

SPARK 012

(Matrix Code: **SPARK012.00** for StartOver.xyz game.)

DISTINCTION: Low drama is not life.

NOTES: Low drama is any action intended to avoid responsibility. Typical low drama gestures include playing out a victim role with regards to circumstances, blaming someone else for your problems, justifying your actions with excuses, reasons and stories, persecuting, rescuing, being resentful, being depressed, being confused, or seeking to prove that you are right and that someone else is wrong.

The drama triangle, as developed in 1968 by Dr. Stephen Karpman (a student of Eric Berne, creator of Transactional Analysis) involves exactly three roles: the persecutor (“I’m okay, you are not okay, so I get rid of you!”), the rescuer (“I’m okay, you are not okay, so I will do it for you!”), and the victim (“It’s not my fault! You are hurting me! Poor me! I am not okay so I must leave!”) The victim is the most powerful role in any low drama. If there is no victim there can be no low drama. A skilled victim can make a persecutor or rescuer out of anyone! Once a victim has created a persecutor, for example, then the victim is fully justified to instantly change roles and get revenge by persecuting the persecutor.

When you first learn about the theory of low drama you may think, “Oh, those poor people who have low dramas!” This SPARK is about waking up to the fact that low drama is so integrated into modern culture that it forms the basis of most of our professional and private interactions. Low drama is so close to you that you do not even see it. The standard issue human thoughtware that you adopted from parents and teachers incorporates low drama into your Box’s defense tactics. Sure you can use low drama to keep things the same in your life, but at what cost? It is not explained to you that there is a difference between low drama and life. Without knowing, recognizing and acting on the distinction between low drama and life, all you get to experience is low drama.

Since low drama focuses on avoiding responsibility, it does not matter how righteous you are, how resentful you are, or how well justified you are, nothing ever changes. The only thing that happens during low drama is you get older.

EXPERIMENTS:

SPARK012.01 This low drama experiment has two scripts. The instructions are to alternate back and forth between script 1 and script 2 during the week. Use script 1 with the first low drama you encounter. Use script 2 with the second low drama you encounter. Return to script 1 with the third low drama, and so on.

Script 1: Identify the low drama as soon as it arises using the method called “naming.” (Naming works like this: Either out loud or quietly to yourself, say: “This is a low drama.”) You must pay close attention because low dramas tend to knock you unconscious in the moment they arise. Try to maintain the knowledge that what is happening is only a low drama, and then *consciously choose the low drama*. That is, consciously choose to play out one of the three low drama roles with enthusiasm and

commitment, never once forgetting that it is only a theater piece where you are an actor in the low drama show. Say to yourself, “I will now play victim. Poor me. This is so bad. It is not my fault. It is the persecutor’s fault. I cannot take this anymore!” Or say: “I will now play persecutor. You idiot! Can’t you do anything right? How could anyone be so stupid!” Or say: “I will now play rescuer. Poor baby! I will do it for you. Just relax. This is too much for you anyway. Here, I will make it easier for you.”

Script 2: Start the same as script 1 by identifying the low drama in the moment that it arises using the method of naming, but this time *consciously choose NOT to play a role*, AND still stay in relationship with the other people involved in the low drama. There is a useful tool that you can use for not getting hooked into the low drama. The tool is to shift identity. Instead of being your normal self in the situation, be a Possibility Manager. As a Possibility Manager you now have a new perspective with a completely different set of possibilities and tools than your normal identity. When something is said that would normally offend you, it does not offend you because you are not constrained to being your normally offended self. Instead of playing a role in the low drama yourself, do one of the following:

- Create clarity by making distinctions regarding the topic of the low drama.
- Navigate the space of the interaction so that the conversation can go nonlinear, exit the low drama and enter responsibility.
- Shift the context of the conversation from positions to principles so that instead of trying to separate and exclude each other the low dramatists are including each other because they serve the same principles.
- Listen in utter stillness to the speakers of the low drama. Provide absolutely no resistance to what they say. Apply no interpretation to their words. Then repeat back to each of them exactly what they say.

Next low drama return to Script 1.

Almost nobody in the world has the ability to do this. Almost nobody in the world knows about low drama from more than a merely intellectual perspective. If you do this experiment and gain the skill of shifting from Script 1 to Script 2 and back again you will have a basis for consulting leaders and entrepreneurs around the world for the rest of your life.