

Negative model

This model may also be called the Authoritarian Model, the Dysfunctional Model, the Punishment Model, the Win/lose Model, the Conflict Model, the Limited Model, the Scarcity Model, the Survival Model, the Crisis Model, and the Fear Model. One can look at any situation and if it has any part of the following, can understand that other parts of the model are also present. Find the answers in the [Positive Model](#). ([hyperlink here](#))

Rules

Must be obeyed even if they are stupid or don't make sense.

You are responsible for how others feel.

You shouldn't have more than others – You can never have enough to be enough.

Punishment is quickly used to enforce rules and exercise control.

Following the rules is more important than doing what works.

Mistakes

Are a big deal – People are afraid of making mistakes.

Someone has to be blamed and everyone is afraid of being blamed.

People are afraid to take responsibility because they will get blamed or can't do it right.

You should know everything already – mistakes are not excusable.

People feel put on the spot to defend themselves.

It is not safe to be up-front and honest.

Authority

Hierarchy – You must keep your place – don't rock the boat.

Not allowed to question

Win/lose, Lose/Win, or No/Win

The rules don't apply to you if you are authority or have enough money, position, and/or power.

You are dealing with narrow minded thinking

Most people feel stupid or think everyone else is stupid.

You don't deserve respect unless you earn it, and you can't earn it unless you have more than someone else or fit the model of perfection.

Integrity and up-front honesty is lacking. Honesty is not important. Not getting caught is what is important.

Roles

Aggressive, Passive, Victim

Not Free

You are told how to think, how to be, what is acceptable –

You should not think for yourself – follow the rules.

You owe, feel obligated, guilty and pity.

You are never really safe.

People feel they must live up to someone else's ideal.

Control

Guilt, obligation, and pity are used to manipulate and control.

People are either controlling others or out of control.
People feel powerless or powerful.
People operate from their fear and scarcity so constantly need to control.
You can't do anything right. Just when you think you've got it figured out someone pulls the rug out from under you.
Scare tactics are used to control.
Authority documents all your mistakes to get rid of you. Document, document, document to stay out of trouble.

Identity

What you do, what you have, how you look, is who you are.
Status comes from having more such as having things, being young, or looking good.

Happiness

It is too much to ask for – the best you can do is make someone else happy.

You don't deserve happiness.
People pretend to be happy – pretend to work together.
Everyone has a pretend life.
No one really faces the reality because there is no reality.
Life is about survival no happiness.
You are expected to sacrifice for work, others, or the cause.
The best you can do in this system is to score points
People only do what they "have to" – they just want to get by.
People are either selfish or self-less.
Happiness is dysfunctional - Self-gratification
Love equals need. If you need me, you must love me.

Equality

No one is really equal. You can never be enough.
There is only a small piece of pie for everyone – to get more you must TAKE from someone else.
Victims think life owes them – they have given up so much of themselves.
You can't really trust anyone because they might be using you to get their needs met.
People feel better than or less-than.

Communication & Information

Limited or secretive
Minimal, withheld, or absent.
Thinking and communication is automatic, robotic, reactive.
What you say or information you give out can be used against you.
Blaming style of communication or arguing
Intimidation and interrogation are used to control.
People feel unable to communicate because they might make someone else feel bad or that they shouldn't have any feelings of their own.

Motivation

Threat based, negative, or coercive
People de-motivate through criticizing, condemning, and complaining.

Through pressure
Manipulative
Driven

Drama

Life is a constant trauma/drama
People become drama junkies
Life doesn't make sense, seems irrational, not real

Relationships are:

Codependent
Based on needs or are an exchange.
Used to upgrade one's self in life.
Based on ownership.

People feel:

Controlled and judged
Like a victim or are a victim
Nothing makes sense and the world is insane.
Like no matter what you do, you can't win.
That life is an emotional roller coaster.
You are never supported.
You are not liked for yourself.
Hurt and blame others for how you feel.
You feel hopeless because you can never do enough or can't do it right.
You feel helpless to change anything.
You feel worthless because everything you do is devalued.
People feel blocked or trapped.
Pity for others or self-pity.
Disappointed, angry, resentful,
Damaged
Disenfranchised
Disadvantaged,
Pushed,
Abused,
Needy
Abandoned or isolated
Put down
Guilty even if they haven't done anything

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