Activity – Your Heroic Modes

Reflect on the hero characteristics of The Fixer, The Survivor and The Protector – in the light, grey and dark zones. Which light zone characteristics seem to accurately describe you? Which do you value most? Which of the dark zone characteristics do you recognise in yourself when in a highly-charged, crisis situation?

Fixer		Survivor		Protector	
LIGHT					
Indomitable will – driven to overcome whatever gets in the way of their mission Skillful self-presentation, irrepressibly optimistic, believe in their own powers to make things happen Willingness to lead from the front with formidable energy Believe they know the 'right' way. Hard on themselves and on others An appetite for confrontation		Extraordinary perseverance and endurance Shutting out negativity, including pain and defeat Confidence through preparedness Deep commitment to a cause		Dedication to caring and shielding Realistic appraisal of danger Compassion for the underdog to redress power imbalances Bearers of moral conscience Aesthetic sensibility	
GREY					
Inexhaustible assertiveness Inflexible zeal & intolerance Grandiosity, crave adulation, need to be worshipped, surrounded by ardent followers Blinding focus. The will to fight can supersede the purpose of the fight in the first place		Dismissing defeat, believe that nothing has power over them The cause above all else, the struggle defines their life Lashing out when blocked Choosing the cause over love		Pessimistic preoccupation with danger Exaggerated perception of external power, sensitive to the abuse of power Prone to becoming emotionally overwhelmed Sensitivity to abuse of power	
DARK					
Overcoming whatever the cost Must-Win mentality Hunger for battle Killer instinct		Cause becomes more important than self Going deaf to reason Martyring self Abandoning others		Great emotional neediness Disproportionate suffering Quick to exact revenge Violent victim-accuser	
Me	**Not Me**	**Me**	**Not Me**	**Me**	**Not Me**

Adapted from Dr David Kantor: Reading the Room

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