Think if you will about a triangle. On each end are roles that we play in life. One is the persecutor, another is the victim and the last is the rescuer.

**If anyone in this triangle changes roles, the other two roles change as well.**

**PERSECUTOR** - "It's All Your Fault"
- Sets strict limits unnecessarily.
- Blames
- Criticizes
- Keeps Victim oppressed
- Is mobilized by anger
- Rigid, authoritative stance
- "Critical" Parent

TO GET OFF THIS ONE TRY UNDERSTANDING YOUR INFLUENCE

**VICTIM** - "Poor Me"
- Feels victimized, oppressed, helpless, hopeless, powerless, ashamed
- Looks for a Rescuer that will perpetuate their negative feelings.
- If stays in Victim position, will block self from making decisions, solving problems, pleasure and self-understanding.
- "Dejected" stance.

TO GET OFF THIS ONE TRY THINKING OF A SOLUTION

**RESCUER** - "Let Me Help You"
- Rescues when really doesn't want to.
- Feels guilty if doesn't rescue.
- Keeps victim dependent.
- Gives permission to fail.
- Expects to fail in rescue attempts.

TO GET OFF THIS ONE TRY THINKING OF A SOLUTION