

Is it possible to be in love when all you know is drama?



MAGICAL RELATIONSHIPS SECRETS

The Breakthrough Technologies for Happier Drama Free
Relationships in 4 Weeks

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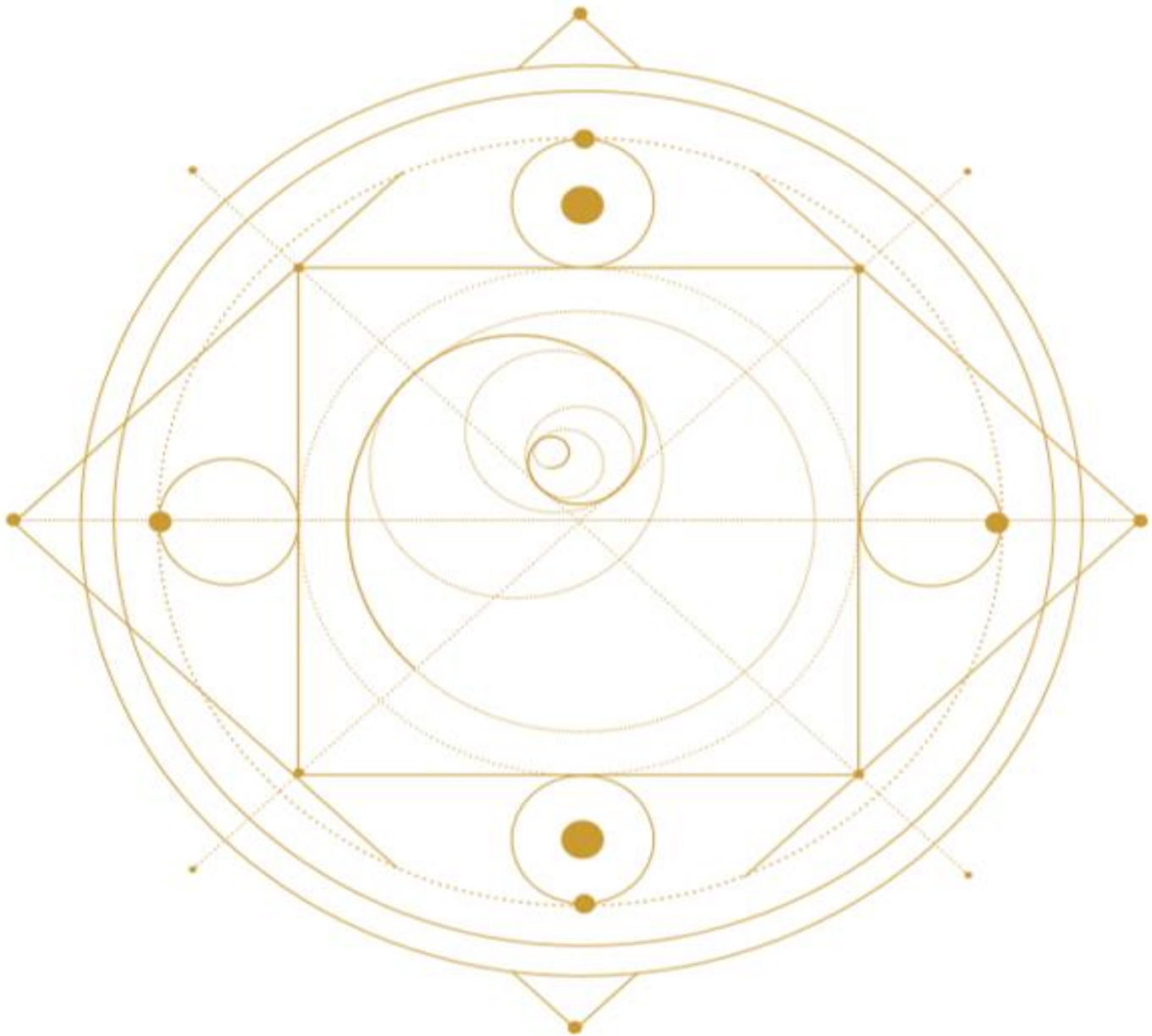
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TEST

Test if you have “Victim Patterns” in your life?

Take this test and see for yourself (by Zimberoff, D.)

1. I feel out of control in one or more of these areas of my life (T or F) _____ Food

_____ Alcohol

_____ Drugs

_____ Money

_____ Discipline of children

_____ Relationship with spouse or lover

_____ Work

_____ Stress

_____ Tobacco

_____ Other 2. When I feel out of control, I tend to blame others (T or F) _____ My children

_____ My spouse or lover _____ My boss

_____ My co-workers _____ The weather

_____ My parents

_____ The government _____ Other 3. One or more of my family members thinks suffering is a virtue (T or F) _____ Mother

_____ Father

_____ Spouse

_____ Myself

_____ Sisters



____ Brothers

____ Grandmother ____ Grandfather

4. I often feel sorry for myself (T or F) Reason:

5. I often feel sorry for others (T or F) ____ Son

____ Daughter

____ Mom

____ Dad

____ Spouse or lover ____ Friend

____ Other

6. My children often engage in "Poor Me" attitudes (T or F)

7. I help people sometimes to a fault; i.e., sometimes my own family suffers so that I can help someone else (T or F)

8. I often feel sorry for hurt or stray animals or children and want to take them home (T or F)

9. I often feel like a martyr (T or F)

10. An important member of my family is a martyr (T or F)

11. I have a lot of guilt feelings in my life (T or F)

12. I find myself using guilt to try to control my children (T or F)

13. Bad things always seem to happen to me or my family (T or F)

14. I work hard but never seem to be appreciated (T or F)

15. No one ever notices the good things I do (T or F)



16. People are always picking on me (T or F)

17. My parents used guilt to control me (T or F) 18. I was a victim of child abuse (T or F)

_____Physical _____Sexual

_____Emotional 19. There was violence in my family (T or F)

_____Physical _____Emotional

20. One or both of my parents had an alcoholic problem when I was growing up or has one now (T or F)

21. One or both of my grandparents has had an alcohol problem (T or F)

22. My _____ felt sorry for me because _____

_____ (T or F)

Score 10 points for each true and 1 for each check mark.

Score 40-50: You have the victim syndrome in your life and should seek treatment.

50-60: The victim pattern is very strong and treatment is recommended to prevent stress-related illness. over 60: You are deeply entrenched in the victim triangle, and immediate treatment is essential in preventing further disasters in your life!



INTRODUCTION

Drama Game Overview & Intention to Stop Playing the Drama Game

Thank you for showing up in this program. The most important thing in this program is you. You made a choice for change and that's why you are here. Choice and intention are fuel for any and every magical change. If you can decide and set up an intention to create the most magical relationships in your life, you can have it.

Remember, you are a divine being, your home is light, you embody the spark of Prime Creator and because of that TRUTH, an abundance of magical, harmonious, peaceful, joyful relationships full of love and laugh are your birth right. It is your legacy.

To get the most of this program, please,

1. take the Test to see if you have “drama or Victim Patterns” in your life, and don't worry about results...we are all deeply embedded in drama play
1. Set your BIG intention on what you want to achieve at the end of this program
2. Prepare a journal, a beautiful notebook for setting daily intentions and writing homework
4. Allow your wounds to come to the surface and be released with ease
5. Begin an exciting new journey toward happy, fulfilling relationships

THE INTENTION

Here are some inspirational questions to help you set an intention:

How do my thoughts and words impact how I feel now and how I want to feel after the program?



Do my instinctual desires unconsciously drive my behaviors now and who/what do I want to be driven by at the end of the program?

Do hidden core beliefs affect my day to day happiness and who/what do I want to affect my daily happiness by the end of the program?

How do I feel in my relationships now and how I want to feel in my relationships by the end of the program?

How people treat me now and how I want to be treated by people by the end of the program?

How I treat people in my relationships now and how I want to treat people by the end of the program?

How I react when someone wants to trow me off balance now and how I want to react?

How I feel in stressful situations now and how I want to feel?

What emotions prevail in my relationships now and what I want to feel in my relationships?

How I treat myself now and how I want to treat myself?

What do I think or say to myself when I look at the mirror now and what do I want to think and say?

Here is an example how to choose words and set up an intention:

I want to improve my ability to stay within the essence and energy of kindness, joy and gratitude. I am bringing myself back to center with breath when I fall out of inner balance. I chose to create ease, joy, peace in every moment in my life. I am aware of priorities in my life. I am fully aware of where I place my attention and focus. I am guided by my Higher Self. I fully accept myself, I am kind and loving toward myself and others. I learn to recognize with ease how my thoughts and words impact how I feel. I easily recognize how my instinctual desires unconsciously drive my behaviors. I am aware of how my hidden core beliefs affect my day to day happiness. My thoughts are love thoughts. I am choosing right now which thoughts I want to own and those I want to discard. My mind is balanced and stays in centered loving and neutral thoughts.



I feel love for myself, The whole Universe reflects my love to me. My inner confidence builds my trust with life. I am supported by the whole Universe.

What is the drama game and how you learn to play it?

Drama game is family game and you learn it in three ways:

1. by direct example & imitation: you watch what your parents do, you listen what your parents say, and you imitate them since one or both parents usually already play roles in drama game
2. by subconscious programming: you are programmed by your parents to be a victim
3. by reinforcing, repeating: the victim behavior is reinforced by your parents and it becomes the permanent part of your identity

Then you go through life having one victim experience after another and each experience reinforces your victim position.

The game is TRICKY, especially because it is taught in the family.



How many siblings do/did you have? Let's say that you have 2 brothers and a sister, four children lived in the family. All of you grew up, possibly married other victims and then raised another four families of victims. So, the number of victims keeps multiplying.

Now you see why the drama game is the most common entertainment for the most of humanity.

What roles play people in drama game?

1. The victim – special need person: a person that has problem that draws a lot of attention, time and energy so that the needs of other people in family don't get met (it can be an aunt who is sick and old and has come to live with the family, father alcoholic, martyr mother, special need sister...)
2. The abuser - the aspect of the victim that lashes out because of feeling inferior, helpless and out of control. He/she turns that fear into anger and blames everyone and everything for his/her problems
3. The savior - a very dependent aspect of victim who has an intense need to be needed, thrives on taking on burdens and having people need him/her

How is drama game usually played?

The abuser abuses the savior. Then the savior feels like a victim. Then the abuser feels pity for the victim and moves to save her. The victim resents the feeling of helplessness in being saved and moves to abuse the savior. They are constantly going around in this vicious circle, moving from one position to the next.

Here is an example: Let's say that you have a relationship with an addict, your need for being needed and his/her need for care attracted two of you. Your beloved addict came home drunk, despite of his/her promise that he/she would not drink anymore. By this action he/she hurt you so much, he/she made you feel desperate, hopeless, betrayed, angry and all of that at the same time. You clearly feel like a victim. Then he/she feels bad, sorry and wants to rescue the situation. Usually he/she does something what usually (when she/he doesn't feel guilty) does not do like housework, buying flowers, presents, saying sweet words, expressing deep love....Then the victim moves in the role of abuser



and abuses the savior by throwing flowers in the trash, saying abusive words, avoids physical intimacy...and the play continues to play.

Do you need another players to play it with?

No. You often play it with yourself, without needing other players.

Here is an example: let's say you feel out of control with food, like a helpless victim. You decide that you are going to rescue yourself by going on a diet. When it doesn't work, you become angry. You begin to abuse yourself by feeling guilty and putting yourself down. After you have abused yourself enough, you end up right back in the victim position, feeling helpless and more out of control than ever. So, you can jump around that circle yourself and don't even need anyone else to play the game with you.

Who is the winner and how to win drama game?

Nobody. No matter what, everybody always loses. The only way to win is to become aware of the game and stop playing it.

CLEARING TOOLS

Tools for clearing non – functional patterns: low vibrational emotions, thoughts & storyline of an old paradigm

You are loved and your Higher Self loves you enough to show you your burdens in the next 4 weeks. Unpleasant situations that trigger inner discomfort are your doorway to freedom. Here are steps to clear it:

1. Become aware of it
2. Be willing to change
3. Stay in your body, feel it, ask a question „what is it?“, „when I felt it before?“
 - a. Focus on your heart center, give yourself compassion for any emotion, story or thought that arise in your consciousness and release it (it is good to give yourself time and privacy to release it)



- b. you can use the word C.L.E.A.R to do it faster when you dont have time to dig deeper or/and when you feel like you need instant release
4. If you fear of some future event, you can give yourself compassion for the worst outcome and by feeling it, you will uncreate the worst outcome. After all intensity around the worst outcome of that event cleared, you can visualize and feel the best possible version of that event.

A - Giving yourself a compassion in 3rd gender – your Higher Self is giving compassion to wounded part of you

I am so sorry that happened to you.....

I am so sorry _____(he, she, that...) hurt you

I am so sorry you failed again...

I am so sorry nothing works for you

I am so sorry_____...

B - C.L.E.A.R. (Creators Law Erase Antilife Rules) The energy field I am working with is all encompassing Do/source field that sends activated life support information. The word CLEAR is programmed to carry activated information. Activated information is energy that **clear anything and everything** (vows, oaths, agreements, contracts, curses, atrocities, witchcrafts, spells, black magic, voodoo, all dark stuff, demons, dark lords, false rulers & all influences from lunatic level, aliens, alien implants, parasites, black holes, wormholes, entities, cords, other peoples energy, soul boxes, disturbances from astral plane) **that is out of divine/life order** across, all galaxies, (life)time, space, dimension and realities, across every field of energy that you could possibly imagine, **it collapse duality** and **activates Higher Feeling** of Lunar/Causal Body **and Higher Thinking** of Light/Solar/Mer-Ka-Ba Body, it brings the information of the source world, awareness about healthy qualities of consciousness: realness, pureness, justness, truthfulness (we/you know what is purity, you do what is right/just, you feel what is real, you know what is true), **it brings pieces of your Soul back**, revealing more of who you truly are.



You can only delete falsehoods, you can not delete truth, because truth only gets more real.

Truth feels light, lies feel heavy/dense.

INTRODUCTION - HOMEWORK

- 1. SET AN INTENTION: where do you wish to be at the end of 4 weeks? (see inspirational questions from above, take your notebook and write.**

Fully aware and free of drama – victim patterns in my own life

Fully confident in yourself and my own potential

Fully aware of my needs, values& boundaries

In heaven but really on Earth playing here...(continue)

- 2. Observe your daily thoughts, emotions & reactions and clear it**



Ask:

- a) What role/story do I play now in my head? Victim? Savior? Abuser? How it feels?
- b) What role do I play now in relationship with _____? Victim? Savior? Abuser? How it feels?
- c) When you discover that you feel dense/heavy thoughts in your head and/or in situations, give yourself compassion for whatever is rising at the moment or say CLEAR whenever you feel heaviness or lower vibrations or give yourself a compassion

Start thinking about what can change for you in an unlimited possibility field?



SESSION 1: CLEARING RESISTANCE & FEARS

„Releasing Your Core Fears“ exercise

Take a deep breath and ask your Higher Self to identify and bring to the surface your core fears. Several fears may come up, but focus on the first fear that comes up. Focus on that one fear and identify it. What is it? Where do you feel it in your body? What do you experience? What do you notice? Pay attention and notice any resistance you may have, any related feelings, any thoughts, circumstances or past experiences you may have. Consciously set an intention that you want to move beyond this fear, release, surrender, focus on your heart center and start giving yourself compassion by saying these words (and words that come to your mind intuitively, IMPORTANT is to follow YOUR HIGHER SELF guidance)

I am so sorry you are scared

I am so sorry fear is stronger than your light

I am so sorry there is no light around you

I am so sorry you are alone in darkness

I am so sorry they are going to get you

I am so sorry you cannot run away from them

I am so sorry you could not run away and your soul left your body

I am so sorry they did evil stuff to you

I am so sorry their wounds were stronger than your light

I am so sorry their wounds were stronger than their light

I am so sorry you forgot how to bring an energy frequency of forgiveness

I am so sorry you forgot how to surround and fill fear and all circumstances with unconditional love and unconditional forgiveness



What do you notice around this fear now? What is different about how that fear appears to you now? That fear has provided you with life experience. It is your wounded part, like a wounded child that wants to be hugged. Lets welcome it, ask what do you want from me? What do you need? Now, open your heart and say:

I am so sorry you are scared,

I am so sorry I resisted you.

I am so sorry you are mad at me.

I am so sorry you can not forgive me.

I am so sorry we forgot that we are the ONE LIGHT.

Hug each other and stay in PEACE.

1. SESSION: CLEARING RESISTANCE AND FEARS – HOMEWORK

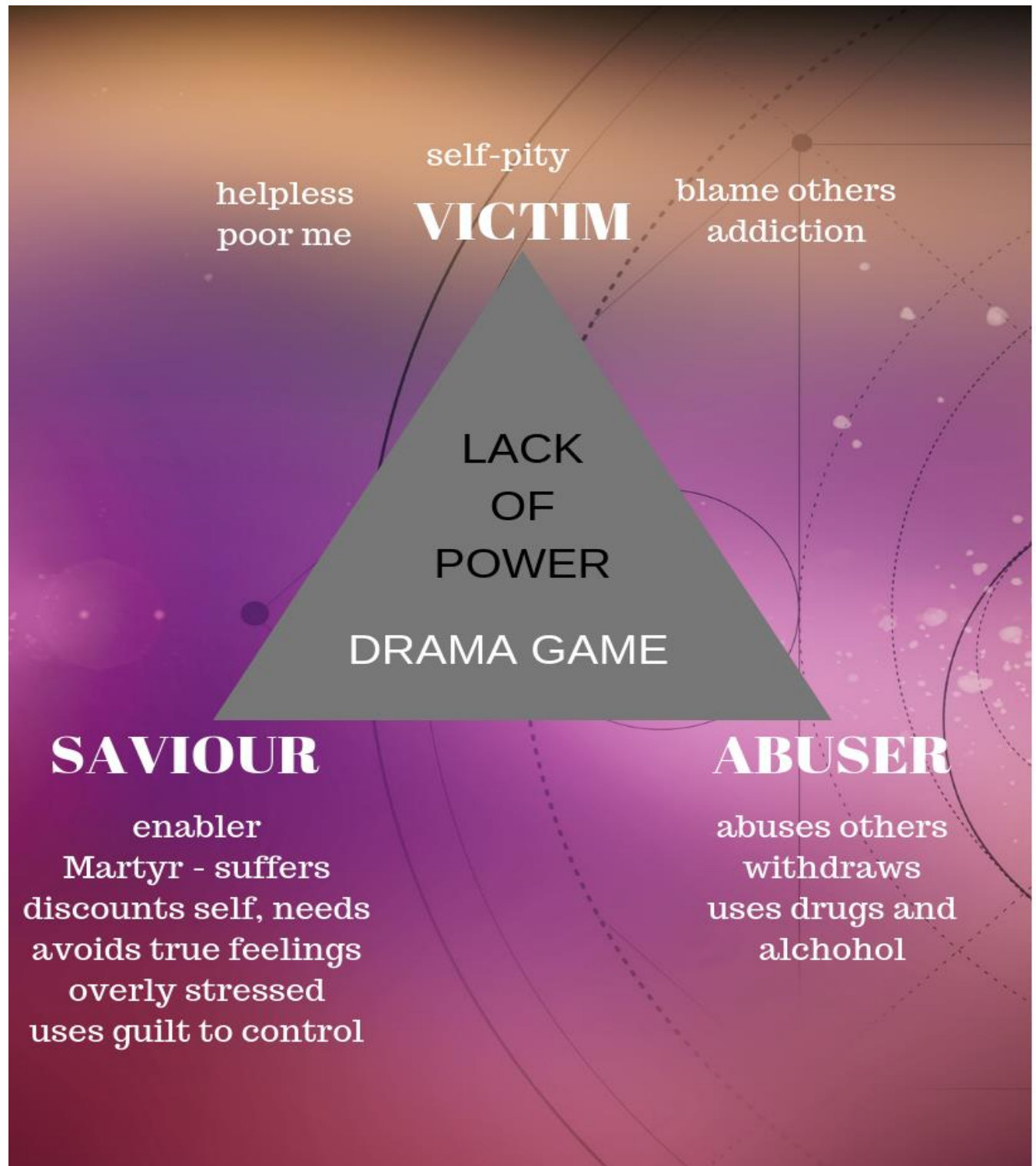
A) Ask yourself these (and other that arise) questions:

1. What is valuable in resisting the change?
2. What is valuable in choosing to be right rather than to be free?
3. What is valuable in choosing to blame others rather than to reclaim your power?
4. What is the value in believing that you are not enough?
5. What is valuable in bringing yourself down?
6. What do you gain from feeling miserable?
7. What is fun in drama game?
8. What stops you to choose to be happy and free in every second in your life?
9. What do you choose to experience today?

B) „Releasing Your Core Fears“ exercise



SESSION 2: CLEARING VICTIM ROLE





VICTIM – a person who feels sorry for him/herself

Thought patterns: *“Why does this always happen to me?”, “Poor me, nothing ever seems to go right!” „He is always against me“ Everyone are against me“, „I tried everything, but nothing works for me“;“If it weren’t for you, I’d be happy!”; “ If it weren’t for evil politicians, I’d be wealthy, „If my parents could pay me that, I’d be successful“, If only my parent were alive, everything would be different“, If only my partner were not so selfish, I’d be happy“...*

Feelings: helplessness, out of control of your own life, addiction – something that holds you back, that is stronger than you, feeling inferior on a deep level, feeling that you do not really value yourself, not being enough, feeling very dependent inside and feeling vulnerable to openly seek support

Behaviors: self-defeating, always stopping short of your goals, setting yourself up to lose, illness (subconscious mind is be able to create many illnesses which the victim personality can use as an excuse), rationalizations for failure, not taking responsibility for your failures, blaming others for your mistakes, problems or failures, the failure never appears to be in your control, but always appears to be due to “circumstances beyond your control“, going through life appearing weak in order to attract someone who will pity or save you (love=pity), wearing a set of blinders which block out everything except for your own narrow view of the world, using guilt to turn anger into pity

Examples: dropping out of school before completing your degree, dropping out of completing healings programs before completing it and doing homework, always getting a flu just before an important presentations at work (illness as an acceptable excuse for not doing well or failing)...

Key words:“excuse” „blame“, „love=pity“

The Blame Game keeps the victim feeling extremely helpless since it shifts the power onto someone else

RECLAIM YOUR POWER – STOP BLAME GAME & TAKE RESPONSIBILITY

How people learn helplessness/nothing works for me?



Example: Tom grew up watching his dad victimize her mother by physical abuse, humiliation and constant put downs. Since Tom's mother couldn't help herself and stop pity herself, to feel powerful, she felt pity for Tom from the moment he was born and began to saving him as a child. First, he was born needing surgery on his legs. When a mother pities a child, it teaches self-pity to the child. She overprotected him, didn't allow the other children to play rough with him, and didn't allow him to take risks. This made Tom feel even more helpless and then his father began to criticise and beat Tom.

As the father saw his son being "pampered," he began to fear the boy will become a "sissy." To prevent this, the father began to "get tough" with Tom. The more the father abused Tom, the more the mother saved and the more helpless and confused young Tom felt. This is how codependency begins.

The drama game is a vicious cycle: the father turns on the mother and begins to abuse her for saving Tom. At this point the mother becomes the victim, and Tom, feeling sorry for his mom, tries in his way to save her. As soon as he turns into the savior, he will be abused again. This is the way how people learn helplessness and to play drama game.

2. SESSION: CLEARING VICTIM ROLE – HOMEWORK

1. Observe your thoughts, feelings and behaviours
2. clear the blame from your thoughts, feelings and behaviours

It is helpful to answer this questions:

1. Who have you been blaming for this problem?
2. Are you willing to see that you have choices? Y/N (Circle)
3. List some choices you have to change this situation:
 - a.
 - b.
 - c.
4. Once you begin to take back your power of choice, are you willing to see that some totally new choices may suddenly open up to you? Y/N (Circle)

List what those could be:



- a.
- b.
- c.

What is valuable in creating situations in your life in which you are victimized, hurt, put down, abused, ridiculed, overpowered and rejected?

What do you get through rejection?

What else is possible to get a sympathy and attention?

What are the infinitive possibilities to become aware of subconscious beliefs that solicit rejection?

What are the infinitive possibilities to become aware of subconscious programs that create situations in which the other person, no matter how much love that person has, is forced to reject you?

SESSION 3: CLEARING ABUSER ROLE

Abuser - the aspect of the victim that lashes out because of feeling so inferior, helpless and out of control

Thought patterns: „you make a big deal out of nothing“, „you are never satisfied“; „you always find something to be upset about“; „no one likes you because you are so negative“, „You’re so dumb,“ or „You would be more attractive if...“, „I don’t think you have what it takes...“ „That’s not such an impressive achievement. Anyone could do that“, „After everything I’ve done for you, you are so unappreciative“, „You look ridiculous doing that“, „You are a disgrace“, „Since you failed last time, what makes you think this time will be any different?“, „The fact that your client decided to stop working with you makes me seriously question your professionalism and competency“, „I don’t think you know what you are talking about“

Feelings: turning fear into anger, feeling inferior, out of control, helpless, repression of shock, trauma of experienced abuse, fearful and insecure, fear and anxiety = hyperactivity, fear of intimacy



Behaviors: blaming everyone and everything for your problems, giving responsibility to everyone else around you rather than taking that responsibility yourself, lashing out in anger at the abuse you think is being thrown at you, the abuse is what you do to others and subconsciously encourages others to do to you, in subtle ways, you teach others how to treat you, taking out your anger and frustration on others who are weaker than you because you were abused by an adult or older sibling in your family, so you learned that behavior, often you have no control over behavior, not sharing feelings or thoughts with partner, countering, or dismissing the partner's feelings, thoughts, and experiences on a regular basis, making light of someones work, his/her efforts, his/her interests, or his/her concerns, often doing it very covertly with feigned innocence

Example: Here is an example how I became aware of abuser role in me. I have 6 years old disabled daughter. She cannot sit, walk, talk. At the beginning, when I found out about her condition, I felt out of control desperately wanting to find a solution for her "incurable" disease, just like a helpless victim., After 2 years of constant search, so many failures, her daylong cry and frequent seizures, I became extremely exhausted, angry. persecuting myself with guilt, beating myself up. One day, I caught myself lashing out my anger toward her. in a moment, after her constant unsettling cry, and my overall exhaustion and tiredness, an extreme helplessness, despair, fury, sadness, bitterness, madness, reached tipping point and I caught myself shaking her yelling *just stop*. When I became aware of what I was doing, I put her in her bed and run out to calm myself. I literally became afraid of myself, it wasn't me, it was somebody unrecognizable, my darkest side, my abuser role. I hated myself for not being good enough to help her and I started to hate her, all because of my helplessness to help her. Then I switched the focus and firmly decided that I will do whatever it takes to heal myself, to heal my reality and shift into reality in which she is completely healthy.

WHEN THERE IS SELFHATE AND INSECURITY INSIDE, THAT IS ALL WE HAVE TO GIVE TO OTHERS



3. SESSION: CLEARING ABUSER ROLE – HOMEWORK

Observe your thoughts, feelings and conversation with yourself and with others, identify belittling language, clear it and practice standing for yourself.

Ask:

1. How this thoughts and words I hear make me feel? Do these comments or criticisms make me feel insecure? Are they focusing on the negative and designed to create self-doubt?
2. Is this a remark that trivializes my feelings, thoughts, experiences, or accomplishments, makes me feel unimportant, invalidating my feelings or downplaying my accomplishments?
3. Is this comment to eliciting guilt or shame? Is this could be emotional blackmail that makes me feel obligated?
4. What kind of language do I and people I am related with use on myself? Is this shaming, embarrassing language? Does it mean to make me feel foolish, self-conscious, flustered or humiliated?
5. Is that an insults or put-down? Is that a demeaning comment that makes me feel inferior or worthless?
6. Am I bringing up past mistakes or failures in relationship with myself and others?

Practice standing for yourself.

1. Speak up - calmly repeat what someone has said to you and firmly respond that you simply don't agree with their statements. Use statements such as: „*Stop it*“. „*Don't talk to me that way*“.
2. Be honest - tell the person that what they have said is belittling. you might say something like „*your comments are creating some self-doubt in me*“, or „*your remarks really minimize my knowledge and experience*“
3. Keep your power - stop apologizing and explaining why you said NO, you might say something short like „*Sorry I cant jump in this time, I already have plans*“



SESSION 4: CLEARING SAVIOR ROLE

Savior – a person who “appears” to be helping, but what he/she really does is controlling by creating dependence; very dependent person who has an intense need to be needed

Thought patterns: thought „disorders“ (confused or incorrect perceptions, but are accepted because they reinforce the your “script”), constant worry, *„if I just were more responsible it would never have happened“*, *„I just want to make you happy“*, *„Do not do that, I will do instead, you are too fragile“*, *„If I just could find a cure for her...“*, *„It is my fault for that happened, I would do anything if I could turn back time“*...*Let me tell you what you need to do... take this, it will help you“*

Feelings: feeling responsible for other peoples suffering, feeling sorry for other people or animals, feeling bad, feeling guilty for other peoples or animals suffering, feeling resentful, insulted, exploited, highly stressed, overwhelmed, subconsciously feeling superior in relationships with people in need, **fear of rejection, abandonment**

Behaviors: diligently suffering, rescuing everyone, taking on as many problems as your shoulders could carry, feeling sorry for someone, volunteering to do something for them, and then feeling burdened by what you have volunteered to do, blaming the person you were saving for being such a burden (in this way you made the person you were saving become the abuser and you jump down to being the victim), overprotective, doing it for others rather than teaching others to do it for themselves, thrives on taking on burdens and having people need her/him, giving friendly advices and solutions for peoples problems, **using guilt to control**

Example: Maria was a savior. That was the role assigned to her in her family by both her parents, but especially by her father. It went back to parents who kept their marriage together “for the sake of the child.” It therefore became the child’s responsibility to “keep the marriage together.” No wonder she became a savior. Eventually her parents divorced. Maria became the family “social worker,” trying to keep the peace and ease the hurt and pain that her parents were intent on inflicting on each other.



Maria grew up and had problems establishing harmonious relationship. She attracted men who cheated on her or they did not want a relationship and marriage. One of her partners was in a relationship where he felt victimized by his girlfriend and he found Maria as a shelter. Although he promised that he will break up with his girlfriend, it didn't happen. Maria consciously wanted marriage and children, but subconsciously she sabotaged herself and was escaping to take responsibility for family life. She was caught in savior-victim-abuser circle.

Here is how it went: she was saving helpless victim/partner from his vicious girlfriend. Her partner gave her a lot of attention and there was a huge amount of „chemistry“ between them. At the beginning everything was great. However, as time passed and time to make decisions about their future was approaching, his love subsided.

He promised that he will leave his girlfriend and move together, but always some obstacles appeared (problem with his work, sudden travel, sick parents, his girlfriend was making him problems...). And, when, of course, nothing of his promises came true, she became resentful and decided to leave him. Suddenly, his love set on fire again.

What actually played underneath the Maria's surface is that she was afraid of marriage because her parents divorced and she attracted partners who were somehow not available for serious relationship. Her subconscious was making sure that she will not marry, nor experience her husband leaving her, that her future kids won't suffer as she did and was avoiding in any way to take responsibility for possible failure in marriage, **her core fear was fear of rejection**. She also went out with free and responsible men, the one who actually wanted to marry her, but there was no chemistry between them or even there was chemistry at the beginnings, she suddenly got cold and created situations for him to leave her. When she cleared the core fear, she stopped sabotaging herself and took responsibility for roles she played, she stepped into loving relationship.

Key words: „guilt“, „control“, „martyr“



IMPORTANT

DIFFERENCE BETWEEN TRUE RESPONSIBILITY AND SAVING

True responsibility reflects the individual's ability to feel powerful in solving his own problems. The savior usually feels helpless in changing his life, so (s)he seeks the power by taking on the problems of others. This is also a manipulation, because it takes the attention or focus off of the savior's problems and puts it on someone else.

4. SESSION: CLEARING SAVIOR ROLE – HOMEWORK

Observe your thoughts, feelings and behaviours

Ask yourself:

1. do I give people an advice when they do not ask me to?
2. When I do a favour, help someone, do I expect gratitude or something in return?
3. How do I feel when I do not receive gratitude or something in return?
4. Do I do all housework in my household?
5. How I treat my partner/kids? Am I overprotective?
6. Do I worry about something that will happen tomorrow?
7. Do I walk on eggshells?
8. Do I take on the responsibility of keeping everyone happy?
9. Am I everyone's friend?
10. Do I hesitate to tell someone what I really mean about his/her behaviour?
11. Do I subconsciously use guilt to control people?

When you notice elements of playing the role of savior, clear it.



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