



Drama Triangle Quiz

Look at the statements below. For each, give it a score:

0: I do not identify with this statement.

1: I identify somewhat with this statement.

2: I strongly identify with this statement.

	Statement	Score
A	I have problems in my life that I cannot fix myself.	
B	I get angry easily.	
C	I'm forced to be the way I am by other people or circumstances.	
D	I get annoyed when things don't go my way.	
E	Some people are just stupid or lazy.	
F	I think about others' problems more than mine.	
G	If people have issues, it's their fault.	
H	I feel self pity a lot.	
I	My way is always the right way.	
J	I know people who can't help themselves.	
K	I feel good when I help others.	
L	I believe some people don't help themselves enough.	
M	I often feel pity for other people.	
N	My problems are small compared to others.	
O	I am ashamed of who I am or how I behave.	
P	I don't get much pleasure from life.	
Q	Some people tell me I'm too critical of others.	
R	I have strong beliefs about the way things should be done.	
S	I forgive those I care about if they don't help themselves.	
T	I often feel helpless.	
U	I often feel hopeless.	
V	I feel guilty if I see people struggling.	
W	I am selfless.	
X	I actively look for opportunities to help people.	
Y	I find it difficult to make decisions for myself.	
Z	Sometimes people offer help but I ignore it or brush it aside.	
AA	I find myself blaming others a lot.	
BB	I feel responsible for everything that happens to people around me.	
CC	I often feel overwhelmed.	
DD	I find myself working harder than others because I pick up the slack.	
EE	I hate it when people make excuses for their failings.	
FF	Bad things seem to happen to me more than others.	
GG	I find myself having to push to make things happen.	

Add up the scores for each of the three roles in the drama triangle.

Role	Victim	Rescuer	Persecutor
Statements	A, C, H, O, P, T, U, Y, Z, CC, FF	F, J, K, M, N, S, V, W, X, BB, DD	B, D, E, G, I, L, Q, R, AA, EE, GG
Total score			

Score between 0 and 7: This isn't a strong role you play.

Score between 8 and 13: You sometimes fall into this role; it may be your secondary.

Score between 14 and 22: This is likely to be a primary role for you.

Source: English Leather Master Coaching