

**"It's hard" • "I have to" • "There's nothing I can do"**



**VICTIM**



**IS AT THE EFFECT OF**

**"It should be different" • "Who's to blame?" • "You're wrong"**



**VILLAIN**



**BLAMES OTHERS OR SELF**

"I can handle it" • I can help" • "Poor you"



**HERO**



**SEEKS TEMPORARY RELIEF**