

Hero



Seeks temporary relief, rescues under the guise of being helpful



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Hero

You will know you are in the hero position if you see others as less capable, are driven to alleviate perceived suffering, or are acting with expectations of a reward (although not always consciously). The hero plays out their role by applying a "solution" to "the (perceived) problem" in order to avoid feelings of discomfort.

Appreciation

Problems to fix

People to save

Pain to be relieved

Conflicts to be resolved

◀ **Seeks Out**

Says Things Like ▶

"I can handle it"

"Let's all get along"

"You can do it"

"Let me do that for you"

"Don't be sad/scared/angry"

"I know you're overwhelmed, so I'll take care of it"

"I can't give her that feedback because it would destroy her"

"Let's not get upset about this. We can solve this"

Based on work developed by Dr. Stephen Karpman and hendricks.com

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