



Victim-Victimizer Cycle



I. (Growing up) What context did others create for me, that was difficult/painful?	II. (During that time) How did I feel? What were my pains? What conclusions?
IV. What context do I create for others (DRs, colleagues, children,...) when I am in these behaviors?	III. What reactions do I have (past + today) that protect me or prove my worth?



Name of Participant:

Date: