



Where will you choose?



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Rescuer Roles
THE CARETAKER



My role is to take care of everyone and to clean up everyone else's mess.

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Rescuer Roles
GOOD BOY/GOOD GIRL



My role is to be nice and compliant, and keep everyone happy.

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Rescuer Roles
MUMMY'S LITTLE HELPER



My role is always to understand my mother, take her side and never disappoint her.

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Rescuer Roles
THE PEACEMAKER



I calm everyone down and stop any conflict, or disagreements.

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Rescuer Roles
NURSE



My role is to put anyone who is sick above my own needs; I have to take care of them.

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Rescuer Roles
THAT'S MY BOY/GIRL!



My role is to follow in my father's footsteps, be big and strong like him... I must not disappoint him.

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Rescuer Roles
REVERSE ROLE PARENT



I have to take care of my parent(s), listening to their worries and meeting their needs.

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Rescuer Roles
MR/MRS FIXIT



I will take charge, come up with solutions for your problems and sort everything out.

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Rescuer Roles
GO-BETWEEN



I relay messages between people so they don't have to speak to each other.

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Rescuer Roles
THE POLISHER



I make my mother look good and enhance her public appearance.

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Rescuer Roles
THE RESCUER



I will always try and ease your pain – whether you want me to or not.

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Rescuer Roles
GLUE



I hold everyone together. Without me everything falls apart.

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Performer Roles
THE ESCAPE ARTIST



I have the ability to get out of every difficult situation; I never take responsibility.

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Performer Roles
HAPPY



I have to be totally positive, looking on the bright side, and never letting you down by having any problems.

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Performer Roles
STRONG



I never show feelings or express emotion as they are signs of weakness.

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Performer Roles
MR/S DO-IT-ALL



I can do everything! Whatever you need or want, I can do it!

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Performer Roles
MR/S KNOW-IT-ALL



There's nothing you can tell me, I know everything! Listen and learn.

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Performer Roles
THE ENTERTAINER



I make people laugh, stop them being angry or upset... I cheer everyone up.

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Performer Roles
SUPERSTAR
SUPER-SPORTS-STAR



I am a high achiever, I get top grades/prizes and bring honour to the family name.

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Performer Roles
THE HERO



My role is to make everyone feel safe... I have to know what to do, deal with crises and make it all better.

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Performer Roles
GOLDEN BOY/GIRL



My role is to be the special child. I can do no wrong...

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Helpless Roles
PASSIVE



I don't make waves, won't fight back... I just like a quiet life.

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Helpless Roles
HELPLESS



My role is to be needy and fragile, so everyone looks after me. I just can't do life without help.

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Helpless Roles
INVISIBLE



My role is not to be seen, not to speak, not to make myself noticeable.

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Helpless Roles
SILENT WITNESS



I don't have a voice... I stay silent and no one expects me to speak.

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Helpless Roles
POOR LITTLE OLD ME (PLOM)



I find life so hard... Nothing ever goes right for me.

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Helpless Roles
THE OSTRICH



I bury my head in the sand, ignore the situation and pretend everything is ok.

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Helpless Roles
THE OUTSIDER



No matter what I do, I never really belong... I don't fit in... I'm different.

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Helpless Roles
THE SCAPEGOAT



I take the blame when other people won't take responsibility... It always turns out to be my fault.

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Helpless Roles
THE INVALID



My role is to always have something physically wrong with me.

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Helpless Roles
THE BABY



My role is never to grow up, to stay cute and helpless - everyone looks after me.

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Control Roles
THE BULLDOZER



I push hard to get my own way, and override other people's ideas.

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THANK YOU FOR RESPECTING ALL THE WORK THAT WENT INTO MAKING THESE CARDS!

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NURTURE

I need to show love, support and compassion - also to myself



STRUCTURE

I need to set good boundaries and find my YES and my NO



BALANCE

I need to build healthy, interdependent, mutual relationships



BALANCE

I need to let my Free Child come out to play more, and have some fun



TOXIC

I may need to end this relationship – it is not healthy for me

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