

VILLAIN PERSONA ASSESSMENT

Here are some common variations of the Villain persona. Check all that apply to you:

- Blaming another person for what happened
- Blaming yourself for what happened
- Blaming an entire group of people for what happened
- Looking for things that are wrong
- Making somebody wrong
- Believing you're better than someone else
- Believing you're worse than someone else
- Believing your group is better than another group
- Believing your group is worse than another group
- Making reality wrong by clinging to how something "should" be
- Gossiping by talking about somebody behind their back
- Rebelling by breaking the rules or cheating
- Justifying your bad behavior
- Attacking the messenger
- Attacking someone's character or essence
- Explaining how the other person didn't understand
- Any passive aggressive tactic

How many did you check?

Which are the most problematic? _____

If you could give your Villain persona a name, what would you call them? Here are a couple of examples to get your creativity going: Roller Derby Queen, Double-Down Dan, Take No Prisoners Tammy. I call mine Judge Judy. You get the idea - have fun with this.