



Take the Drama Triangle Quiz

Look at the statements below. For each, give it a score:

Add up the scores for each of the three roles in the drama triangle.

- I do not identify with this statement **0**
- I identify somewhat with this statement **1**
- I strongly identify with this statement **2**

<input type="checkbox"/>	I have problems in my life that I cannot fix myself.	
<input type="checkbox"/>	I get angry easily.	
<input type="checkbox"/>	I'm forced to be the way I am by other people or circumstances.	
<input type="checkbox"/>	I get annoyed when things don't go my way.	
<input type="checkbox"/>	Some people are just stupid or lazy.	
<input type="checkbox"/>	I think about others' problems more than mine.	
<input type="checkbox"/>	If people have issues, it's their fault.	
<input type="checkbox"/>	I feel self-pity a lot.	
<input type="checkbox"/>	My way is always the right way.	
<input type="checkbox"/>	I know people who can't help themselves.	
<input type="checkbox"/>	I feel good when I help others.	
<input type="checkbox"/>	I believe some people don't help themselves enough.	
<input type="checkbox"/>	I often feel pity for other people.	
<input type="checkbox"/>	My problems are small compared to others.	
<input type="checkbox"/>	I am ashamed of who I am or how I behave.	
<input type="checkbox"/>	I don't get much pleasure from life.	
<input type="checkbox"/>	Some people tell me I'm too critical of others.	
<input type="checkbox"/>	I have strong beliefs about the way things should be done.	

	I forgive those I care about if they don't help themselves.	
	I often feel helpless.	
	I often feel hopeless.	
	I feel guilty if I see people struggling.	
	I am selfless.	
	I actively look for opportunities to help people.	
	I find it difficult to make decisions for myself.	
	Sometimes people offer help, but I ignore it or brush it aside.	
	I find myself blaming others a lot.	
	I feel responsible for everything that happens to people around me.	
	I often feel overwhelmed.	
	I find myself working harder than others because I pick up the slack.	
	I hate it when people make excuses for their failings.	
	Bad things seem to happen to me more than others.	
	I find myself having to push to make things happen.	

Add up the scores for each of the three roles in the drama triangle.		
	Victim	
	Rescuer	
	Persecutor	
	Total score	

Results

Score between 0 and 7: this isn't a strong role you play.

Score between 8 and 13: you sometimes fall into this role; it may be your secondary role.

Score between 14 and 22: this is likely to be a primary role for you.

