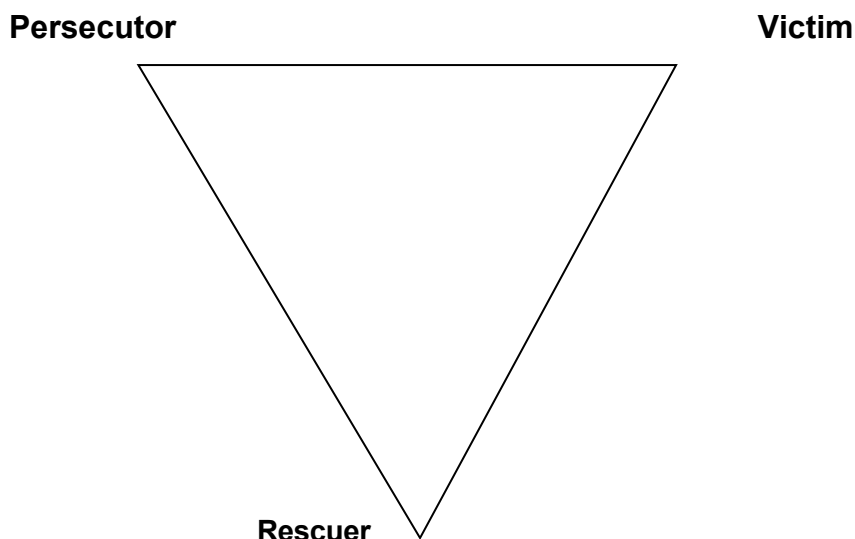


Power Game Triangle



Persecutor Bully	Rescuer Do-gooder	Victim Door-mat
<p>Uses imperatives and orders. Language of blame and threat. Presumes that the victim is always wrong and needs to be corrected.</p> <p>Says: You won't ... You musn't You must ... You will ... It' your fault ...</p>	<p>Uses placatory words. Language of put-downs towards victim and admoishments towards persecutor. Presumes victim is incapable of self-help.</p> <p>Says: You can't ... Poor you ... You shouldn't have to ... You need my help ...</p>	<p>Uses negatives and denials. Language full of dismissals and self-pity. Assumes inability to succeed or change.</p> <p>Says: I can't ... I'll fail ... I don't know how ... It's my fault ...</p>
<p><u>Pay-offs:</u> Often get what they want in the short-term</p> <p><u>Drawbacks:</u> No basis for respect from others. Often unsatisfactory relationships with people.</p> <p><u>Needs within the role:</u> to feel important and powerful</p>	<p><u>Pay-offs:</u> manipulative power and control</p> <p><u>Drawbacks:</u> insecurity of falling between two camps. Often afraid of losing friends.</p> <p><u>Needs within the role:</u> to be liked by everyone. To be indispensable to the lives of others.</p>	<p><u>Pay-offs:</u> others take responsibility. No high expectations to live up to</p> <p><u>Drawbacks:</u> low self-esteem. Powerlessness.</p> <p><u>Needs within the role:</u> to be looked after and cared for.</p>

Power Game Profile Cards

Penelope/Percy Persecutor

Typical phrases

Tone of voice

How s/he stands, sits, walks

Rosanne/Roger Rescuer

Typical phrases

Tone of voice

How s/he stands, sits, walks

Victoria/Victor Victim

Typical phrases

Tone of voice

How s/he stands, sits, walks