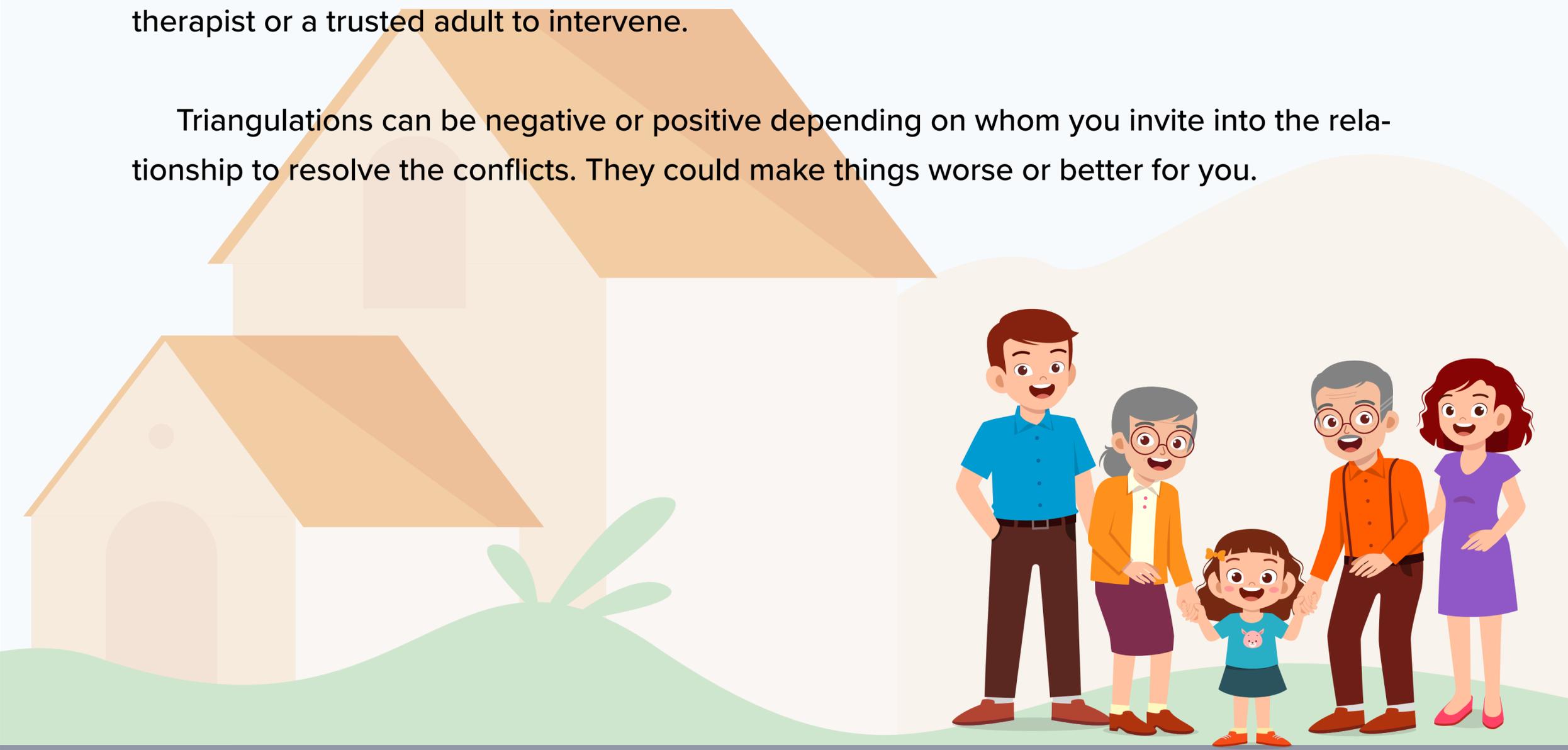


RELATIONSHIPS

Triangulation occurs when a third person is invited to a relationship between two people with the intent to resolve conflicts between them. Triangulation can occur in any relationship - between husband & wife parent & child, siblings, friends, spouse & in-laws. For example, when things are not going well with your spouse, you may ask your friend or parent to intervene. Or when you are having perpetual conflicts with your child, you may ask a therapist or a trusted adult to intervene.

Triangulations can be negative or positive depending on whom you invite into the relationship to resolve the conflicts. They could make things worse or better for you.



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- 1. Negative or dysfunctional triangulation** - when you invite people who are either naive, biased, irrational or have a hidden agenda, to resolve a conflict, they are more likely to take sides - either your side or the other person's side. This will make things worse for the two people in a relationship.
- 2. Positive or functional triangulation** - inviting people who can think objectively and act as peacemakers will strengthen the relationship. If a dyad relationship is falling apart then it's logical to draw a third person who will take sides with neither but will recommend what is best for the two people to amplify their bond and amicably resolve their differences. Reflect.

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