

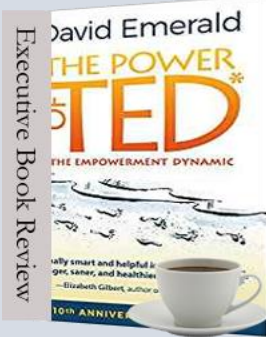


Book #111
Event #210 & 211

The Power of TED

by David Emerald

Reviewed by Pat Whitty



About the Author

David Emerald's insights come from over 30 years of study and lessons learned about effective relationships with a wide range of individuals and organizations. His clients include Fortune 50 companies, government agencies and non-profits. As an executive coach and leadership and organizational development professional, he is associated with The Executive Leadership Circle and the University of Notre Dame's Stayer Center for Executive Education.

For more information, visit www.PowerofTED.com

About the Book

The Power of TED is your guide for learning and growing through the difficulties of life. You will walk with David, the main character, and his wise guides, Ted, and Sophia as they show David how he can move from feeling like a Victim to being a Creator of his own life. The story becomes your map to creating satisfying relationships with yourself and in others and in life.

"The Power of TED is an engaging story that will help you escape from the traps of victimhood and enablement. Applying what you read will help you become truly proactive as you develop high trust in yourself and healthy relationships with others. Enjoy it and make the shift that leads to true effectiveness." - Stephen Covey

The Book's ONE THING

Shift happens when we break out of the default mode of victim and adopt the creator mode of being.

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The Dreaded Drama Triangle (DDT):

Victim, Persecutor, Rescuer—Based on Stephen Karpman’s original Drama Triangle, the DDT involves three intertwined roles.

1. **Victim.** The central figure in the DDT, a Victim is one who feels powerless and has experienced some loss, thwarted desire or aspiration, and/or the psychic death of a dream. An important distinction is made between victimhood, which is a situation in which one is victimized to some degree, and Victimhood, which is a self-identity and “poor me” life stance.
2. **Persecutor.** The Persecutor serves as the cause of the Victim’s perceived powerlessness, reinforcing the Victim’s “Poor Me” identity. The Persecutor may be a person, condition (such as a health condition), or a circumstance (a natural disaster, for example). When the Persecutor is a person, he or she is symbiotically linked to the Victim and seeks to dominate (either overtly or covertly) and maintain a “one-up” position through a variety of assertive and/or manipulative means. Often a Persecutor’s behavior is driven by his own fear of becoming, or re-becoming, a Victim. Fear of losing control can also be a factor.
3. **Rescuer.** The Rescuer is any person or activity (such as an addiction) that serves to help a Victim relieve the “pain” of Victimhood. As an activity, the Rescuer helps the Victim “numb out.” Despite having helpful intentions, the Rescuer as a person reinforces the Victim’s “Poor Me” by adopting a “Poor You” attitude, which serves to increase the Victim’s sense of powerlessness. This renders the Victim dependent upon the Rescuer for a sense of safety—a bond forged by the Victim’s shame for needing to be rescued and cemented by the Rescuer’s own fear of abandonment or loss of purpose.





FISBE:

This serves as the basis of the “mental model” that underpins the two Orientations. It is an acronym for the three elements of the model: where people put their Focus engages in them an emotional Inner State, which then drives their Behavior. The two primary mental models (Victim and Creator) are referred to as “Orientations” because what we focus on (i.e., orient on) has a great deal to do with what manifests in our experience.

Victim Orientation: It is in this Orientation that the DDT thrives. In this way of being, one’s Focus is on the problem or problems that dominate one’s life. When a problem occurs, it engages an inner state of anxiety, which in turn causes one to react. There are three basic forms of reacting: fight, flight, or freeze. The DDT is based on fear, avoidance (of feelings, loss, pain, reality), and/or aggressive reactivity. Much of humanity sleepwalks through life, unwittingly entangled in the DDT and the Victim Orientation in which it takes place. While the Victim Orientation has served a vital evolutionary purpose by helping humanity survive by reacting to threats in a hostile world, it has now outlived its usefulness as our “default” orientation.

Creator Orientation: The alternative to the Victim Orientation, this is the way of being in which The Empowerment Dynamic is cultivated. The FISBE here is much different. A Creator consciously focuses on a vision or outcome—that which she chooses to create in her life. As she focuses on what she wants to manifest, a Creator taps into an inner state of passion, which propels her to take a Baby Step. Each small movement is either an advancement toward the vision or a clarification of the final form of the desired outcome. A Creator still faces and solves problems, but she does so in the course of creating the outcomes, rather than merely reacting to them.

AIR:

This acronym highlights the three key differences between the Victim and the Creator Orientation. The first is where you place your Attention (on what’s wanted instead of what’s not wanted). The second is what you hold as your Intention (manifesting outcomes, not just ridding yourself of problems). The third is Results (satisfying and sustainable, not temporary and reactive). The acronym AIR also serves to reinforce the reality that a very different experience and environment (hence, “air”) is generated by each of the two orientations.

Harnessing Dynamic Tension:

Based on the work of Robert Fritz (The Path of Least Resistance), Dynamic Tension is a way of planning for and taking action in creating outcomes. We begin by identifying and describing the vision/outcome we desire to create. The next step is to carefully and completely assess our current reality as it relates to the envisioned outcome. There are two aspects of the current situation that we identify. The first aspects are those things that are happening or exist that support and are helpful in the creation of the outcome. The second aspects are the problems, obstacles, or things that are missing that inhibit our capacity to manifest the vision. By focusing on both the outcome and the current reality, we engage the tension—a creative force—between what we want and where we are. This tension seeks to be resolved. A Creator resolves the tension by taking Baby Steps to move from current reality toward the desired outcome. Each small step brings learning—whether it results in a step “back,” a step “forward,” or a “quantum leap”—in the process of creating outcomes.



TED* (*The Empowerment Dynamic):

Creator, Challenger, Coach—As a result of moving from the Victim Orientation to the Creator Orientation, a whole new set of roles and relationship dynamics becomes possible. The Empowerment Dynamic is made up of the following three roles, each of which serves as an antidote to the toxic roles of the DDT.

- 1. Creator.** This is the central role of TED* and is the antidote to the powerless Victim. A Creator cultivates his capacity to create outcomes by adopting a Creator Orientation and harnessing Dynamic Tension. A Creator greatly increases his ability to choose a response to life circumstances (even in the harshest of situations), rather than merely reacting to them. Creators seek and form relationships with other Creators (Co-Creators), both to support and to be supported through the other two roles that make up TED*.
- 2. Challenger.** Serving as an antidote to a Persecutor, who provokes a reaction from a Victim, a Challenger is a catalyst for change, learning, and growth for a Creator. A Challenger may be conscious and constructive, especially when in relationship with another Creator. Some of the Challengers we meet in life are unconscious—a person, condition, or circumstance that comes into our experience uninvited. In either case, a Creator is able to embrace the experience of a Challenger as a call to action, learning, and growth.
- 3. Coach.** As the antidote to a Rescuer, who reinforces the powerlessness of a Victim, a Coach views others as being creative and resourceful. A Coach sees each person he relates to as a Creator in her own right and seeks to support her in the process of creating outcomes. A Coach does this by asking questions that help clarify envisioned outcomes, current realities, and possible Baby Steps. A Coach dares a Creator to dream and discern the pathways for manifesting her visions.

Shift Happens:

Making “shift happen” from the Victim to the Creator Orientation and from the DDT roles to their antidotes in TED* is the pathway for transforming how we experience life and interact in relationships. The shift from Victim to Creator takes place by focusing on what we want rather than what we don’t want, by moving from reacting to choosing outcomes and our responses to life experiences, and by reconnecting to our dreams and desires. Transforming our relationship with Persecutors so that we see them as Challengers instead calls upon us to discern the learning and growth they spark. To become a conscious Challenger in relationship with others requires clarity of intention, the ability to see the other as a Creator in his own right, and the wish to provoke and evoke growth and development. The shift from Rescuer to Coach invites us to see the other as creative and resourceful, and to support him in the creation process by asking questions and facilitating his own clarification of envisioned outcomes, the current realities he faces, and possible Baby Steps for moving forward.





Suggested Reading and References The following books, articles, and resources directly influenced the writing of this book. For additional resources, please visit www.PowerofTED.com.

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Chopra, Deepak. *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*. San Rafael, CA: Amber-Allen Publishing and New World Library, 1994.

Frankl, Viktor E. *Man's Search for Meaning*. New York: Washington Square Press, 1984.

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Rilke, Rainer Maria. *Letters to a Young Poet*. Translated by M. D. Herter Norton. Revised Edition. New York: Norton & Company, Inc., 1993.

A number of references to Stephen Karpman and The Drama Triangle are available on the Internet. The following three were particularly helpful in the writing of this book:

Forest, Lynne. *The Three Faces of Victim*. http://www.lynneforest.com/html/the_faces_of_victim.html

Karpman, Steve, with comments by Patty E. Fleener M.S.W. 2002-2004. *The Drama Triangle*. <http://www.mental-health-today.com/articles/drama.htm>

Namka, Lynne, Ed.D. 2004. *The Drama Triangle: Three Faces of Victimhood*. <http://www.angriesout.com/>



A Retrospective of our last ten books ONE THING

The Magic of Believing	Your strong belief activates the subconscious and puts it to work. It will help you achieve whatever you desire.
Seven Habits of Highly Effective People	“Humility is the mother of all virtues” – Mother Theresa; “Humility is laced in all 7 habits” – Mark Wittig.
The Customer Comes Second	Transform an organization's leadership model and culture to focus on putting the employees first, and the results that will be created will far exceed any forecasted budget projections.
Stillness is the Key	Chop wood, carry water. Let the wild horses run by.
The Method Method	Sustainable human-centered business is the key to thriving in today's reality, daring to do things not only differently but better, existing in between tensions, mashing them up for the greater good, bringing higher purpose based on culture and design.
The School of Greatness	Greatness is not reserved for an elite few, it is something inherent in each of us. It is cultivated from within. The masters of greatness became that way because they applied specific habits and tools to embrace and overcome adversity in their lives.
The Obstacle is the Way	Although we don't control external events, we can control ourselves and our responses to those events. Every obstacle poses an opportunity to improve our condition. We have the power to turn adversity into our advantage and revolutionize our lives!
Just Listen	Be more interested than interesting.
Titan: The Life of John D Rockefeller	We study the lives of famous people who have impacted the world in order to better understand our own impact on the world. Every human being is a complex enigma containing both beauty and darkness.
Reading Magic	Reading with a family whether family by blood, profession, or interests, leads to delight and food for thought, which presents a lot of goodness and positive growth for the entire community. Read continually... experience books, learn from books, share books!



Let's Pan for Some Gold

What thought, or idea had the biggest impact on you today?

What is your ONE THING? What one specific action you will take TODAY from what was discussed?



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Calendar of Events

San Antonio	San Antonio	Corpus	Houston	San Antonio	American Sunrise
"1st Friday"	Wine & Cheese	2nd Tuesday	4th Thursday	"4th Friday"	3rd Wednesday
7:30AM	5:30 PM	5:30 PM	11:30AM	8:00 AM	12:00 Noon
Wittigs	Haworth Smartworld	Wittigs Haworth	Wittigs Haworth	Alpha Home	American Sunrise Good Samaritan
3-Jan	8-Jan	14-Jan	23-Jan	24-Jan	15-Jan
Robyn Tresnak Reading Magic and beyond	Pat Whitty The Power of TED	Pat Whitty The Power of TED	Nadia Noel-Anglade The Memo	Nadia Noel-Anglade The Memo	Peter Braeuler Fearless Leadership
7-Feb	12-Feb	11-Feb	27-Feb	28-Feb	19-Feb
John Rugh Made to Stick	Mark Wittig Occasional Magic	Mark Wittig Occasional Magic	Malcolm Coon Surrender Experiment	Malcolm Coon Surrender Experiment	Pat Whitty The Power of TED
6-Mar	11-Mar	10-Mar	26-Mar	27-Mar	18-Mar
Judy Zimmerman	Peter Braeuler Think & Grow Rich	Peter Braeuler Think & Grow Rich	Robyn Tresnak	Robyn Tresnak	John Knotts