

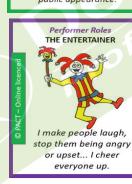
Rescuer Roles THE CARETAKER GOOD BOY/GOOD GIRL of everyone and to My role is to be nice clean up everyone and compliant, and else's mess. keep everyone happy.



Performer Roles

MR/S KNOW-IT-ALL

can tell me,



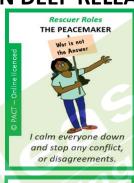


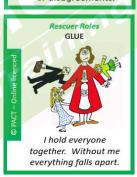


















Rescuer Roles

NURSE

is sick above my own

needs; I have to take

care of them.

THE ESCAPE ARTIST

out of every difficult

situation; I never take

responsibility.









weakness.

HELPLESS

My role is to be needy

and fragile, so

everyone looks

after me. I just can't

do life without help.

My role is never to

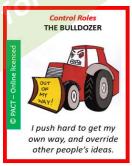
grow up, to stay cute

and helpless - everyone

looks after me.







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

FOR USE ON DEEP RELEASE TRAINING COURSES ONLY













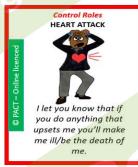




















NURTURE

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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