

Trauma Triangle:

Safe-Harboring

Adapted from Karpman's Drama Triangle (1968)

Trauma Responses

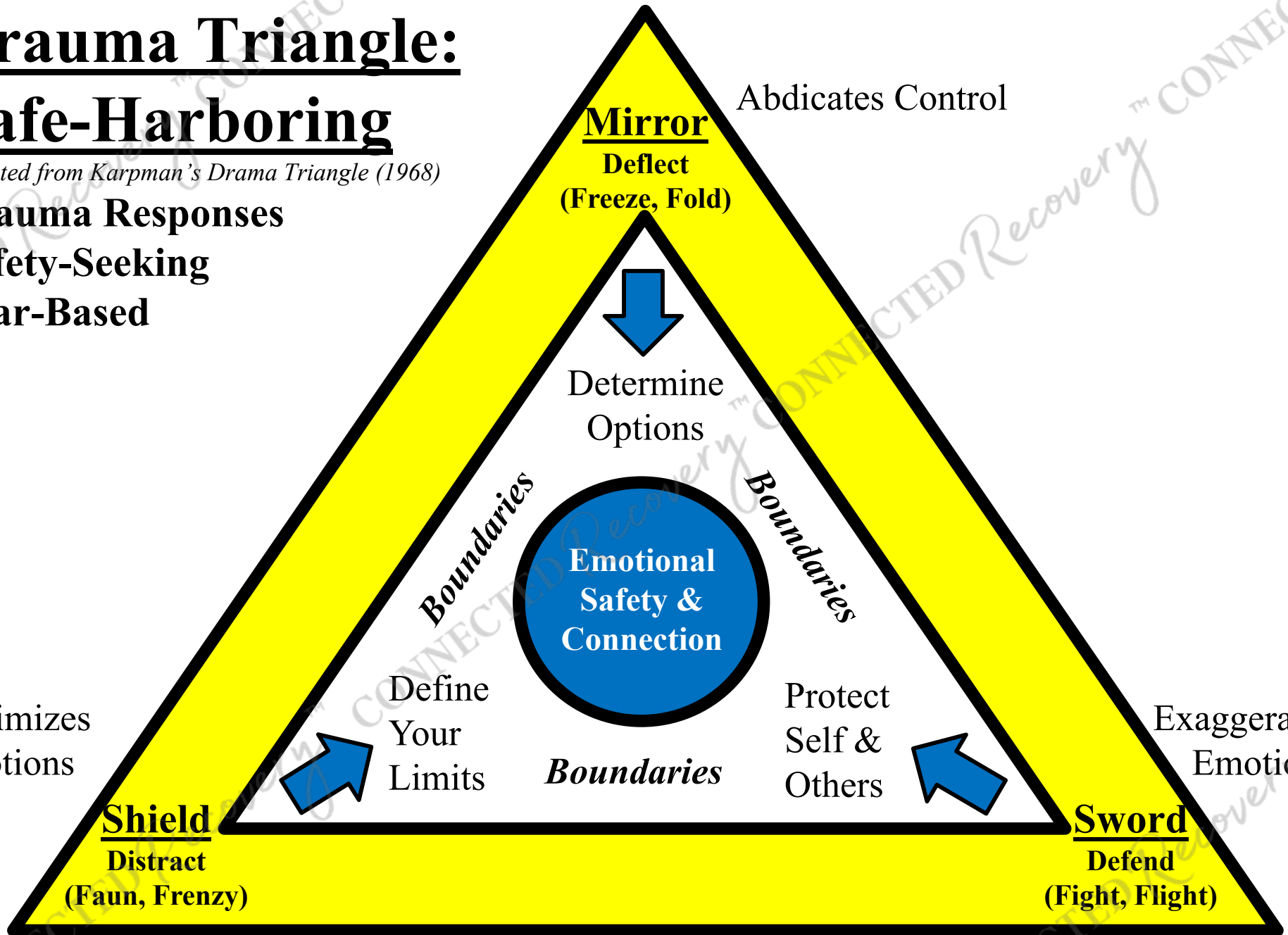
Safety-Seeking

Fear-Based

Minimizes
Emotions

Abdicates Control

Exaggerates
Emotions



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