

VICTIM PERSONA ASSESSMENT

Here are some common ways that Victim Personas show up. Check all that feel familiar to you:

- Bite your tongue and not say anything (because it won't make a difference anyhow)
- Losing your initiative (because the boss will micromanage you anyhow)
- Complaining about how things are and how they'll never change
- Failure to make a decision or even know that one needs to be made
- Inability to discern what you really want
- Inability to differentiate between your yeses and nos
- Explaining how it isn't your fault
- Saying yes to things you don't really want to do
- Inability to make clear agreements
- Inability to keep agreements
- Inability to hold others accountable for keeping agreements
- Biting off more than you can chew
- Justifying your bad behavior
- Remaining silent about things that harm you
- Not confronting others who are harming you
- Waiting for someone else to rescue you or save the day

How many did you check? _____

Circle the one that is most problematic for you.

If you could give your Victim persona a name, what would you call them? Here are some examples to get your creativity going. I call my Victim persona "Angry Penguin." Some other fun Victim persona names might be Helpless Harry, Boo Hoo Sue, Pity Party Pam. You get the idea.