

Explore saboteurs' descriptions and notice the ones that speak to you. Remember, no one fits any Saboteur description completely. Look for the general patterns.

This has been adapted from

<https://www.positiveintelligence.com/saboteurs/>



Victim

Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.

Characteristics

- If criticized or misunderstood, tend to withdraw, pout, and sulk.
- Fairly dramatic and temperamental.
- When things get tough, want to crumble and give up.
- Repressed rage results in depression, apathy, and constant fatigue.
- Unconsciously attached to having difficulties.
- Get attention by having emotional problems or being temperamental and sullen.

Thoughts

- No one understands me.
- Poor me.
- Terrible things always happen to me.

- I might be uniquely disadvantaged or flawed.
- I am what I feel.
- I wish someone would rescue me from this dreary mess.

Feelings

- Feel alone and lonely, even when I'm around people I am close to.
- Feelings of melancholy and abandonment.
- Envy and negative comparisons.

Justification Lies

- Maybe this way I get some of the love and attention that I deserve.
- Sadness is a noble and sophisticated thing that shows exceptional depth, insight, and sensitivity.

Impact on Self and Others

- Vitality wasted through focus on internal processing and brooding.
- Backfires by pushing people away.
- Others feel frustrated, helpless, or guilty that they can't put more than a temporary BandAid on the Victim's pain.

Original Survival Function

- The Victim is sometimes associated with a childhood experience of not feeling seen and accepted, coming to believe that something is especially wrong with you. Victim is a strategy to squeeze out some affection from those who would otherwise not paying attention. The moods mimic a false sense of aliveness.