passion. purpose. potential.

Flipping the Drama Triangle Practice Log

Date	THE PROBLEM My Complaint / Frustration	THE SHIFT What Do I Really Want?	THE ACTION My Next Step / Next Time I Will…
4/13/20	My sister wants me to call my Dad more often, so that she won't have to deal with him. My job and family commitments leave me with less free time compared to my sister.	My sister to not tell me that I have been deficient in not calling my dad. I want her to acknowledge that she has far more free time than me to tend to our dad.	Try to calmly explain to her that it is frustrating for me when she suggests that I am not upholding my end of the bargain with my dad. Tell her that I know her life is also busy and that I appreciate all she does to care for my dad.
4/14/20	One of my employees turns victim really quickly whenever I have to deliver a difficult message. I am not criticizing or trying to be difficult, but rather trying to avoid certain occurrences in the future.	I want my employee to simply state that he understands that I am just trying to improve our communication in an effort to make both our lives better.	I will start the next difficult conversation by assuring him that everything is OK and that I am not seeking any kind of dramatic change from him. That will help him recognize the innocence of my comment/ request.