

# Victim



Is "at the effect of" or experiences  
life as happening to them



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## Victim

You will know you are in the victim position if you are feeling powerless, overwhelmed, or as if you are trying very hard but making no headway. The victim declares some version of pain or suffering or defeat. Once in this role, the victim is able to feel special and enjoy a degree of power over others, as they wait for someone else to fix the problem or acknowledge their suffering.

Help

Security

People who want to rescue

Pain and suffering

Overwhelming problems

◀ **Seeks Out**

**Says Things Like** ▶

"There's nothing I can do about it"

"I HAVE to..."

"That's just the way it is"

"You made me feel..."

"Just tell me what you want me to do"

"Someone ought to talk to her"

"All we can do is wait and see"

"You just don't understand me"

Based on work developed by Dr. Stephen Karpman and [hendricks.com](http://hendricks.com)

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