

# Reciprocal role activity

Reciprocal roles are made up of an impact state (bottom state) and a corresponding action state (top state). we are in continual movement between RR's through procedural sequences. Some of the ways of finding the action state (if have impact state, say **not good enough** ) is to ask "what do you see people being like to you when you feel **not good enough**". Here you are trying to connect **critical** to **not good enough**. Or when you have the action state of **'people are at me'(critical)** you"may ask where does that leave you or what is the impact of this on you?". The top pole is an active state - 'a doing to'....and the bottom pole is an impact state - 'a done to' position.

Write the corresponding role below:

overlooking



not good enough  
'a failure'



the best



scrutinising



the best



out of control



controlling



out of control



cared for

