PEOPLE MOVE AROUND THIS TRIANGLE DURING CONFLICT.

THE FEAR TRIANGLE

SAME FEAR. DIFFERENT ROLES. A KINDER WAY FORWARD.

AWARENESS CREATES CHOICE.

PERSECUTOR

Fear themes: abandonment, betrayal

Protective move: control, criticism, defensiveness, anger, rigid boundaries

Core message: "I won't let that happen again." / "I can only trust myself."

Growth edge: soften, add compassion, name the vulnerable fear underneath

RESCUER

Fear themes: rejection, unacceptance

Protective move: over-helping, fixing, appeasing, self-sacrifice, overfunctioning

Core message: "If I'm helpful, I'll be loveable."

Growth edge: set boundaries, tell the truth, express your own needs directly

I **CONTROL** to feel safe.

I **HELP** to feel safe.

FEAR
Protective roles activated by fear.

I **GIVE UP** to feel safe.

Persecutors distort truth into facts to support rigid boundaries in order to control their own safety in relationship.

Rescuers distort love and compassion into unsolicited enabling in order to control their own safety.

VICTIM

Fear themes: worthlessness, helplessness, not worth loving

Protective move: collapse, self-condemnation, hopelessness, powerlessness

Core message: "Nothing I do matters." / "I'm not worth loving."

Growth edge: reconnect with agency, take responsibility for your next choice, ask clearly for what you need

PROCESSING QUESTIONS

- What do I feel this says about me?
- What role do I move into: Persecutor, Rescuer, or Victim?
- What is the victim statement/message that I am believing?
- What do I actually feel, need, or want?
- What is my responsibility right now?
- How can I be loving and respectful to both myself and this other person right now?
  (Boundaries + Compassion = Vulnerability)

THE WAY OFF THE TRIANGLE

Notice the fear → Name the role → Take responsibility → Speak vulnerably

Healthy movement: Boundaries + Compassion = Vulnerability

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