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 | VISIONARY  PERPETRATOR |
| **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, LEADER  TYRANT |
| **ACTIVE** | OTHER-  OWNED | OUTER REALITY | They act for the self-interest of  me or someone else | + = HEROISM  - = CONTROLLING, ENMESHMENT | HERO, BENEFACTOR  ENSLAVER,  MANIPULATOR |
| PASSIVE | **SELF-**  **OWNED** | **INNER REALITY** | I cannot or do not act for my  own self-interest | + = LIMITATION, ACCEPTANCE  - = HOPELESSNESS, DEPRESSION | MARTYR, PRAGMATIST  LOSER, COWARD |
| PASSIVE | **SELF-**  **OWNED** | OUTER REALITY | They cannot or do not act for  their own self-interest | + = JUSTICE, EQUAL RIGHTS  - = SLAVERY, REPRESSION | GOOD CITIZEN, VICTIM  WHINER, PACIFIER |
| PASSIVE | OTHER-  OWNED | **INNER REALITY** | I cannot or do not act for the  self-interest of others | + = HUMILITY  - = IMPOTENCE, LACK OF  EMPATHY | EMPOWERER  COWARD |
| PASSIVE | OTHER-  OWNED | OUTER REALITY | They cannot or do not act for  the self-interest of me or  someone else | + = INTEGRITY  - = SELFISHNESS | RESTRAINER,  POSITIVE INFLUENCE  BETRAYER |

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