

DRAMA TRIANGLE PRACTICE LOG EXAMPLE

Date	THE PROBLEM My Complaint / Frustration	THE SHIFT What Do I Really Want?	THE ACTION My Next Step / Next Time I Will...
Instructions	Record what Triggered you (Problem) plus Complaints, Thoughts, Feelings, and other Drama Triangle Behavior	Shift your attention to what commitment underlies your complaint. What are my desired outcomes?	What will you do differently next time? What would be a step in the right direction?
10/30	I feel like I'm getting the cold shoulder from one of my executives because he does not like some of my decisions. I can't decide if I should confront him about it or let it go.	To maintain an effective working environment and push through my reluctance to engage in conflict.	Sit down and discuss the issue in a calm manner during our next one-on-one. Emphasize listening and asking open-ended questions as a Coach.
11/4	Our COO came to me complaining that he was <i>'getting the short end of the stick'</i> with regard to his incentive compensation.	For him to genuinely understand that he was actually "over-compensated" last year due to the transition between payment systems.	Explain, without getting defensive, my part in allowing the anomaly to occur and raise false expectations. Challenge him to accept what is fair.
11/7	I am frustrated with my wife for giving me a hard time about our forum's deep-sea fishing trip. <i>"She doesn't support me in taking time for myself."</i>	For her to be happy for me when I finally get the time to get away with friends or family.	Instead of immediately getting defensive, express what I really want and check in to see if we should plan some time off for her as well.
11/17	Our CFO is hurting his credibility with our board due to his dismissive style of responding to questions about our capital expenditures.	For him to learn diplomacy in dealing with others and restore his credibility with the board.	Request that he run communications by me for critique and improvement prior to release.