



Roles Worksheet

Use this worksheet to identify a role you've played in a relationship or dynamic, and plan to shift into a role that is healthier for you.

SITUATION or DYNAMIC

CONTROL

What might you have been trying to obtain, avoid, or control by playing this role?

UNHEALTHY ROLE

- Caretaker / Rescuer / Fixer / Enabler
- Mediator / Peacemaker (buffer)
- Hero (overachiever)
- Alpha (needs to be in charge)
- Wallflower (overly flexible, passive)
- Victim (focused on pain)
- Martyr (helps others but resents it)

PAST

How might this role have served or protected you when you created it?

PRESENT

How is this role serving you now, if at all?

COST

What problems does this role create? Is playing this role in the future worth it?

HEALTHY ROLE

What role do you want to play in this dynamic or in future similar situations?

- Nurturer / Giver / Helper
- Mediator / Peacemaker (diplomatic)
- Hero (leader)
- Cheerleader
- Wallflower (flexible, safe for others)

PERSPECTIVE

How does identifying your role seem helpful?

BALANCE

What will this new role look and feel like? How will you behave/respond differently?



Roles Worksheet

Use this worksheet to identify a role you've played in a relationship or dynamic, and plan to shift into a role that is healthier for you.

SITUATION or DYNAMIC

CONTROL

What might you have been trying to obtain, avoid, or control by playing this role?

UNHEALTHY ROLE

- Caretaker / Rescuer / Fixer / Enabler
- Mediator / Peacemaker (buffer)
- Hero (overachiever)
- Alpha (needs to be in charge)
- Wallflower (overly flexible, passive)
- Victim (focused on pain)
- Martyr (helps others but resents it)

PAST

How might this role have served or protected you when you created it?

PRESENT

How is this role serving you now, if at all?

COST

What problems does this role create? Is playing this role in the future worth it?

HEALTHY ROLE

What role do you want to play in this dynamic or in future similar situations?

- Nurturer / Giver / Helper
- Mediator / Peacemaker (diplomatic)
- Hero (leader)
- Cheerleader
- Wallflower (flexible, safe for others)

PERSPECTIVE

How does identifying your role seem helpful?

BALANCE

What will this new role look and feel like? How will you behave/respond differently?



Roles Worksheet

Use this worksheet to identify a role you've played in a relationship or dynamic, and plan to shift into a role that is healthier for you.

SITUATION or DYNAMIC

CONTROL

What might you have been trying to obtain, avoid, or control by playing this role?

UNHEALTHY ROLE

- Caretaker / Rescuer / Fixer / Enabler
- Mediator / Peacemaker (buffer)
- Hero (overachiever)
- Alpha (needs to be in charge)
- Wallflower (overly flexible, passive)
- Victim (focused on pain)
- Martyr (helps others but resents it)

PAST

How might this role have served or protected you when you created it?

PRESENT

How is this role serving you now, if at all?

COST

What problems does this role create? Is playing this role in the future worth it?

HEALTHY ROLE

What role do you want to play in this dynamic or in future similar situations?

- Nurturer / Giver / Helper
- Mediator / Peacemaker (diplomatic)
- Hero (leader)
- Cheerleader
- Wallflower (flexible, safe for others)

PERSPECTIVE

How does identifying your role seem helpful?

BALANCE

What will this new role look and feel like? How will you behave/respond differently?



Roles Worksheet

Use this worksheet to identify a role you've played in a relationship or dynamic, and plan to shift into a role that is healthier for you.

SITUATION or DYNAMIC

CONTROL

What might you have been trying to obtain, avoid, or control by playing this role?

UNHEALTHY ROLE

- Caretaker / Rescuer / Fixer / Enabler
- Mediator / Peacemaker (buffer)
- Hero (overachiever)
- Alpha (needs to be in charge)
- Wallflower (overly flexible, passive)
- Victim (focused on pain)
- Martyr (helps others but resents it)

PAST

How might this role have served or protected you when you created it?

PRESENT

How is this role serving you now, if at all?

COST

What problems does this role create? Is playing this role in the future worth it?

HEALTHY ROLE

What role do you want to play in this dynamic or in future similar situations?

- Nurturer / Giver / Helper
- Mediator / Peacemaker (diplomatic)
- Hero (leader)
- Cheerleader
- Wallflower (flexible, safe for others)

PERSPECTIVE

How does identifying your role seem helpful?

BALANCE

What will this new role look and feel like? How will you behave/respond differently?



Roles Worksheet

Use this worksheet to identify a role you've played in a relationship or dynamic, and plan to shift into a role that is healthier for you.

SITUATION or DYNAMIC

CONTROL

What might you have been trying to obtain, avoid, or control by playing this role?

UNHEALTHY ROLE

- Caretaker / Rescuer / Fixer / Enabler
- Mediator / Peacemaker (buffer)
- Hero (overachiever)
- Alpha (needs to be in charge)
- Wallflower (overly flexible, passive)
- Victim (focused on pain)
- Martyr (helps others but resents it)

PAST

How might this role have served or protected you when you created it?

PRESENT

How is this role serving you now, if at all?

COST

What problems does this role create? Is playing this role in the future worth it?

HEALTHY ROLE

What role do you want to play in this dynamic or in future similar situations?

- Nurturer / Giver / Helper
- Mediator / Peacemaker (diplomatic)
- Hero (leader)
- Cheerleader
- Wallflower (flexible, safe for others)

PERSPECTIVE

How does identifying your role seem helpful?

BALANCE

What will this new role look and feel like? How will you behave/respond differently?