

## Family patterns

Drama creates cracks in your relationships. When you attack each other and say hurtful things to win the argument you also create an insecurity in the other person. How could they say that if they didn't mean or think it. In the long term this can have a devastating affect to a person's mental health. You may just be repeating family patterns that you witnessed when you grew up. If you thought your parents arguing was 'normal' behaviour then you probably will accept it in your adult life. This might not be true for the other person in your life so by exploring what your triggers are and learning a strategy how to avoid manipulating people can save that relationship.

## Communication skills

Now you've started to look at your core beliefs and understand what your triggers are you may recognise that this can be a difficult process. Seek professional help to support you with this change if it is very distressing for you. Here are 5 tips to help keep your relationships healthy.

1. Be respectful and polite always in the way you speak to people, like 'the honeymoon period' only extended.
2. Avoid acting out the drama in your life.
3. Power over someone isn't genuine love.
4. If you like to be spoilt find a healthier way to ask loved ones for your needs.
5. Be honest about your needs and ask for the same back.

Doing something rather than nothing is vital.

## More support to access...

### Workshops

Our signature Dragon workshops are easy to understand and 'not too heavy' for engaging with young people. The workshops cover negative thinking, relationships, self-esteem, anger, confidence and the need for reflection or 'time out'.

### Online

Log onto [www.peaceofmind.help](http://www.peaceofmind.help) where you can access our web app on a smartphone, tablet or PC. On there you can find support, emergency contact numbers and other information on a range of topics that can help you feel more in control of your wellbeing.



### Drop-in Service Available

Mindzone is a free, confidential drop-in service for young people aged 11-18 years old who feels in any kind of emotional distress or 'bad place'. Open every Monday between 5-8pm at the RVS in Hanley (next to Iceland), 29 Charles St., Hanley ST1 3JP



#NSMindzone



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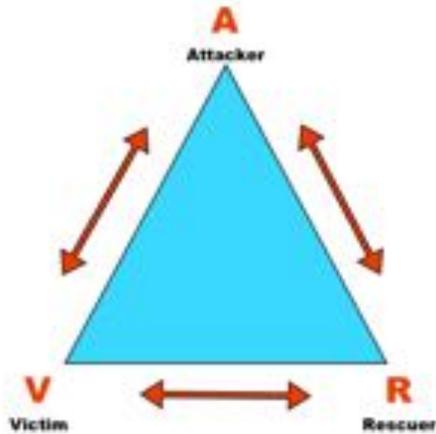
# Relationships

Noun: any situation or series of events having vivid, emotional, conflicting, or striking interests or results



## Are you good at relationships?

When we are first born we are like a blank canvas. We instinctively know how to cry for support, food, and security. However, that is pretty much it. By the time you are in high school you will have picked up many things from your surroundings and the people that have touched your life. We are all a product of our environment. Think about your own relationships with people who have or haven't cared enough for you, the people you lived with were they present or missing all the time, those who have nurtured you to learn new things and those who have simply enforced rules. All these relationships will have impacted on you as you have grown up.



Relationships are one of the most important parts of self-development. How we interact with those around us, how we relate to people, how we form friendships, how we learn to trust and accept other people, what roles we take on in a group situation or how we manage one to one scenarios can really affect our happiness. Imagine getting what you want from a relationship without conflict or manipulation.

### Drama Scenario Take 1

Girl going on a night out with her friends suddenly gets accused of dressing provocatively by her partner. Does she a) change her outfit? b) tell boyfriend he's being rude or c) feel upset that she looks 'arty'

### Drama Scenario Take 2

Husband comes home from work to find the wife relaxing on the sofa, angrily he asks why hasn't the food been made? Does she a) ask him what his last slave died of b) get upset as he's moaning already or c) jump up and make the meal

## Drama in a triangle?

The Drama Triangle is everywhere and surrounds us all. You can find it in fairy tales, on TV, in school, at work and most commonly in your home. The main problem is that it is addictive, comforting and seductive. It is also highly dangerous and dysfunctional, destroying healthy relationships and your long term mental health.

You need to be aware if you are caught or stuck in the drama triangle. Identify which role you normally take (the triangle in the previous section). Attacker, victim or rescuer - each linked to the others, needing and supporting them, but not necessarily liking them. Manipulation is the 'cement' holding it all together.

Victims avoid responsibility. They seek to blame anything but themselves for their circumstances.

Rescuers like to feel needed, appreciated and loved.

The Attackers want to feel powerful and have a sense of control.

### Manipulation (versus)

People rarely put themselves in another's shoes otherwise they could not commit acts of drama. People seek power over others to get what they want. We all like to be spoiled.

### Vulnerability

The common fact between the three of them is that none dare show their 'softer' side or the 'real' person - as they are too scared they won't have their own needs met.

## Breaking the cycle



When most people learn about the triangle they want to know how to free themselves and save their relationships. Remember it takes two people who both want to find a solution to an existing problem. It can be very damaging to your own mental health if the changes aren't working and you feel solely responsible for the failure. The other person must want to break the pattern too and don't forget people naturally resist change - especially if it means not getting your own way as easily.

Attackers can stop by simply applying good old fashioned manners. Being respectful to other people's feelings and thankful for them in your life.

Victims need to become more responsible in a relationship. Stopping telling tales and dropping the selfishness will overcome negative moods.

Rescuers can stop by simply backing off from a dysfunctional situation and being too 'needy'.