Drama Triangle in 4 Dimensions – The 8 Characters Rethought as 16

Copyright 2015 Larry Moen, M.Ed LPC Uncommon Therapy [www.utherapy.net](http://www.utherapy.net)

**Dimension characters**

In a previous paper I extended the three dimensions of the drama triangle and found it identified five additional characters, for a total of eight.

THREE-AXIS CHOICES

The three primary axes for choices are those of active-passive, owned for self vs owned by others, and inner reality vs outer reality.

In the Karpmann Drama Triangle these separate out as follows:

* R and P are active, V is passive
* R and V are outer-reality focused, P iss inner-reality focused
* P and V are owned by self, R is owned by others.

The three axes separate out into 8 basic options:

|  |  |  |  |
| --- | --- | --- | --- |
| ACTIVE | SELF-OWNED | INNER REALITY | I act for my own self-interest |
| ACTIVE | SELF-OWNED  | OUTER REALITY | They act for their own self-interest |
| ACTIVE | OTHER-OWNED | INNER REALITY | I act for the self-interest of others |
| ACTIVE | OTHER-OWNED | OUTER REALITY | They act for the self interest of me or someone else |
| PASSIVE | SELF-OWNED | INNER REALITY | I cannot act for my own self-interest |
| PASSIVE | SELF-OWNED  | OUTER REALITY | They cannot act for their own self-interest  |
| PASSIVE | OTHER-OWNED | INNER REALITY | I cannot act for the self-interest of others |
| PASSIVE | OTHER-OWNED | OUTER REALITY | They cannot act for the self-interest of me or someone else |

However, if the additional dimension of Good-Bad (Positive-Negative) is added, the 8 characters expand to 16, as identified below.

The 3 initial dimensions Character’s essence Character’s +/- qualities Character ID

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ACTIVE** | **SELF-****OWNED** | **INNER REALITY** | I act for my own self-interest | + = INTEGRITY, SELF-SUFFICIENCY- = SELFISHNESS, NARCISSISM | VISIONARYPERPETRATOR |
| **ACTIVE** | **SELF-****OWNED**  | OUTER REALITY | They act for their own self-interest | + = ACCOUNTABILITY,  INDEPENDENCE- = SELFISHNESS | UNDERDOG |
| **ACTIVE** | OTHER-OWNED | **INNER REALITY** | I act for the self-interest of others | + = RESCUING, SELF-SACRIFICE- = CODEPENDENCY, ARROGANCE | RESCUER, LEADERTYRANT |
| **ACTIVE** | OTHER-OWNED | OUTER REALITY | They act for the self-interest of me or someone else | + = HEROISM- = CONTROLLING, ENMESHMENT | HERO, BENEFACTORENSLAVER, MANIPULATOR |
| PASSIVE | **SELF-****OWNED** | **INNER REALITY** | I cannot or do not act for my own self-interest | + = LIMITATION, ACCEPTANCE- = HOPELESSNESS, DEPRESSION | MARTYR, PRAGMATISTLOSER, COWARD |
| PASSIVE | **SELF-****OWNED**  | OUTER REALITY | They cannot or do not act for their own self-interest  | + = JUSTICE, EQUAL RIGHTS- = SLAVERY, REPRESSION | GOOD CITIZEN, VICTIMWHINER, PACIFIER |
| PASSIVE | OTHER-OWNED | **INNER REALITY** | I cannot or do not act for the self-interest of others | + = HUMILITY- = IMPOTENCE, LACK OF  EMPATHY | EMPOWERERCOWARD |
| PASSIVE | OTHER-OWNED | OUTER REALITY | They cannot or do not act for the self-interest of me or someone else | + = INTEGRITY- = SELFISHNESS | RESTRAINER, POSITIVE INFLUENCEBETRAYER |

Copyright 2015 Larry Moen, M.Ed LPC Uncommon Therapy www.utherapy.net