

HERO

Seeks temporary relief

"I can handle it"

"I can help"

"Poor you"



GREENVILLE
HEALTH SYSTEM



CONSCIOUS
LEADERSHIP FORUM

HERO

The Hero position, like the Victim, looks outside itself for sources of suffering. But rather than feel helpless, it assumes that it is able to control or change the situation. Thus, the Hero reacts to pain by finding temporary ways to make it go away. You will know if you are in the Hero position if you are acting with expectations of a reward: that you or others, because of your deeds, will “feel better.” The Hero plays out its role by applying a “solution” to “the problem” to avoid feelings of pain or discomfort.

Seeks Out ...

Appreciation
Problems to fix
People to save
Pain to be relieved
Conflicts to be resolved

Favorite Ways to Drift from Presence

Indulging in food and drugs
Cleaning/Organizing
Caretaking
TV/Internet
Daydreaming
Looking interested
Doing it right
Procrastinating
Withdrawing
Figuring it out
Rising above it

Seeks Temporary Relief

| PERSONA | WHAT IT SAYS | WHAT IT REQUIRES |
|-----------------|-----------------------------|------------------------------------|
| Protector | “I’ll keep you from harm” | Powerless victim |
| Peacemaker | “Let’s all get along” | People in conflict |
| Energizer Bunny | “I’ll do it” | People who pass the buck |
| Flatterer | “You’re great” | People who don’t value themselves |
| Firefighter | “I’ll make it all better” | Emergencies |
| Cheerleader | “You can do it” | People who lack confidence |
| Peter Pan | “Let’s have fun” | Stressful conditions |
| Analyzer | “I can figure it out” | Complex problems |
| Supercompetent | “I can do anything” | Incompetent people |
| Multitasker | “I can do it all right now” | Sense of urgency or busyness |
| Good Listener | “I understand” | People with a story to tell |
| Provider | “I’ll support you” | People who want more |
| Withdrawer | “I need space” | People who need you |
| Good Parent | “I’ll be there for you” | Children needing attention/support |
| Nice Guy | “I am kind and caring” | Critical, aggressive people |

↑
Are any of these ways you get appreciated?

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Do you hear yourself saying any of these?

↑
Are you complaining about any of these?