

# I constantly get into the scenario of the rescuer, how to break out of the vicious circle?

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About the dramatic triangle of Karpman heard, it seems, even those who are not at all interested in psychology. The victim, the persecutor, the rescuer and the calls are mentioned to the place and not at the place of place. Happily ever after.

However, the problem is that it is not so easy to do. To begin with, you will have to admit that you are an active member of this "game". It has become your usual way to interact with others. If it seems to you that you constantly fall into the scenario of the rescuer, it means that you are already inside the carpman triangle. In addition, most likely, you periodically find yourself in the roles of the victim and the pursuer.

Simply, no one plays into these games, stick in a circulation for a long time (and even for life) we make the benefits obtained.

These are our desires and needs that for some reason, we are not able to (at least we are sincerely convinced) to get in other ways. They can be as well-conscious, so completely unconscious.

We absorb the way of interaction with the surrounding people in childhood on the example of our parents, we produce yourself, meeting with a variety of adulthood challenges, and fix it, getting you want or facing the impossibility of meeting the need. Unfortunately, any indirect, manipulative interaction methods beyond the benefits bring "to load" and unexpected problems. They are like a snowball grow, require attention and deplete us. That is why it would seem, the working scenario of obtaining the necessary leaves the feeling that the game did not cost the candle at all.

Despite the fact that the rescuer often sees himself with an altruist dedicated to others, its main problem is an overestimated self-esteem. Rescuers live as if their commitments and influence apply to the whole world. The life of such a person does not belong to him, in matters of boundaries reigns a complete tank, there is no clarity, where mine, where someone else's, where whose desires and needs, who should and what should. And if there is no understanding regarding the zones of responsibility and control, the forces for living such a life is spent a lot, and the satisfaction does not occur. Dobony

This is a reference rescuer. It is he is always ready to help in any misfortune, often sacrificing his interests. He sincerely sorry for everyone who, in his opinion, is tight. As a result, they constantly use, deceive and abuse him with kindness. Compassion and mutual execution are commendable qualities of a highly soloral person, well, if they come complete with self-esteem and respect for the subjectivity of the other.

Unfortunately, in his imagination, the rescuer disparates the surrounding. It seems to him that they are unable to cope with their lives, if you do not stretch your hand help. Few who manages to avoid temptation to take advantage of the situation. Why strain, if good is always at hand?

Possible benefits from the role: a sense of demand, importance, indispensability. This makes it possible to avoid suffering from lonely fear, compensates for the inability to establish equal, direct relationships. Ensures thoughts about his own insignificance, unattractiveness.

Cons: the inability to live their own life, to realize and meet their needs, lack of time and effort.

What to do?

Admit that you are not alignment, and people around you are not helpless babies. Maintaining the interests of others does not guarantee you sincere thanks and attachment around others. Detecting a desire to rush to help, stop and ask yourself a few questions:

I asked for help?

I have enough time and strength to help?

A person is able to make himself what he asks?

Does he expect 100% of participation from me or is going to do something?

Is it planned to compensate for my temporary and physical costs from the requested?

Never help without request. Do not help if you have the resources themselves to zero, do not agree to solve other people's problems at your own expense. Clearly stipulate what kind of help and in what amount is required. Never agree to 100% of participation in solving the problem. Your time and effort must be compensated, it does not matter what - material or intangible gratitude, counter service, etc. Navigator

This is another kind of rescuer. He knows everything about everything better than everyone, his view of the world is the most objective, his way to live is the most correct. He will always put an assessment around and tell you how to do and why. He can not be silent if he sees that something is done wrong and confident that if it is good to pushing, everyone will understand, finally, as better.

Unfortunately, people surrounding the navigator are desperately resisting, without understanding their happiness. To such a lifeguard it seems that it is surrounded by unreasonable, non-evil, conflict people who are simply unable to evaluate the goodness to them.

Possible benefits: Feeling your own exclusivity, chosenness. Getting referred to the emotional inclusion of others allows you to ignore the fear of your own insignificance, ordinaryness, insolvency.

Cons: constant conflicts, emotional instability, feeling of insecurity.

What to do?

First, pump empathy. Try to see the individuals with freedom of will and choice. They have the right to live as they like, even if from your point of view it is completely wrong. I do not like anyone when someone begins to behave with anyone. In order to have such a right, it is necessary to be a recognized expert or authority in the field in which advice is given. Before expressing its valuable opinion or impose assistance to answer the following questions:

I asked for help or opinions?

How incredible, in my opinion, the decision taken to others will affect my life?

Why is it so important for me to participate in what is happening?

Is my idea about how best will suit another?

Healthy and relaxing relationships with a greater share of probability are established between equal and mature personalities. Without manipulations and games, without use and violence.

Chronic rescuers live in other people's lives, absolutely not recognizing in the surrounding equal adult people who can cope with their lives. Each time you feel that the old script sues you, remember that only your life directly concerns you, your area of control does not apply to others, and the best way to achieve the desired is open and sincere contact with you and others.

Triangle Karpman