

Triangles

Adult Formation: In Relationship
St. Michael's Episcopal Church, Barrington, IL
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What are Triangles?

Triangles are the most stable of relationship and the smallest family system. They are fixed over time and act predictable, often repeating themselves over and over again, in our families and in the way we interact with others outside of the family.

There are three people in a triangulated relationship: two "insiders" and an "outsider." Being the outsider is usually uncomfortable because the third person can either be used as a substitute for the direct communication, or can be used as a messenger to carry the communication to the main party.

The most important triangle is the one between you and your parents!

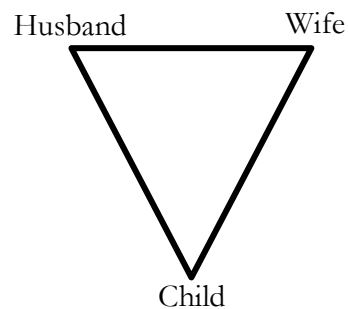
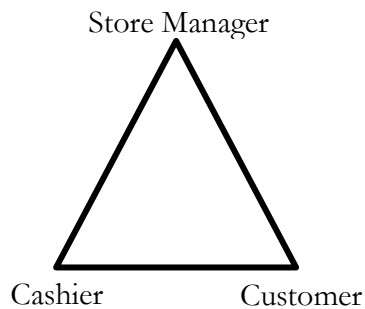
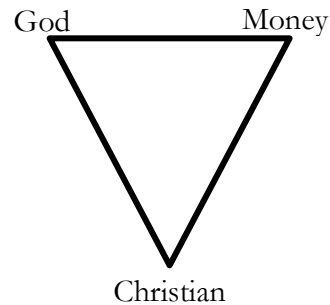
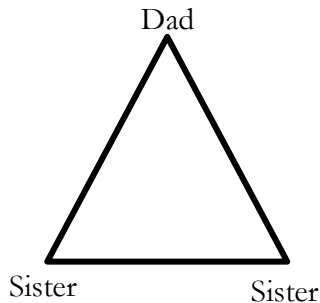
Functional triangle

Helps resolve the problem

Dysfunctional triangle

Perpetuates the problem

Triangle Examples



Relationship Lines

