## The Saboteurs

### Judge

The Judge is the universal saboteur that afflicts everyone.





## **Hyper-Rational**

The Hyper-Rational involves an intense and exclusive focus on the rational processing of everything, including relationships.

### Stickler

**Victim** 

The Stickler is the need for perfection, order, and organization taken too far.



# Pleaser

The Pleaser compels you to try and gain acceptance and affection by helping, pleasing, rescuing, or flattering others constantly.

emotional and temperamental as a

way of gaining attention and affection.

The Victim wants you to feel



# you through negative emotions like fear, stress, anger, guilt, shame, and insecurity.

### **Hyper-Vigilant**

The Hyper-Vigilant makes you feel intense and continuous anxiety about all the dangers surrounding you and what could go wrong.



### Restless

The Restless is constantly in search of greater excitement in the next activity or through perpetual busyness.



### Controller

The Controller runs on an anxiety-based need to take charge, control situations, and bend people's actions to one's own will.



The Hyper-Achiever makes you dependent on constant performance and achievement for self-respect and selfvalidation





### **Avoider**

The Avoider focuses on the positive and the pleasant in an extreme way. It avoids difficult and unpleasant tasks or conflicts.

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