

Thrive 101 | Facilitating the Shift from Drama to Empowerment

Drama Roles

Victim

Thoughts

- Life happens to me—its not my fault
- I am powerless
- My dream isn't possible
- "Poor me"

Feelings

- Helpless
- Victimized
- Discounted

Behaviors

- Reacts to problems and drama
- May distance themselves
- Gives up
- Little energy for forward action



Empowerment Roles

Creator

Thoughts

- I have a choice despite my circumstances
- I am dedicated to continuing growth
- I am focused on what I want to create

Feelings

- Hopeful
- Energized
- Inspired
- Resilient

Behaviors

- Action oriented toward desired outcomes
- Takes responsibility to make choices
- Uses Baby Steps to learn and grow

Primary Action | Moves from reacting to choosing.

Rescuer

Thoughts

- I must save others from harm.
- If I do good, it will be "worthy".
- I feel sorry for them (Victim).

Feelings

- Fears not being needed
- Feels persecuted when Victim doesn't accept their help
- Feels "superior" to Victim

Behaviors

- Jumps in to save the day
- Fosters dependency & indispensability
- May sacrifice the truth to protect others



Coach

Thoughts

- Others are resourceful and creative.
- I trust others and their abilities.

Feelings

- Compassionate and engaged
- Fulfilled and reflective
- Supportive and "non-attached"

Behaviors

- Uses inquiry to help others and self to develop their own clarity and vision
- Empowers and develops others.
- Encourages and provides positive reinforcement

Primary Action | Moves from telling to asking.

