

## WAYS WE ACT IN VICTIM, VILLAIN OR HERO - RE-ACTIVE OR DISTORTIONS OR EDGE BEHAVIORS

**ALL OR NOTHING THINKING, EITHER OR** – you look at things in absolute – black and white; either/or –no gray areas.

**OVER GENERALIZATION** – you view any negative event as a signal to never-ending cycle of defeat.

**NEGATIVE MIND** – you dwell on the negative and do not see or feel the positive.

**TRASH THE POSITIVE** – you insist your positive and your accomplishments do not count.

**JUMP TO CONCLUSIONS** – mind reading; fortune-telling, assumptions

**BALLOONING** – you blow things up or you let the air out (shrink) them.

**HEAD TRIPPING** – emotional reasoning. I feel like a thug... so I must be one.

**SHOULD THINKING** – you criticize yourself and others with, should, shouldn't musts, have to's, need to's, etc.

**SELF-BLAMING LABELING** – instead of saying, "I made a mistake," you label yourself as a jerk, fool, or other negative insult.

**BLAME** – you blame yourself for things you were not entirely possible for or you blame others and overload your own responsibility.

**EXCUSES** – clear you from responsibility

**PRETENDING I'M RIGHT** – feign, make believe

**SWITCHING** – Changing the subject, form of deflection

**DREAMING** - Vision of something ideal

**LYING** – make a false statement, untrue statement

**BEING PHONY** – Not genuine, being something you are not

**SHRINK DOWN** – minimize importance

**SILENT TREATMENT** – avoidance, villain

**POOR ME** – victim

**VAGUE** – Unclear, blurred, nonspecific, inexact

**DEALING WITH THE PAST, PRESENT & FUTURE AS IF IT IS THE PRESENT** – If it has happened in the past, believing it will happen again in the present and future so why bother doing it any other way

**DEFENSIVE** - protect, guard, uphold, position or attitude of protection

**TAKING THINGS PERSONALLY** – take on another persons judgment's as if they where yours

**MAKING QUALIFYING STATEMENTS** - using if, try, maybe, probably to say something will happen

**PARANOID** - fearful, suspicious, distrustful, alarmist, pessimist

**MAKING COMPARISONS** – make all right by contrast, put side by side, likes and differences

**RATIONLIZING** - somehow make it sensible, sound, logical, acceptable

**JUSTIFICATION** - prove right, exonerate, warrant

**DEFLECTION** – Sidetrack, avert, changing the subject in some way, can be done with jokes, tears, fake anger, ignoring or other actions

**MARTYR** – stay in constant suffering for a cause, refuse to give up belief, can show up as complacent

**PETULANT** (cantankerous, cross, rage, or grouchy) Small fits of temper

**IMPULSIVENESS** – acting without reflection

