

# Getting Off the Victim Triangle and into the Win-win Circle

A playshop facilitated by  
Valerie Joi Fiddmont &  
Rev. Katherine Q. Revoir

*“The surest way to make ourselves crazy is to get involved in other people’s business, and the quickest way to become sane and happy is to tend to our own affairs.”*

*~Melody Beattie*

**Date and Time:**

Saturday October 17 9:30 am – 5:00 pm

**Location:**

Inner Light Ministries

**Investment:**

\$50, with a \$5 discount if you register by Friday, September 25

**To register:**

Go to <http://innerlighteducationministry.eventbrite.com> and find Getting Off the Victim Triangle and Into the Win-win Circle, or email Rev. Katherine at [KatherineQ@RicherLiving.org](mailto:KatherineQ@RicherLiving.org), or call her at (415) 381-9161. Please register early so we can plan.

Childcare provided for those who register by September 25

*“This playshop was outstanding and highly beneficial. I loved that it was very experiential and interactive, and I have great tools for my spiritual toolbox. All the material was relevant and useful for me right now, given that my ministry is me!”*

*~Holmes Institute student, July 2009*

*“Whatever you push against will stick to you.”*

*~ Rev. Katherine*

If you’ve ever felt the need to fix or change others, then judged them, and then wondered why you felt angry, invisible, or unappreciated, then you were probably on the Victim Triangle. The three stations of the triangle are Rescuer, Persecutor, and Victim (aka Hero, Villain, Victim).

This playshop will teach you a proactive approach for transforming any cycle of negative ego into the Win-win Circle, where non-judgment, forgiveness, and spiritual self-care will prevail. Here you make a shift from being dependent on outside sources for power and fulfillment to relying on your own sense of Self.

**Using creative visuals, role-playing, and group discussion, you will:**

- Identify the behaviors of the triangle and transform them from Victim to Win-win
- Learn the difference between giving from the heart and giving from obligation
- Learn tools for staying open and receptive to grow from any situation
- Become more loving by setting clear boundaries with yourself and others



Valerie Joi Fiddmont is the Minister of Music and Arts for Inner Light Ministries, where she is the founding director of the Inner Light Choir and creator of the ILM Singing Circle Music Ministry Experience. Her CD of original compositions, *Singing the Sacred Yes*, was released in 2006.



Rev. Katherine Q. Revoir is the founder of Center for Richer Living in Mill Valley, CA. The author of two published books, she also writes fun and interactive classes and playshops that explore links between creative self-expression and spiritual development. Visit her website at <http://www.RicherLiving.org>