



Drama – n. any situation or series of events having vivid, emotional, conflicting, or striking interest or results

In the commonly known slang sense, the term “**drama**” is all about overreacting, exaggerating and stirring up events in order to make them seem more exciting or interesting.

There are many ways to stir up or create unnecessary drama. Some ways include:

- Gossip – Talking about other people’s business which usually involves details that are not even confirmed as true
- Backstabbing/ Being “Two-Faced” – Gaining someone’s trust then turning around and betraying that trust. Criticizing or hurting someone while feigning friendship
- Lies and Deception – Getting others to believe something that is not true in order to gain a personal advantage
- Meddling – Interfering in something that is not your concern
- Eavesdropping – Secretly listening to others conversations
- Instigating – To urge on or bring about negative actions or conflicts in others
- Smack-talk/Trash-talk – Using threatening or intentionally inflammatory language
- Jumping to Conclusions – Making decisions about something seen or heard without knowing the facts
- Social Media Misuse – Posting something or commenting on something with the goal of starting trouble

Discuss:

Can you come up with some examples of how these things can be used to start drama?

Can you think of any other ways people stir up or create unnecessary drama?

How would you try to explain why someone could become “addicted” to drama?



Activity – The Drama Chain

Directions: Everyone in the group get a piece of paper and a pen. Tear the piece of paper into three pieces. On each piece of paper, everyone write a scenario or situation which someone could use to stir up some drama. *Be creative.* Think of things people could gossip about, exaggerate, lie about, start rumors about, start arguments or create fights about, etc. The following are some guidelines to start to give people ideas:

- *You find out that....(fill in the rest)*
- *You go out and you see...*
- *Your (friend, doctor, neighbor, family member, etc.) tells you...*
- *You suspect that...*
- *You notice that...*
- *You think you see (Someone) going/doing....*
- *You accidentally overhear....*

The counselor or group leader then should collect all the papers and have a good size pile of “Drama cards”. The group should be sitting in a circle. The counselor should pick a Drama card and then read it and the first person on his right should come up with a creative way to start drama in that scenario. For example:

The Drama card says: *“You see your friend’s ex-boyfriend eating lunch with another woman at a diner”*

The first person identifies a way to start drama by saying:

“I would sneak over and sit in the booth behind them and listen to their conversation so I can tell my friend everything”

Now the counselor should open it up to the rest of the group. Can anyone else come up with another way to potentially stir up some drama? (Keeping the Drama chain going)

For example, another group member may suggest:

“I would call my friend and have her wait out in the parking lot of the diner so she could curse them out when they are walking back to the car”

Yet another group member may suggest something like:

“I would secretly take a picture of the two of them and send it to all my friends with the caption “The big slut is already moving on to her new victim”

After a few people give their drama starting ideas, the counselor should then go back to the first person who shared and have him/her come up with a good way to instead AVOID DRAMA. For example, the first person who went may say:

“To avoid drama, I would get a table far away from the two of them and just ignore them and quietly enjoy my lunch”

The game should then continue with the counselor picking another Drama card and start with the second person in the group and so on. Always start with chaining together ideas about creating drama and then end each round with the person who started the drama chain by asking them the proper way to avoid drama.



PROCESS: Overcoming Drama Addiction:

There are individuals out there who may suffer from “drama addiction” which involves an obsessive-compulsive or habitual pattern of creating, finding, and getting involved in unnecessary “drama” just for excitement or attention.

How can developing the following positive qualities and skills help someone to learn to manage Drama Addiction?

- Loyalty
- Patience
- Respect of others
- Self-Respect
- Respect of Privacy
- Self-Control
- Peacefulness
- Anger Management
- Trustworthiness
- Modesty
- Sincerity
- Being nonjudgmental

What other qualities and skills may be necessary in order to practice avoiding Drama?

