

VULNERABLE

Skill to be developed - Problem Solving

Listed are techniques to get you thinking about options and consequences.

- Working Backward
- Assess, Plan, Implement and Evaluate
- Trial and Error
- Lateral thinking
- Brainstorming
- Data Collection
- Consulting feelings

Reference: [Depression Support Network](#): Skills of the Winner's Triangle based on the Winner's Triangle, presented by Acey Choy to 1985 Sydney Transactional Analysis Conference

CARING

Skill to be developed – Listening

The developments of listening skills that involve empathising with the Vulnerable person are required. This might involve behaviour's like:

- Reflecting back to them as they speak - what you are hearing them say and how they are saying it, the underlying emotional tone.

Once you have established clear communication the following extras can be added:

- Invitations to Problem Solving.
- Offers of specific practical help. The offers need to be genuine and not self-sacrificing.
- Feedback about how you perceived them.
- Information. You may know some factual information that might assist the Vulnerable person.

Reference: Depression Support Network: Skills of the Winner's Triangle based on the Winner's Triangle, presented by Acey Choy to 1985 Sydney Transactional Analysis Conference

ASSERTIVE

Skill to be developed: Assertiveness

Assertiveness is about getting your needs met without punishing. This requires behaviour's including:

- Asking for what you want.
- Saying “no” to what you don't want.
- Giving feedback about behaviour that are causing you a problem, and stating clearly what you want the other person to do differently.
- Negotiating workable plans.
- Using problem solving.

Reference: Depression Support Network: Skills of the Winner's Triangle based on the Winner's Triangle, presented by Acey Choy to 1985 Sydney Transactional Analysis Conference