

"It's hard" "I have to" "There's nothing I can do"

VICTIM

IS AT THE EFFECT OF

VICTIM

Is at the effect of 

Victims see themselves as “at the effect of” people, circumstances and conditions. They often experience themselves as disempowered. They avoid creative responsibility. You will know if you are in the Victim position if you feel powerless to effect change. The Victim plays out its role by a declaration of pain and suffering, as well as defeat. The Victim often complains and whines and/or argues for why it can't have what it wants. Once in this role, the victim is able to feel unique, as its 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 | Trying Hard |
| Feeling Overwhelmed | Getting Distracted |
| Getting Sick | Being Disorganized |
| Being Confused | Getting |
| Waiting | Embarrassed |
| Whining | Worrying |

PERSONA

WHAT IT SAYS

WHAT IT REQUIRES

Complainer	“Why is it this way?”	Any problem
Worry Wart	“This could be a problem”	Irresponsible people, an uncertain future
Unappreciated	“You don’t see my value”	People who don’t look deeply
Underresourced	“I’m understaffed”	Over-demanding people or schedules
Overworked	“I’m tired”	Too much to do
Martyr	“I have to sacrifice myself”	People who aren’t doing their part
Resigned	“I don’t have a choice”	External authority and rules
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”	Difficult challenges & personal inability
Whiner	“It’s not fair”	Injustice
Depressed	“I can’t get out of this”	Cheerleaders, hopeless circumstances
Dummy	“I don’t know how”	Critic
The Reliable One	“I can’t have any fun”	People who do whatever they want
Hercules	“It’s all put on me”	Being held overly responsible



What styles do you use to justify your position?



Do you hear yourself saying any of these?



Are you complaining about any of these?



"It should be different" "Who's to blame" "You're wrong"

VILLAIN

BLAMES OTHERS OR SELF

VILLAIN

Blames self & others



The Villain focuses on blame. They blame themselves or others or “them.” The Villain position attempts to diminish creative awareness by focusing on a single, convenient answer. You will know you are in the Villain position if you feel your opinion is absolutely correct, and only search for evidence that supports your claims. The Villain’s main goal is to find fault, who caused the problem. The Villain plays out its role by declaring that it “knows” and is “right” thus stifling open discussion and keeping attention on the problem.

SEEKS OUT:

Control
Where to place blame
People to criticize
Enemies to conquer
“The way”

FAVORITE WAYS TO DRIFT FROM PRESENCE:

Getting Righteous	Justifying
Judging	Intellectualizing
Policing	Comparing
Dismissing	Lecturing
Ignoring	Getting Bored
Interrupting	

PERSONA	WHAT IT SAYS	WHAT IT REQUIRES
Critic	“You’re doing it wrong”	People who don’t get it
Rebel	“I don’t care”	Authority figures / Rules
Cynic	“It won’t work”	Overly idealistic people
Debater	“My perspective is best”	People who don’t agree
Control Freak	“Don’t deviate from my plan”	People who just go along
Gossip	“They’ve been bad”	Drama
Bulldozer	“My way or the highway”	Wimps
Dunce	“I’m so stupid”	Pressure to perform
Time Cop	“You’re late”	Others who don’t value “my time”
Repeat Offender	“I’m ashamed of myself”	Moral code
Puritan	“There is One True Way”	Rebels & non-believers
Drill Sergeant	“Shape up or ship out”	Irresponsible people
Mr. Sarcasm	“I’m just being funny”	People who get hurt
Know-It-All	“I have the answer”	Confused people
Narcissist	“I am most important”	People who aren’t devoted to me



Are any of these ways you validate that you are right?



Do you hear yourself saying any of these?



Are you complaining about any of these?



"I can handle it" "I can help" "Poor you"

HERO

SEEKS TEMPORARY RELIEF

HERO

Seeks temporary relief



The Hero seeks temporary relief. The Hero looks for suffering inside or outside of itself. But rather than feeling helpless, like the Victim, the Hero 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. Heroes act with an expectation of reward; specifically that you or others will “feel better” because of your deeds. The Hero plays out its role by applying a “solution” to the “problem” in order to avoid feelings 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 & Drugs | Looking Interested |
| Organizing | Doing it Right |
| Achieving for Approval | Procrastinating |
| Care taking | Withdrawing |
| TV/Internet | Figuring it Out |
| Overworking | Listening to Gossip |
| | Over-promising |

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/people
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”	Needy people & too much responsibility
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?	↑ Do you hear yourself saying any of these?	↑ Are you complaining about any of these?



"Hmmm.." "I wonder what I can learn from this?" "How am I creating this?"



PRESENCE

BEING IN EASE AND FLOW

PRESENCE

Presence is a state of conscious awareness. You will know you are in a state of presence when you are bringing a sincere curiosity to a situation. Presence is interested in learning, not only the dynamics at play behind events, but your own role in them. When in presence, the veil of drama is lifted. Presence accepts what is without judgmental righteousness and acts in all situations from deep preference. Presence welcomes all authentic feelings and is possible at any time.

SEEKS OUT:

- Learning
- Connection
- Authentic feelings
- Acceptance of self, others, & situations
- Alignment with purpose & contribution

RELIABLE WAYS TO RETURN TO PRESENCE:

- | | |
|---------------------------------|----------------------------------|
| Appreciate Someone or Something | Speak Unarguably |
| Breathe Consciously | Exaggerate Your Current Attitude |
| Get Curious | Claim Responsibility |
| “Hmmm...” | Practice Conscious |
| Drastically Change Your Posture | Listening |

HOW DO YOU KNOW YOU ARE OFF THE TRIANGLE?

- You breathe and move with ease
- You see more possibilities
- You take 100% responsibility for the issue
- You are no longer interested in right and wrong
- You see others as allies rather than enemies
- You feel and express emotions
- You can easily laugh at yourself
- You are interested in learning from everything
- You reveal versus conceal
- You speak unarguably

WHAT IS UNARGUABLE?

Your sensory experience:

outer senses
taste • smell • touch • sound • vision

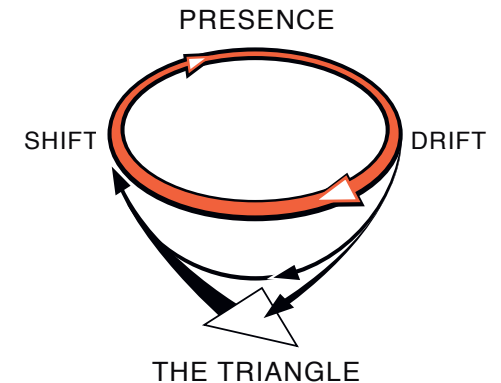
inner senses
internal energetic sensations

Your emotional experience:

joy • anger • sadness • sexual feeling • fear

The occurrence of your thoughts:

pictures • sounds



Presence is being aware of what is occurring in the now moment in a non-reactive state. While present, a person can make many drifts and shifts. The question isn't how often you drift, but how easily can you shift? Do you learn in the moment, or do you continue to drift more deeply into the triangle, where suffering occurs?

WHY PEOPLE STAY ON THE TRIANGLE:

- To avoid the unknown
- To be right (and not wrong)
- To be entertained
- To get a hit of adrenaline
- To avoid authentic feelings
- To avoid being on purpose