The Role Cascade Technique

Think of a recent relational dynamic that developed into a dispute, a conflict or a battle of wills. The interchange may or may not have started with you but ultimately it went in a direction that became unproductive and frustrating, from your point of view.

1. Map out the roles you and the other person played in the process.

Situation:			
Counter Role		My Role	
Adjective	*Noun*	*Adjective*	*Noun*

2. Analyse each role and categorise it as Constructive “C”, Fragmenting “F” or Ambivalent “A”.
3. Locate the Point of Power; the point at which you moved from Constructive role playing to Ambivalent or Fragmenting role playing. Circle that role.
4. Looking at the Point of Power, what Constructive role could you have played in response to the other person?

The Role Cascade is like an x-ray into patterns of behaviour.
Dr. Carlos A. Raimundo