FROM *REACTIVE* TO *EMPOWERED*

A first self-coaching experience | When life is okay, but you want more

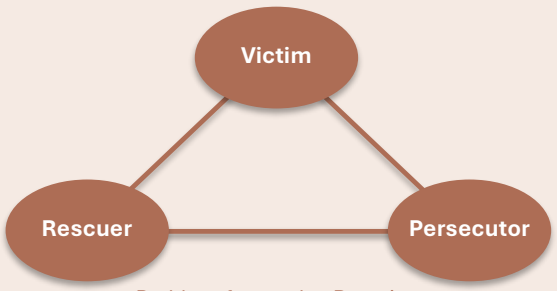
Fresh perspectives. New Possibilities.

DOES THIS SOUND FAMILIAR?

"I've spent years meeting everyone else's expectations. Things are okay — but lately I wonder: What about the life I want?"

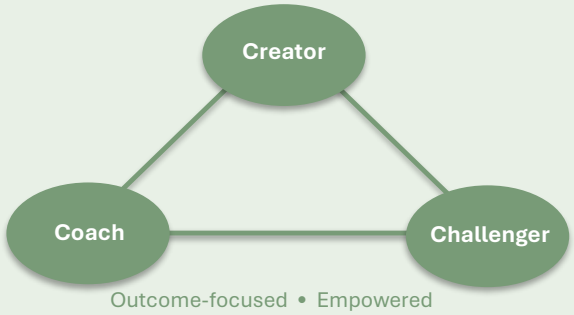
Two patterns* of responding to the same situation

THE DRAMA TRIANGLE



Problem-focused • Reactive

THE EMPOWERMENT DYNAMIC



Outcome-focused • Empowered

ONE SITUATION — THREE FAMILIAR REACTIONS — THREE POSSIBLE SHIFTS

VICTIM → CREATOR

"I have no choice. Everyone needs something from me." — Recognize real constraints, then ask: "What matters to me, and what choice is still mine?"

PERSECUTOR → CHALLENGER

"They take me for granted. They are the reason I'm stuck." — Name what is not working, then ask: "What needs to be challenged or renegotiated?"

RESCUER → COACH

"If I don't keep everyone happy, I'll let them down." — Respect others' capability, then ask: "How can I support without taking over?"

TRY IT: YOUR FIRST 3-MINUTE SELF-COACHING MOMENT

1 NOTICE Where do I recognize myself: powerless, blaming, or over-responsible?
2 REFRAME What would Creator, Challenger, or Coach make possible here?
3 CHOOSE What is one small, realistic experiment I could try?

A different perspective reveals new paths.

The point is not to deny difficulties — it is to notice where more agency may be possible.

Models: Stephen Karpman (Drama Triangle); David Emerald (The Empowerment Dynamic / TED). Roles are patterns, not identities.