



## JOURNAL PROMPTS FOR OVERCOMING VICTIM, RESCUER, & PERSECUTOR ROLES

Start with: "What am I feeling right now?" Then, choose your path below.

### Victim Mentality/Role

1. What's the story I'm telling myself right now? (Engage the "why me?" story.)
2. What emotions accompany this story? Are they supporting it or not?
3. In this situation, what do I want for myself?
4. Is what I want different from what I'm experiencing? Describe the differences.
5. Am I willing to change my perspective to get what I want? Why and why not?
6. What emotional response am I experiencing from this choice?
7. What's a different story I could tell that fits the circumstances to get what I want?
8. What is the lesson I'm taking away from this new story? What can I remember for next time?

### Rescuer Role

1. What is the story I'm telling myself about who or what I feel responsible for right now?
2. How do I feel about that?
3. What do I believe will happen if I don't take responsibility for them/that?
4. Is that true? Is that person/thing really mine to handle? Have I stepped outside myself to rescue someone or something from consequences?
5. What would I gain from continuing this belief?
6. Is that what I desire for my life?
7. Am I looking for my actions out there to create feelings of worth and love inside of me? How does that work out for me?
8. What is one thing I can do to take responsibility for myself today? Care for myself?
9. What is one way I can restore the boundaries between what is truly mine to do and what is not?

### Persecutor Role

1. What is the story that I'm telling myself about what I'm experiencing?
2. Am I feeling vulnerable or out of control? What could happen as a result?
3. What does vulnerability mean to you? What does it bring up (emotions, memories, etc.)?
4. What do I believe will happen if I allow myself to stay in this vulnerable place?
5. Is it true? Will that really happen? (Allow yourself to wrestle with the "feels true" vs. "is true" differences between rational thinking and emotional memory.)
6. What do I gain from pointing the finger at others?
7. What do I want for myself in this situation? Is what I want different from what I'm experiencing?
8. If so, am I willing to shift my perspective to get what I want? Why and why not?
9. What's a different story I can tell about what I'm experiencing?
10. What is one thing I can change in my behavior to put that new belief into practice?

