

CONTROL DRAMAS

	Controls With	Hidden Feelings	How Others React	Focus
INTIMIDATOR	<ul style="list-style-type: none"> • Fear • Threats Physical • Violence Verbal Violence • Demands & Commands • Blames & Shames • Scarcasm • Teasing • Power over you 	<p>POWERLESS</p> <ul style="list-style-type: none"> • Fear of Losing Power • You're My Property • Connects Pain and Abuse With Love 	<p>ACTIVE:</p> <ul style="list-style-type: none"> • Resistance/Rebellion • Anger/Revenge • Intimidates or Bullies Others • Lies—Cheats—Steals (for control) <p>PASSIVE:</p> <ul style="list-style-type: none"> • Fear—Hurt • Depression—Giving Up • Avoidance—Depression • Helplessness—Victim Attitude • Complains—hurts Self 	<p>SELF-CENTERED</p> <p>MY WAY</p> <p>MY WANTS & NEEDS</p>
INTERROGATOR	<ul style="list-style-type: none"> • Criticism/Lectures • Nags/Pushes • Guilt Trip/Martyr • Manipulates • Always Right/Judgmental • Task Oriented/Always Busy • Your Value is What You Do • Ask Questions/Find Answers • Wrong With Your Answers 	<p>UNWORTHINESS</p> <ul style="list-style-type: none"> • Wants Approval/Value • Wants Affection/Connection • Fear of Rejection & Failure • Feels Ignored • I Never Get What I Want • Wants To Be Needed/Serves You • I know What's Good For You • Busy Body—Gossip 	<ul style="list-style-type: none"> • Passive Resistance • Puts Up Walls • Hides Out—Avoids • Fights Back For Freedom • Feels Like A Failure • Ashamed—Resentful & Dependent 	<p>OTHER-CENTERED I'll Control You So I Feel Safe</p> <p>I'M RESPONSIBLE FOR YOUR HAPPINESS</p> <p>I HURT IF YOU HURT</p>
ALOOF	<ul style="list-style-type: none"> • Withdrawn—Protection • Hides Emotions & Thoughts • Daydreams—Introverted • Work-A-Holic • T.V. Addict—Hobby Addict • I Don't Know • Social Face Hides Real Me • Paranoid About Being Controlled 	<p>UNWORTHINESS</p> <ul style="list-style-type: none"> • Easily Embarrassed • Wants Approval • People Won't Like The Real Me • Feels Unsuccessful & Inadequate • Intimacy = Invasion 	<ul style="list-style-type: none"> • Try To • Please-Minded • Provoke-Push-Chatter • Feel Hurt—Rejected • Anger—Shut Out • Confused About How To Act 	<p>SELF-CENTERED Don't Need Anyone</p> <p>MY SPACE</p> <p>CAN'T PLEASE YOU I Don't Fit In</p>
POOR ME	<ul style="list-style-type: none"> • Helplessness • Complains—Victim • I Can't Do It—Do It For Me • I'm Nothing Without You • Makes You Feel Guilty • I'm Stupid • I'm Afraid Of You 	<p>POWERLESSNESS</p> <ul style="list-style-type: none"> • No Boundries • Unclear Identity • Addiction To People • Hopelessness • Connects Pain & Abuse with Love 	<ul style="list-style-type: none"> • Guilt—Resentment • Take Over • Responsibility • Anger—disrespect • Violence—Control • Avoidance—Shame 	<p>OTHER CENTERED Getting You To Take Care Of Me</p> <p>I DESERVE TO BE HURT Feel Sorry For Me</p>