too. If you are the person in love with two people, you know it definitely does! It is a love addiction. So, how are you going to get out of this love triangle? You need to make a decision. You are essentially cheating on both your partners and in the process, hurting all three of you. Those who know, may think you are lucky to deserve the love of two people, but, inside your heart you know the complication of your actions that may rock your life, like an explosive storm suddenly, any day. The tension of getting caught may be giving you the thrills, but you cannot act so selfishly especially towards the people you love. Now is the time, not later. You will end up hurting one of them but at least you will let them go and get the love of one person wholly. You may make your choices based on the circumstances in your life. You love both of them but, now, you will have the chance to give all your love to one person just the way they give it to you. Stick to your decision and vow never to repeat your mistake again. Love affairs can turn very ugly and end up in grotesque crimes. Get out of it before it comes and gets you! You may feel betrayed and foolish. What are you going to do now about this situation? The best thing to do is to accept the truth and confront your partner on it. If you keep mum about it or pretend to be blind, you will make yourself fall harder into a pit of pain. You will also unwillingly encourage your partner to continue with such kind of behavior. Are you willing to stay in this relationship and make it work? Give them an ultimatum that you expect their answer by a certain period. Give yourself time too and do not communicate. If you want to work it out, do not admit unless your partner does and tells you that they are willing to mend their ways. Is that not the option for you? Vent your anger on him and express your disappointment, then, try to get over the breakup. It is not easy ending a romantic relationship which involves three people, but you will thank yourself later and live happily after, minus a third person. You will breathe a sigh of relief. Nobody wants to be in such a love turmoil because then it starts messing with your

head and your life. You will never be truly happy from the inside because there will only be short-lived and fleeting moments of happiness. Ultimately, your inner voice will haunt you until you get yourself out of it and never go back.

Chapter 4 : RWBY: A Thorny Tangled Triangle - Chapter 23 - dongyrn - RWBY [Archive of Our Own]

The new Love Tangle Spin-Off: The Love Triangle. Who will make you his own? Timo vs Nolan: Extraordinary events generate extraordinary romances! Check out the other character's Spin-off stories as.

Dongyrn Pyrrha asks Ruby on a date. Blake asks Ruby on a date. Adorable cover art provided by mustachioedoctopus. The raven-haired girl had easily slipped into her new routine, one that gave her a certain satisfaction that the rest of the day would progress quite nicely. Then, of course, came her favorite part. If there was anything more adorable than a sleepy Ruby when she first wakes up, she had no idea what it could possibly be. Sometimes Ruby would peer at her blearily before grabbing her hand and trying to use it as a teddy bear. Blake just blinked her eyes uncertainly. The one she rarely took out of her arsenal, a weapon so powerful it would reduce mere mortals to a quivering pile of submission. Her eyes got as wide as saucers, her lower lip trembled and that was something Blake was trying not to focus on this close, thank you very much , and then the finishing move, the coup de gras, the ultimate final attack! "Please? Blake scooped her up with one arm under her knees and the other around her waist, while Ruby wrapped her own small arms around her neck and burrowed her face into her shoulder. The sensation of having her that close to her, feeling her warm breath on her skin, made her blush furiously. All she could do was stare down at the red-tipped hair that lay against her chest. Ever so carefully she set the small girl down on her feet. Ruby stood there, peering about blearily before she lurched back into Blake again, wrapping her arms around her waist in a tight hug. Meanwhile, Blake was once again frozen in place, this time doing her best impression of a goldfish. How does she even manage to do that? But nothing had prepared her for what Ruby was capable of, a sweet and bubbly exterior that hid what might be a particularly devious side. That in and of itself was an impressive feat, and she was one of those that had been convinced! As was usual now, Pyrrha opened the door immediately as if she were waiting behind it. Which, Blake thought with a small grin, she likely was. Jaune and Ren are still cleaning up. She quirked an eyebrow questioningly, which for some reason made the redhead blush slightly. Blake put her arm around the other girl as they began to walk again. So, what should we do? Shall we tell her? You wanna go hit the town this afternoon? For some reason the heiress had never had ice cream while growing up, and the simple treat of a vanilla cone was like a decadent dessert for her. Banal, but difficult to go wrong. Is she as fond of pancakes as Nora? I just!" She sighed softly. Now! what about a boat ride? Pyrrha leaned over her shoulder to read what they had. Wait," Blake glanced behind her and into the emerald green eyes of her friend. Hmm, what could the duo have in mind for Ruby? Stay tuned to find out tomorrow! But worth it, I hope! You guys continue to amaze me. So this story, just a week old, has just surpassed in hits my opus from the Firefly fanfic which was k words and written exactly a year ago. If Yang had been involved as well as Blake and Pyrrha! Yeah. And Yang is always looking for excuses to tease those she loves teammates included. Post-sugar-crash cuddle pile can be easily insinuated. Your review has been posted.

Chapter 5 : Quantum Tangle (Sethran Kada, #1) by Chris Reher

Since the drama triangle is all about being in other people's business, stepping out of it requires you to remain firmly in your own! What helped me with this was a concept I call the "zone of integrity."

The first base of Alcoholics Anonymous is introducing yourself: The same is true for those who find themselves constantly locked in conflict. On one side will be the person I perceive myself to be. On the other, will be the person I would like to be. Throughout my life this poor self-image will manifest itself in two ways. My internal life my thought processes will be a persistent inner argument between these two perceptions of myself. And my outer life my behaviour i. My inner and outer life will shift between these three roles. Persecutors rarely have valid solutions to replace those they deride. They are unable to trace the threads back to themselves. Nor that it is their own need which is affecting their behaviour. Consequently, they take no responsibility for what is occurring. Without clarification, they are, therefore, unable to make the necessary changes. Victims, Rescuers and Persecutors have one intention: The Victim feeds on the comfort of self-pity and the sympathy, or admiration, of others. When my first marriage showed signs of falling apart and my husband began to have affairs, I went to the Marriage Guidance Counsel. However, on each occasion that I tried to talk to him about our problems he would turn Persecutor, telling me I could either put up with it or leave. My behaviour equated to that of Victim I was the doormat who felt that everything was my fault ; and the Rescuer I was the people-pleaser trying to find solutions by changing myself to become what I thought my husband wanted me to be. Much of that I now know was laid down in my childhood. By the time I married I had become a natural Rescuer. The process took years! I had a faith and was able to forgive my husband again and again! I also had a very supportive church and friends. With their encouragement I began to carve out a life for myself which was independent from my husband. Cinema trips with friends. A temporary part-time job. Without realising it, in a small way I had taken myself out of the Drama Triangle. Consequently, my husband moved to Victim mode with me. What he said was balm to my hurt feelings. I also felt genuinely sorry for him. Automatically, I switched to Rescuer again. And I lapped it up! With no understanding of what was occurring and why it was occurring, we went through this cycle for years. Until eventually, when the last affair began to affect our daughters, I realised that the only way out was to grant my husband the divorce he wanted. If you suspect that persistent disagreement in one or more of your relationships is due to an internal battle taking place in your own mind, there are solutions. Either way, take action NOW! Now admit it to someone you trust: I live within the parameters of the Drama Triangle because. Make up your mind to forgive yourself and others, where necessary. You have the power to make changes. You owe it to yourself and others to do so! This article may be reproduced on any non-commercial website or blog on condition that it appears unaltered, in its entirety, and that the following copyright line and bio are prominently displayed beneath it. This article, in its original form, may be found at: They are very timely as my husband and I are struggling to hold the marriage together. You have describes us in this article except that there is no adultery - but there are similar trends. I am hungry to learn how do be better I am currently in your role and my husband as your husband is. Mel Menzies 9th January at 6: You should be able to find other similar articles if you look at the bottom of my Home page the little blue Home under the tag MyBooks will take you there. Or you may find my book, Time to Shine, is of help to you. I do hope you and your husband resolve your differences and find unity and love in your marriage.

Chapter 6 : Getting out of Auto: Understanding the exposure triangle

Transactional Analysis: Getting Off The Drama Triangle Part 1 Posted at pm on 20th January In any dysfunctional relationship - such as that of the Drama Triangle - knowing and naming the disorder is immensely helpful.

See the end of the chapter for notes. Chapter Text Blake tried to be an understanding girlfriend. But some thingsâ€¦ Some things just crossed the line. He is your mortal enemy! Her girlfriend let out a happy squeal and wrapped her strong arms around her midsection, squeezing tightly. Ruby carefully opened the door and slipped through, Blake on her heels and closing the door shut behind them. The leggy redhead was sitting cross-legged on the floor, dressed in shorts and a tank top as the rest of them were. She was cooing and petting the furry monster, who was on his back with his stubby little legs in the air, tongue lolling out of his mouth and vicious teeth exposed to the world. Hello, kitty cat," Pyrrha greeted her warmly. From way back here. Eventually, Pyrrha lifted him up, his stubby little tail wagging in gleeful anticipation of their dropping their guard so easily, and then placed him in the water. He was short enough that it was halfway up his torso already, but he just let out a happy little yip and splashed around merrily. Blake had tensed up at the noise, drawing her legs in, but relaxed again as there was no blood spilled. Ruby and Pyrrha laughed as they played with the dog, making sure to get him plenty wet in the process. When the brunette turned, however, she frowned in confusion. Blake could hardly breathe. This was no time to fall apart, even if she were in an enclosed space with thatâ€¦ thing. She needed to be vigilant, be strong for her girlfriends. She knew all too well. Amber eyes focused on the creature in question, who perked up at the attention, even as Pyrrha continued to rub its cursed ears and the back of its neck. Blake narrowed her gaze as the tail wagging picked up. Blake opened her mouth to warn Pyrrha of their incoming doom, but it was already too late. With a joyful bark, Zwei launched himself out of the water, straight at Blake. The Cat Faunus let out a shriek of terror, flailing to the side to get out of the way, while Pyrrha shouted anxiously. As she fell, her shoulder hit the door handle, and the bathroom door went crashing out against the hallway wall just as she hit the ground, curled up in a little ball and with her hands behind her neck protectively. Instead of the hot breath of the deadly monster, she felt wet paws scamper over her and out the bathroom. With cries of "Bad doggie! It got to her! I knew it, I knew that damned beast was evil! She sprinted forward, skidding around the corner on her bare feet to crash into the opposite wall. Bouncing off of it, she found Ruby sitting on her haunches, looking about in dismay. There was a playful bark as Zwei came tearing back through the house, Pyrrha still in pursuit. The beast is mine. Blake let out a silent snarl as she launched herself forward, tackling the wet dog and rolling to a stop in the middle of the hallway that led off to the bedrooms. Pyrrha quickly closed, helping Blake to her feet and taking hold of the happy dog. Of course, she neglected to take into account the fact that her feet were now covered in shampoo. They fell heavily to the floor, Zwei shooting out like a greased Boarbatusk and into the room. Yang and Weiss stared back at them incredulously, the both of them very much naked and in remarkably intimate positions. She had an unreadable expression on her face and carried the still dripping wet, but quite pleased with himself, Zwei. Then there came the sound of a chair being dragged over and propped under the doorknob before silence reigned once more. But, then ice cream? I actually inserted this chapter practically at the last minute as the notion had come to me, and it fit in at Patch so much better, obviously. Next chapter will actually be the last one in Patch for this particular summer break.

Chapter 7 : How to End a Love Triangle and Get Out of an Emotional Mess

Find out how love triangles work, how you could end up falling into one and how you can get out of one here. Have you ever been in love with someone who's already in love with someone else? Or are you in love with someone right now, but find yourself falling for someone else at the same time?

View gallery - 15 images Hopefully our guides to ISO , aperture and shutter speed have made those photographic terms a little less daunting than they once were. If you now feel like you understand those concepts and are already comfortable trying out the semi-automatic modes on your camera, it might be time to go for full manual mode. However, we think the exposure triangle can be a simple and effective way of understanding how ISO, aperture and shutter speed are associated, and how balancing them allows photographers to create images with the characteristics they want. Aperture Aperture controls the amount of light which reaches the sensor of your camera by adjusting the size of an opening in the lens. The wider the size of the hole represented by a smaller F-number the more light you get in your image, but this also reduces the depth-of-field the area of focus in your images. For more detail, check out our guide to aperture. However, your setting will often be determined by your subject and how you want to shoot it, such as freezing movement or highlighting motion blur. For more detail, check out our guide to shutter speed. ISO Changing ISO is another way of adjusting the brightness of your images, this time by making the sensor more or less sensitive. However, high ISO settings also mean photos will suffer image noise and reduced dynamic range. For more detail, check out our guide to ISO. Because each setting changes the brightness of your image exposure, they are all connected. For example, if you need to shoot with a wider aperture to get a narrower depth-of-field, your lens will let in more light, so to keep the exposure the same, you need to adjust shutter speed or aperture by the same number of stops. The exposure triangle is best seen as a simple reminder of this relationship. It allows you to quickly visualize how making a change to one setting will make an image brighter or darker, and how that will need to be balanced with the other two settings. If you want to change one setting to give more light, you need to balance this with a settings change which will let in less light. Equally, if you want to change a setting which will result in less light, you need to increase it by adjusting one or both of the other settings. While automatic and semi-automatic modes take care of this for you, in manual mode you are in total control. This means you can approach taking a photograph by selecting settings based on how you want your photo to look – such as a specific shutter speed to control motion, or aperture to set depth-of-field – and then balance the other two settings to ensure the right exposure. When taking this photo of quick-moving cyclists, we knew we needed both a fast enough shutter speed to freeze the action and a wide enough aperture to ensure that multiple cyclists were in focus. In this shot we wanted to turn the lights on the passing traffic into light trails and worked out that a six-second exposure would be needed to achieve this. Because we also wanted to keep the ISO as low as possible to reduce noise, we settled on a narrow F22 aperture which also gives the image a very wide depth-of-field. When we took this quick portrait, we were using a lens with a maximum aperture of F4, and because we wanted a shallow depth-of-field we shot at that opening to isolate the subject from the background. In this picture we wanted to shoot with a narrow aperture to give a wide depth-of-field and settled on F We also wanted to keep the ISO level as low as possible. For this shot we wanted to select an aperture which would keep just over one macaroon width in focus, which turned out to be F3. Once this was set, we balanced a fast shutter speed and medium ISO level to a point that we could eliminate any blur from camera shake. This shot was another example of photographic compromise. Trying to get an interior shot of the dark Bloodhound Supersonic Car cockpit meant dangling our camera in one hand, and the only lens we had which was wide enough maxed out at an F4 aperture. This again meant balancing a shutter speed which was slow enough to let in light, but fast enough to keep things sharp, with an increased ISO. Summary Hopefully this article has helped you understand how to put the key manual control settings together, and given you the confidence to give it a try. One of the pleasures of shooting digital is that you can make settings adjustments between shots and instantly see how they impact your images.

The Drama Triangle is a model of human interaction first described by Stephen Karpman, MD. It describes three psychological roles (or ego states) which people often take in response to a situation: Victim, Persecutor, and Rescuer.

Lynne has been in private practice for twenty years. She is a seasoned professional in dealing with all kinds of addiction and problematic family dynamics using a blend of modalities along with psycho-spiritual principles. Drama Triangle Most of us unconsciously react to life from a position of victim-hood. Anytime we refuse to take responsibility for ourselves, we are opting to play victim. This leaves us feeling at the mercy of, done in by and un-faired against; no matter what our situation might be. Victim-hood consists of three positions outlined by Stephen Karpman, a teacher of Transactional Analysis, on what he called the "Drama Triangle". Having learned of it some thirty years ago, it has been one of the most important tools in my personal, as well as professional life. As my understanding of the Drama Triangle has expanded, so has my appreciation for this simple, but powerfully accurate instrument. I call it the "shame machine" because through it we unconsciously re-enact our vicious cycles, thereby creating shame. Every dysfunctional interaction takes place on the Drama Triangle! Until we make these dynamics conscious, we cannot transform them. Unless we transform them, we cannot move forward on our journey towards re-claiming our spiritual heritage. Karpman named the three roles on the Drama Triangle Persecutor, Rescuer and Victim and placed them on an upside down triangle representing the three faces of victim. Even though only one is called Victim, all three originate out of and end up back there. Therefore they are all stopping places on the road to victim-hood. We each have a most familiar, or what I call, starting gate position. We first learn our primary position from within our family. Although we each have a role we most identify with, we will also rotate through the other positions, going completely around the triangle, sometimes in a matter of minutes, or even seconds, many times every day. Nonetheless these two, Rescuer and Persecutor, are the two opposite extremes of Victim. This is simply because all roles eventually lead back to victim. You might notice that both the Persecutor and Rescuer are on the upper end of the triangle. Whenever we assume either of those stances, we come across as one-up. From either position we are relating as though we are better, stronger, smarter, or more together than the victim. Sooner or later the victim, who is in a one-down position, develops a metaphorical "crick in the neck" from looking up. Feeling "looked down upon", resentment builds and some form of retaliation inevitably follows. At that point the victim moves into a persecutor role. Reminiscent of a not-so-musical game of musical chairs, all players sooner or later rotate positions. Dad comes home from work to find mom coming down hard on Junior with, "Clean up your room or else" threats. He immediately comes to the rescue, "Mom" he might say, "give the boy a break". Any one of several possibilities might occur next. Perhaps Mom, feeling victimized by dad, turns on him, automatically moving him into a victim position. They might do a few quick trips around the triangle with Junior on the sidelines. Or Junior could turn-coat on dad, rescuing mom, with; "Mind your own business, dad. Everyone has a starting-gate position on the Drama Triangle. This is not only the place we most often get hooked, but also the role through which we actually define ourselves; a strong part of our identity. Each starting-gate position has its own particular way of seeing and reacting to the world. Each primary position originates out of a particular life theme and moves around the triangle in its own distinct way. And a starting-gate Victim is perpetually pitiful and incapable. They even rescue from a one-down position! For instance, if a parent is overly protective, doing everything for a child, then that child may grow up to feel incapable of taking care of themselves. This sets them up for a life-time role of Victim. There are many variations, and each case needs to be individually considered. We not only act out these triangular distortions in our everyday relations with others, but also internally. We move around the triangle as rapidly inside our minds as we do out in the world. We trap ourselves with dishonest and dysfunctional internal dialogue. For example, we may come down hard on ourselves for not completing a project. Perhaps we lambaste ourselves as being lazy, inadequate or defective, causing us to spiral into feelings of anger and self-worthlessness. Inwardly, we bow to this persecutory voice, fearing it may be right. As soon as we begin to blame or insult, a victim is created. This could go on for minutes, hours or days, but sooner or later, there will

be a voice in us that comes to the rescue. Now we have moved into rescuer. Sometimes we rescue ourselves and others by denying what we know, "If I look the other way and pretend not to notice, it will go away" sort of tactic. These inner dramas perpetuate a vicious cycle of shame spirals and self-loathing. Similar to the way a generator produces electricity, the Drama Triangle generates shame. Whether through internal interaction or external communication, moving around the triangle keeps the self-disparaging messages going. The Drama Triangle becomes our own personal shame machine. The good news is that we can do something about it. All we have to do is learn to turn off the shame machine in order to get off the triangle. Before we can get off the triangle we have to recognize and be willing to let go of the drama produced therein. We must first become intimately acquainted with the costs and trade-offs of each stopping place on the path of victim-hood. This allows us not only to recognize the various roles, but to realistically evaluate the consequences of being there as well. Identifying the language and moves of each role further helps us to apprehend when we are being invited by others to join them on the triangle. With this awareness, we can choose whether or not we want to dance to the shame generating tune of victim. Rescuer The Rescuer role is the shadow mother principle. The Rescuer is the enabler, protector, mediator; the one who wants to "fix" the problem. Of course, before a Rescuer can remedy a problem there needs to be one. Part of the problem of rescuing is that it comes from an unconscious need to feel important or establish oneself as the savior. Taking care of others is the only way a Rescuer knows how to connect or feel worthwhile. Rescuers usually grow up in families where they were put down or shamed for having needs. They therefore learn to deny those needs, turning instead to taking care of others. This makes having someone who needs them essential. Very often, Rescuers operate out of the hope that if they just take care of others well enough they will get their turn, too. Unfortunately this rarely happens. Often the resulting disappointment sends them spiraling into depression. They compensate for that anxiety by making it a point to be there for others, thus encouraging dependency. Making themselves indispensable becomes a primary way of avoiding abandonment and it provides the validation they long for, as well. Rescuers are oblivious to the crippling dependency they foster when they enable or take care of those they are fixated on. Through these tactics, they send disabling messages. Everyone involved becomes convinced that the Victim is incapable, inadequate or defective, thus reinforcing the need for constant rescue. It becomes the job of the Rescuer to keep the other propped up, "for their own good", of course. Having a Victim to care-take is essential in order for the Rescuer to maintain an illusion of being one-up and needless. This means then, that there will always be at least one person in every core Rescuers life who is sick, fragile, inept and in need of their care. Beatrice grew up seeing her mother as helpless and impotent. From an early age, she felt a huge responsibility to take care of her frail parent. Her own well-being depended on it! Else how was she, a small child, going to make it? As the years went by, however, she could scarcely contain the inner rage she felt towards her mother for being so needy and weak. As a starting-gate Rescuer, she would do all she could to bolster her mother, only to come away again and again, feeling defeated victim because nothing she tried worked. Inevitably the resentment would take over leading her to resort to treating her mother with scorn persecutor. This became her primary interactive pattern, not only with her mother, but in all of her relationships. By the time I met her she was emotionally, physically and spiritually exhausted from having spent her life taking care of one sick and dependent person after another. Persecutor Like the other roles, the Persecutor is shame based. Persecutors have long ago repressed their convictions of worthlessness, covering them instead with indignant wrath and an attitude of uncaring. In the same way that the Rescuer is the shadow mother principle, this role is the shadow father principle. The Persecutor role is a perversion of that energy, instead attempting to "reform" through force. This role is taken on by someone who has learned to meet their needs through authoritarian, controlling and often punishing methods. The Persecutor overcomes feelings of shame by over-powering others. Domination becomes their most prevalent style of interaction. This means they must always be right!

Chapter 9 : How to Step Out of the Drama Triangle and Find Real Peace - Tiny Buddha

The Cat Faunus let out a shriek of terror, flailing to the side to get out of the way, while Pyrrha shouted anxiously. As she fell, her shoulder hit the door handle, and the bathroom door went crashing out against the hallway wall just as she hit the ground, curled up in a little ball and with her hands behind her neck protectively.

I thought I was just responding to life, to what was happening. The drama triangle is so pervasive, and can be so subtle, that it just seems normal. All three of the roles—Victim, Rescuer, and Persecutor—are very fluid and can morph easily into one another. We all have a favorite usually the role we assumed most often in childhood, but most of us are pretty good at all three of them, depending on the situation. My personal favorite was Rescuer, although I also did a very credible Victim from time to time. I was a Rescuer in my family of origin middle children often are. I felt virtuous, strong, and necessary when other people turned to me for help or depended on me to take care of things. Being a perpetual Rescuer led to chronic stress, as I constantly monitored how everyone else was doing and was never available to take care of my own needs. See how the drama cycles from role to role? They all have their payoffs too. It feels good to be a Victim, at least for a while. We get a lot of attention. Often people will help us those nice Rescuers. And being the Persecutor can feel powerful, especially for someone who has never learned the skill of asking directly for their needs to be met. The drama keeps us absorbed, and it keeps us enmeshed unhealthily with others, but it leaves very little room for real peace and joy. And no room at all for a truly healthy relationship to form. But how do we step away from the drama triangle, when almost everyone we know is still playing the game? The first step is simply to be aware of the game, how it works, and what roles you play most frequently. What role did you play as a child? Can you identify the roles that others in your family played? Are they still playing them? The role of Rescuer may be the easiest to admit to, since it actually sounds praiseworthy or noble on the surface. In fact, the hallmark of all the roles is that your attention is usually directed outward. In reality, the anger is just a mask for underlying fear, shame, and powerlessness. Sadly, adult Persecutors were often Victims as children. In the drama triangle there are no good guys and bad guys—everyone loses. In the zone of integrity, you are responsible for being percent honest, both with yourself and with others. This means acknowledging and honoring your own feelings and needs, and allowing others to be responsible for theirs. It also means taking responsibility for your own actions and their consequences, and letting others do the same. You might not be the most popular person at the dance for a while. Codependence which is essentially what the drama triangle describes is a system. It requires multiple players to function, so people will probably be upset when you opt out. In fact, you can count on it. Recently my mother asked me to help smooth over a squabble between some of my siblings—exactly the sort of thing I have done all my life. Do I really have to take this on? These are the people who taught you most of what you know about the drama triangle, after all! For me, I feel a very familiar sense of obligation and guilt when those Rescuer urges start kicking in, which prompts me to pull back and look more closely at the situation. The zone of integrity, when I manage to stay there, feels so good. I still care about people, and help when it feels right, but I no longer feel obligated to rescue. You might miss that sometimes, when people are trading war stories at Friday night happy hour. What you will have instead is true peace of mind, much healthier relationships and a passionate addiction to staying in your zone of integrity.