

I can handle it • Poor you • I can help



HERO

SEEKS TEMPORARY RELIEF

HERO

Seeks temporary relief

You will know if you're in the hero position if you see others as less capable and are acting with expectations of a reward. The hero plays out its role by applying a "solution" to "the problem" in order to avoid feelings of discomfort.

Seeks Out

Appreciation
Pain to be relieved
Problems to fix
Conflicts to be resolved
People to save

What it Says

"I'll keep you from harm."
"Let's all get along."
"I'll do it all right now."
"You can do it."
"I understand."

Favorite Ways to Drift from Presence

Doing it right
Procrastinating
Withdrawing
Indulging in food and
drugs
Organizing / Cleaning
Care-taking
TV/Internet
Fantasizing
Looking interested
Figuring it out
Rising above it

Persona

Protector
Peacemaker
Firefighter
Cheerleader
Good Listener

What it Requires

Powerless victim
People in conflict
Emergencies/Urgency/Busyness
People who lack confidence
People with a story to tell

What's wrong with you? • It's all my fault • It should be different



VILLAIN



BLAMES SELF OR OTHERS

VILLAIN

Blames self and others

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 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
Enemies to conquer
Where to place blame
The way
People to criticize

What it Says

“Don’t deviate from my plan.”
“They’ve been bad.”
“My way or the highway.”
“I’m so stupid.”
“My needs are most important.”

Favorite Ways to Drift from Presence

Getting righteous
Judging
Policing
Dismissing
Interrupting
Justifying
Comparing
Lecturing

Persona

Critic
Control Freak
Bulldozer
Narcissist

What it Requires

People who go along
Drama
Wimps
Pressure to perform
People who need others

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



VICTIM



IS AT THE EFFECT OF

VICTIM

Is at the effect of

You will know if you are in the victim position if you are feeling either overwhelmed or powerless. The victim plays out its role by declaration of pain and suffering, as well as defeat. Once in this role, the victim is able to feel special as it waits for someone else to fix the problem.

Seeks Out

Help
Pain and suffering
People who want to rescue
Overwhelming problems
Security

Persona

Overworked
Resigned
Misunderstood
Complainer
The reliable one

What it Says

"I'm tired."
"I don't have a choice."
"You don't know my pain."
"It's not fair."
"I can't have any fun."

What it Requires

Many responsibilities at once
External authority
Bad listeners
Any problem
People who do whatever they want

Favorite Ways to Drift from Presence

Being misunderstood
Feeling overwhelmed
Getting sick
Being confused
Waiting
Whining
Trying hard
Hiding out
Being disorganized
Getting embarrassed

I wonder what I can learn from this? • How am I creating this?
• Hmm...



PRESENCE

IN EASE AND FLOW

PRESENCE

In ease and flow

Presence is a state of conscious awareness. Presence is loving compassion with what is.

Seeks Out

Connection

Learning

Authentic feelings

Acceptance of self,
others, situations

Deep alignment

How do you Know you are Off the Triangle?

You feel free of constriction (spacious breath and movement)

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 easily feel and express emotions

You can easily laugh at yourself

You are interested in learning from everything

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 feel secure

To avoid authentic feelings