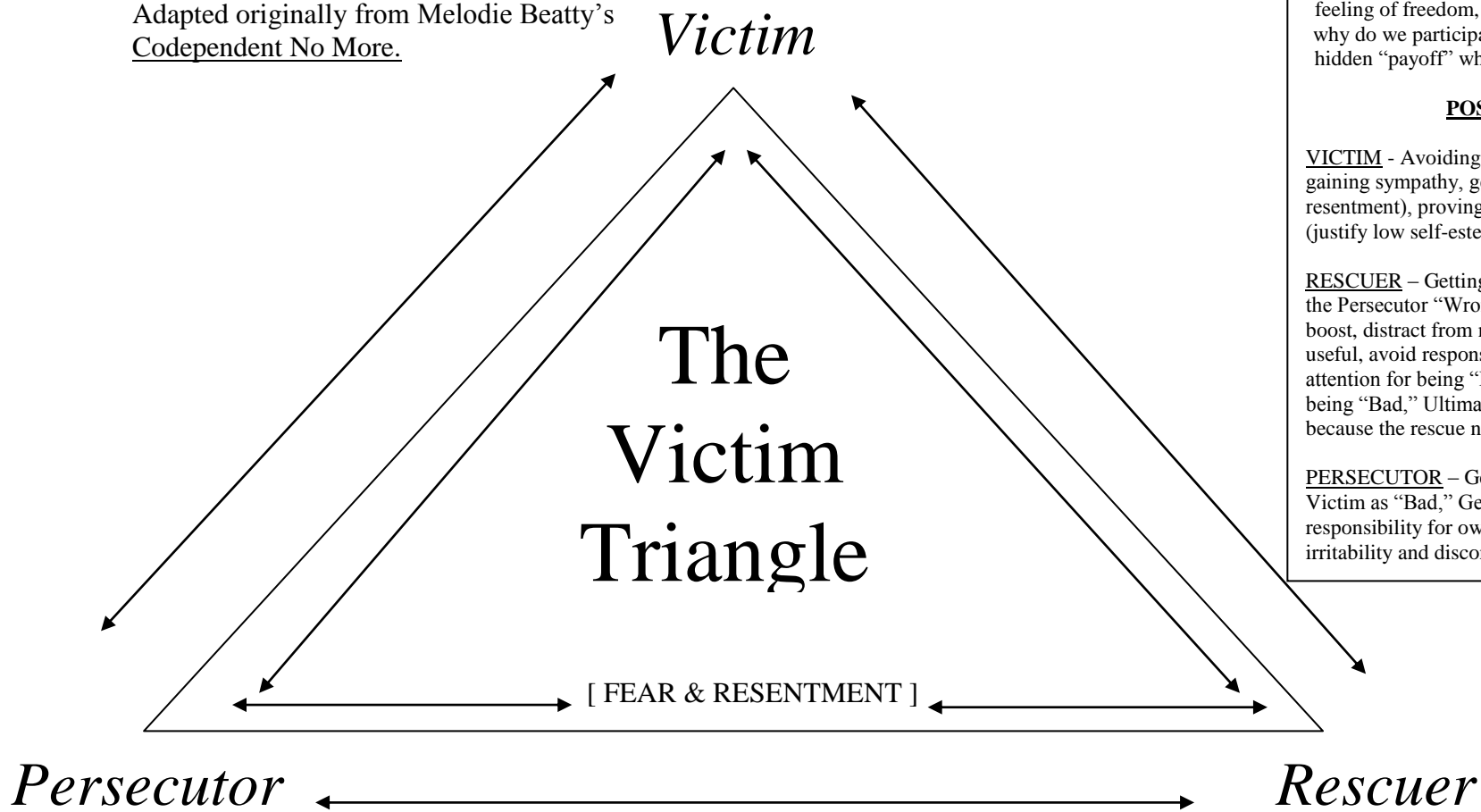


Adapted originally from Melodie Beatty's Codependent No More.



We know that being in the victim triangle is painful and feels like a trap. It costs us many things, including our feeling of freedom, empowerment, and fulfillment. But why do we participate unless perhaps we are receiving a hidden "payoff" which keeps us coming back for more?

POSSIBLE PAYOFFS:

VICTIM - Avoiding responsibility, getting attention, gaining sympathy, getting to be "Right," (and justify a resentment), proving oneself "Wrong" or "Unworthy" (justify low self-esteem).

RESCUER - Getting to be "Self-Righteous" and make the Persecutor "Wrong", Get a temporary self-esteem boost, distract from my own pain, the illusion of being useful, avoid responsibility for our own problems, get attention for being "Right," be "the Good Guy" and avoid being "Bad," Ultimately self-fulfill on being unworthy because the rescue never sticks.

PERSECUTOR - Getting to be "Righteous," Judge the Victim as "Bad," Get to be "Good," Avoid taking responsibility for own actions, justify restlessness, irritability and discontentedness.