



The 3 faces of Drama:

How to step out of drama and into relational safety

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When we are entangled in a relational 'drama' (as opposed to real life dramas which are out of our control) we feel excited, anxious, burdened, confused, helpless and discounted. We don't have an adult sense of agency and we don't feel safe. Our behaviour is driven by our early unique solutions to how to get our needs meet, and those solutions are out of date. Do you often find yourself in that difficult position again? Are you exhausted from doing so much only to have other people judge and criticise you? Do others cause you to feel helpless and useless? Do you find yourself thinking, "If only they would listen to what I say then none of this would happen!"? Then you are in a drama triangle!

This workshop explores how and why we automatically do what we do and aims to provide professionals with experience in how to understand their part in relationship dramas (at work and at home) and work out how to empower themselves to take charge of how they want to be in relationship.

Find out how to:

- Understand why you do what you do when you are stressed or pressured
- Detect when a drama is forming
- Work out which role you are drawn to in a drama and why
- Step out of the drama
- Get back to your core qualities (and out of drama)
- Find your way back to what you value so that everyone gets their needs meet and has agency

This is a 3-hour interactive and *practical* workshop is facilitated by Fiona Griffith, Clinical Counsellor and Supervisor. This workshop is for all professionals, educators, and support workers whose work efficacy is reliant on safe and secure relationship.



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