

# THE TRIANGLE OF MANIPULATION & UNSEEN MANIPULATION

We are programmed from a young age to what role we will subconsciously attach & identify as – Victim, Rescuer or can even be villain.

You may switch between roles. In some relationships you may be victim and others you may be rescuer.

However ultimately you will likely identify with one more than the other.

We learnt unconsciously that when we are this role we then will receive love. We then unconsciously move through adult hood in that role and looking for others to match that role.

Victims attracts villains (villains can be a situation or a person) and they attract rescuers

Rescuers attract victims and villains to save the victim from the villain

## WHY?

Because subconsciously they're holding a belief, I will be loveable/'good' if I am this role.

When we are in dynamics of victim and rescuer, they usually end up being villainized by each other.

This happens in SO many relationships. Especially within spirituality community / coaching community etc.

I invite you to really bring in RADICAL RESPONSIBILITY in your branding of offerings and explain that you are not the baby sitter/rescuer. This will assist you both in coming from a pure space.

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Manipulation is a highly common unseen energetic and behavior occurring in most relationships.

Giving from a place that isn't actually genuine and to actually gain control over the person/ gain for self rather than the actual act of giving.

This is a very intricate, delicate unseen shadow to capture and move through.

It is very common for women to hold the shadow of manipulation as for centuries we were not allowed to express our needs. Instead of directly expressing we learnt to withhold or indirectly ask/ give to receive etc.

When there is a fear of vulnerability (which most of us hold in our core) we will go to extreme measures to avoid abandonment, therefore we subconsciously seek control. This is commonly through manipulation.

To read more up on the triangle of manipulation please research THE DRAMA TRIANGLE.

*important*

Once you starting to see what roles you have been identifying and relationships and situations in your life, I invite you to sit with the emotions of it and let it through your body. I invite you to try to not to reject that part of yourself. Allow yourself to feel the shame, guilt, judgement, yuck, ick, resistance, compassion or whatever it is and breathe through it and let it move through your body.

See if your able to find compassion for that part of yourself that was just working from old survival mechanisms.