

Victim

Is at the effect of

"It's hard"

"I have to"

"There's nothing I can do"



GREENVILLE
HEALTH SYSTEM



CONSCIOUS
LEADERSHIP FORUM

VICTIM

The Victim position, like the Villain, is an attempt to avoid creative responsibility. It does so by veiling awareness of one's personal power and, in doing so, greatly diminishes it. You will know if you are in the Victim position if you are feeling either overwhelmed or powerless. The Victim plays out its role by a declaration of pain and suffering, as well as defeat. Once in this role, the Victim is able to feel special as it waits for someone else to fix the problem.

Seeks Out ...

Help
Security
People who want to rescue
Pain and suffering
Overwhelming problems

Favorite Ways to Drift from Presence:

Being misunderstood
Feeling overwhelmed
Getting sick
Being confused
Waiting
Whining
Trying hard
Getting distracted
Being disorganized
Getting embarrassed
Worrying

Is at the Effect Of

PERSONA	WHAT IT SAYS	WHAT IT REQUIRES
Complainer	"Why is it this way?"	Any problem
Worry Wart	"This could be a problem"	Careless people
Unappreciated	"You don't see my value"	People who don't look deeply
Hypochondriac	"Help, I don't feel good"	Illness
Overworked	"I'm tired"	Many responsibilities at once
Martyr	"I have to sacrifice myself"	People who aren't engaged
Resigned	"I don't have a choice"	External authority
Overwhelmed	"There's not enough time"	People who are counting on you
Misunderstood	"You don't know my pain"	Bad listeners
The Needy One	"I can't do it"	Supercompetent people
Whiner	"It's not fair"	Injustice
Depressed	"I can't get out of this"	Cheerleaders
Dummy	"I don't know how"	Critic
The Reliable One	"I can't have any fun"	People who do whatever they want
Lynchpin	"It's all put on me"	Being held overly responsible

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What styles do you use to justify your position?

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Do you hear yourself saying any of these?

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Are you complaining about any of these?