

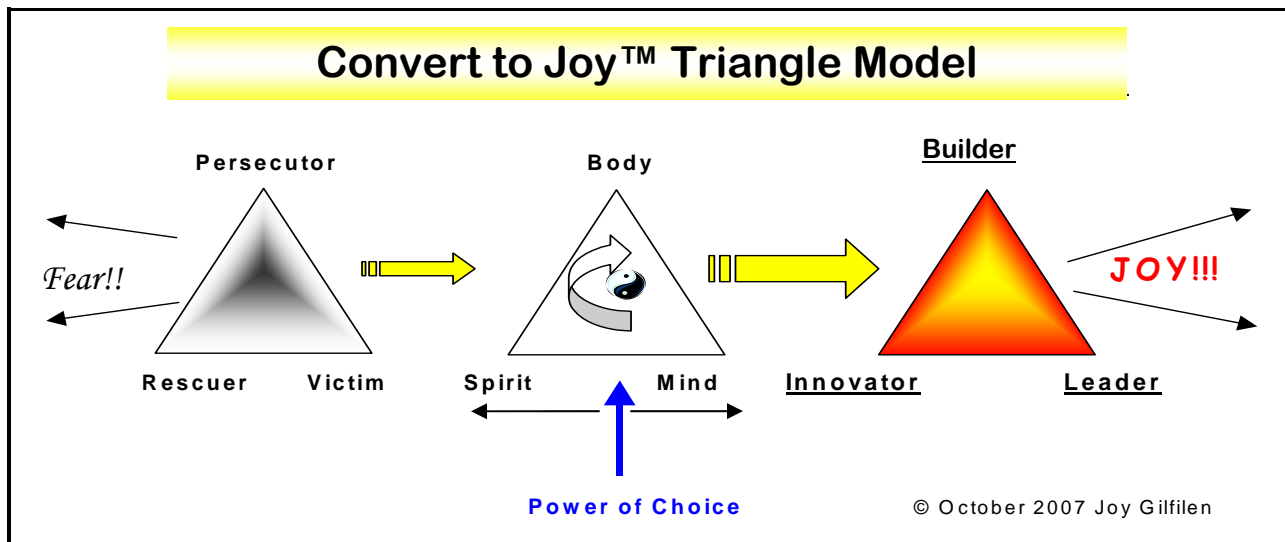
Convert to Joy Triangle Model

The Basis for AdaptAbility Skill #1: Exercise the Power of Choice

By Joy Gilfilen

My son, Derek, asked me to draw him a picture so he could exercise his power of choice and self determination more effectively as he navigates through life. It took me awhile, and this is it. I now teach it to CEO's, entrepreneurs and leaders who have to stay resourceful and think fast on their feet under pressure with high returns.

As leaders, we know we are responsible for our attitudes and decisions. What we may not realize is that decisions are being made every single moment as we exercise our personal Power of Choice consciously or unconsciously. We do it in every consecutive moment, right now, In-the-Now, continually. We are living beings and tiny decisions accumulate to either keep us on, or take us off course. Our life is in constant change, composing and decomposing every second. Under constant stress and pressure we can unconsciously get caught up in patterns that don't work. Having a simple mental change tool that helps us stay on track and resourceful is key to adaptability conditioning.



Note: The Persecutor-Victim-Rescuer, PVR Triangle, is derived from the original work of Stephen Karpman called the [Karpman Drama Triangle](#) and was brilliantly written about in *I'm O.K., You're O.K.* written by Thomas A. Harris, MD.

Under stress and in fear (for whatever reason) we can easily shut down completely and go passive. Or we can, by habit, don the 'hat' or the role of the familiar Persecutor-Victim-Rescuer survival job description. I call this the PVR Triangle. To me this creates a negative StoryTrap that can take us right off our game and out of commission. To go there reduces resourcefulness and flexibility, which leads to separation, isolation, decomposition. This doesn't work.

To move into the Body-Mind-Spirit pattern is good. And not enough to get me out of a strong downward spiral when pressures from the outside are compounding and the heat is on in the moment. The BMS Triangle serves as a reminder, a respite, a place to calm the mind and heart. I found that I needed a replacement set of thinking tools and job descriptions to help me pull up into resourcefulness and power. I found that when I 'change hats' and don a new job description such as the roles of Builder-Leader-Innovator, then I think differently and become resourceful in an all new way. The BLI Triangle becomes a new mental conditioning tool that I can literally "pull out of the hat" when I get scared at any time. It focuses me on a new set of questions, actions, and opens my mind to new listening.

I now use this as a workout tool or brain gym type exercise. Every time I see the news, or get information that could take me into the PVR Triangle, I now think, if I was a Builder, a Leader, or an Innovator, how would I respond? It takes me out of reactivity. It creates a whole new world of possibilities, and it changes results immediately.

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