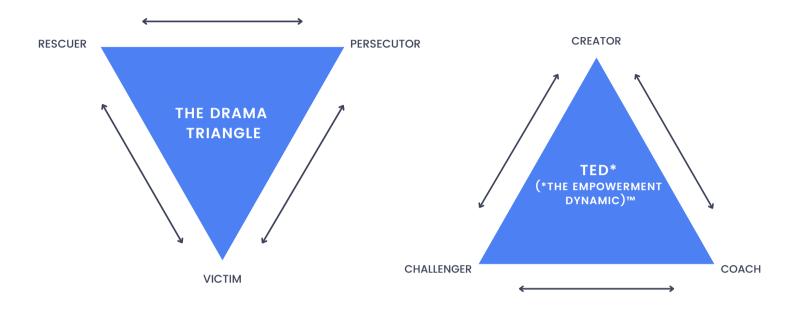


TRANSFORM DRAMA INTO EMPOWERMENT

Content derived from The Power of TED*(*The Empowerment Dynamic)® and 3 Vital Questions® by David Emerald.



1 Where am I putting my focus?

Am I focusing on Problems or Outcomes? A problem focus engages the Victim Orientation. When you upgrade to a Creator Orientation, you focus on outcomes.

How am I relating?

Am I producing or perpetuating drama or am I empowering others and myself to be more resourceful, resilient, and innovative?

3 What actions am I taking?

Am I merely reacting to the problems of the moment or am I creating by taking Baby Steps - including the solving of problems - in service to envisioned outcomes?



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VICTIM	Feelings:	Life happens to me- It's not my fault. I am powerless. Poor me. Helpless and Hopeless. Victimized. Discounted. Reacts to problems and drama. Gives up. Little energy.	Feelings:	I have a choice despite my circumstances. I am dedicated to continuing growth. Hopeful. Energized. Inspired. Action oriented toward desired outcomes. Takes responsibility to make choices.	CREATOR
PERSECUTOR	Thoughts: Feelings:	Dominating others will get me ahead. I know best. Defensive, on guard. Discounted so lash out. Self-righteous.	Feelings:	Things unfold at their own pace. You can do it. Trust the process. Self awareness. Empowered through living their values. Confident, direct & clear.	CHALLENGER
	Behaviors:	Dominates and controls. Critical and blames. Exerts covert or overt power over others.		Provokes or evokes themselves and others to take action. Focuses on improvement and growth. Holds self & others accountable.	
RESCUER	Thoughts:	I must save others from harm. If I do good, I will be worthy. I feel sorry for them (victim).		People are resourceful and creative. I trust others and their abilities.	Ŧ
	Feelings:	Fears not being needed. Feels persecuted when victim doesn't accept their help. TELL Feels superior.	loomige	Compassionate and engaged. Fulfilled & reflective. Supportive & non-attached.	COACH
	Behaviors:	I jump in to save the day. Fosters dependency & indispensability.	s	Uses inquiry to help others and self to develop their own clarity and vision. Empowers, develops & encourages.	