



Your Mom Boundaries

MODULE 6: VICTIM TRIANGLE



Stabilizer / Connector

Improver / Doer



RESCUER

PERSECUTOR

*It's not so bad.
He's trying.
Give her another chance.
It's for your own good.
Bless your heart.
She can't handle it.
It will hurt his feelings.
I'll do it for you.
I'll fix it for them.
I'm the only one who can do it..*

*After all I've done for you and
this is the thanks I get!"
That's it — I'm not doing any
thing else for you!*

VICTIM

*You won't get away with it!
Stop it
Do it now!
You're an idiot.
Jerk!
Did you really just do that?
You can't be angry.
They got what they deserve.
You did this to me.
I can never trust you.
You're trying to hurt me.*

*You want dinner. I'll show you
dinner.
That's not how you change a
diaper! This is how you do it.*

*You're right. I'm a loser.
I'm stupid.
I can't.
Nobody likes me.
It's too hard.
I'm never going to...
Something is wrong with me.
It's not my fault.
I couldn't help it.
What choice did I have?
I had to do it. I had to say it.
You made me mad, sad, feel guilty.*

*You're the only one who can help me.
No one does it like you.
Yes, but that won't work because...
You forgot to remind me.
You should know what I need.*