

Victim



Is at the effect of...
Experiences life as happening to him/her/them



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Victim

You will know 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 they wait for someone else to fix the problem.

Help

Security

People who want to rescue

Pain and suffering

Overwhelming problems

◀ **Seeks Out**

Says Things Like ▶

"There's nothing I can do"

"I have to..."

"It's hard"

"I don't know how"

"It's not fair"



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Based on work developed by hendricks.com