



THE 4 POSITIONS OF LIFE

Objectives

For self-discovery, to get out of the Karpman triangle.
Build good and balanced relationship
Live BRAVE™ Virtues

When to use

- ✓ Coaching
- ✓ Auto-coaching
- ✓ Self-discovery

How to use

- Based on the Transaction Analysis theory, this framework helps you to identify judgments and beliefs. Results are rooted in the profoundly engrained beliefs about yourself and about others.
- It is to be applied to specific situations and results may vary according to the context: How you feel that day, the people involved in the situation with you.
- If I mostly see myself in – and the others in + (-/+), it certainly means that I judge myself too much and I need to revisit some believe I have about my own value. Often in that case I also fall in the trap of seeing myself + and the other -, but less often than the previous situation.
- If it is the opposite (+/-), I certainly need to revisit the beliefs I have towards the others.
- Finally, if I mostly see myself – as well as the others... better to consult a good psychotherapist, I might be in a deep depression with profound pessimism.
- The +/+ interactions lead to win/win, constructive, trust-based relationships.
- Training and developing BRAVE™ Virtues helps to get there.



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For a specific situation

