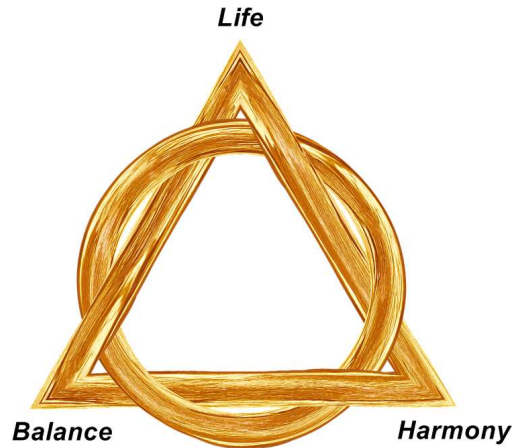


# ***Life Balance Harmony***



## ***Balancing and Harmonizing your Life***

### **RECOGNISING CONTROL DRAMAS**

*Yours and Others !*

*An introduction to recognising Control Dramas.*

*Based on the best-selling book "The Celestine Prophecy". Work to uncover the control dramas in your life and those you encounter. Through a series of exercises, role plays and answering your own dramas, learn how to let go, embrace and move forward.*

*This will help you recognise how control dramas play an integral part in your life.*

*Caring, empathetic energy will enable you to understand why people "inherent" control dramas. Gentle approach is uplifting and empowering. Synergetic Therapies offer a loving environment within which healing is facilitated by those who wish to find a gentler path.*



*LifeBalanceHarmony.Com*

## ***WHAT ARE CONTROL DRAMAS?***

Humans compete for energy. They do so to feel a psychological lift. They believe that they must get attention, love, recognition, support, approval — all forms of energy — from others. So they adopt a way to pull energy in their direction by the kind of interactions they had as children with their parents.

One of the first steps to take to evolve consciously is to clear away these past attitudes, fears, misinformation, and behaviour for controlling the flow of energy. Early in life we unconsciously adapted ourselves to our environment. How our parents treated us, and how we felt around them, was our training ground for learning to control energy flowing to us.

There are four main classifications of energy manipulation and they operate on a continuum. Some people use more than one in different circumstances, but most have a dominant control drama they tend to repeat, depending on which one worked well on the members of their early family.

### ***CONTROL DRAMA CLASSIFICATIONS:***

INTIMIDATOR (Aggressive)  
INTERROGATOR (Aggressive)  
ALOOF(Passive)  
POOR ME or VICTIM(Passive)

### ***RESOLVED CONTROL DRAMA CLASSIFICATIONS:***

INTIMIDATOR/LEADER  
INTERROGATOR/ADVOCATE  
ALOOF/INDEPENDENT THINKER  
POOR ME or VICTIM/REFORMER

***ALL CONTROL DRAMAS ARE FEAR BASED***

## ***SO..... WHAT EXACTLY ARE CONTROL DRAMAS ???***

Control Dramas are the key to show us when we lose our inner connection with divine energy. Often we find that at these times we resort to our personal (and unconscious) way of manipulating others out of their energy. These manipulations are generally either passive or aggressive.

**MOST PASSIVE CAN BE CALLED THE VICTIM OR THE POOR ME** — always framing events as negative, looking to others for help. Describing events in such a way as to make others feel guilty *and so force them to give attention and energy.*

**LESS PASSIVE IS THE DISTANCING, OR ALOOF** — giving vague answers to questions, never committing to anything, asking others to pursue in order to understand us.

*When others pursue and try to figure us out, we gain their attention, and their energy.*

**MORE AGGRESSIVE THAN THESE TWO IS THE CRITIC OF INTERROGATOR** — seeking to find something wrong with what others are doing, always monitoring. If we catch them in what we consider an error, we make them self-conscious, overly cautious, worried about what we might think.

*They watch us out of the corner of their eye and so give us attention and their energy.*

**MOST AGGRESSIVE IS THE INTIMIDATOR** — appearing out of control, explosive, dangerous and belligerent.

*Others watch us closely and so we receive their energy.*

We tend to repeat these manipulations with everyone we meet, and to structure life events around these devices, that's why they're understood to be "control dramas", repeated patterns that seem to bring on the same life situations over and over.

Once we bring our control dramas into consciousness however, we begin to catch ourselves every time we revert to them, and so can stay more connected with inner energy.

An analysis of our early childhood can reveal how our control dramas evolved, but once this is forgiven we can see deeper reasons why we were placed with our early family. From our parents' strengths and from particular growth issues they didn't complete, we can derive our life question and our work or mission in the world.

To do so, make a profile of your parents' achievements, attitudes, philosophy, weak points, and unfinished business as *you* saw them in childhood. If you can find the higher meaning in their lives, you will be more inclined to see how their lives prepared you for your life mission. Your best approach is to assume there was a positive intention at work in your early circumstances.

### ***Tactics of Manipulation***

Everyone has a natural tendency to rely on a form of control in their dealings with others. It's within our nature to have these styles and feel inclined to use them in response to real or perceived threats.

The ugliness of this mechanism becomes clear when self-preservation stops being the motivation and a desire to shape another person's personal progress, compromise their free will or guarantee a desired outcome, becomes the underlying reason for these manipulations.

There are three levels of personal Control Dramas:

#### ***Healthy-Driven:***

These individuals are aware of their natural style and inclination to control, but instead make a conscious effort to use alternative ways to communicate their needs and desires in a way that supports a healthier interest for those concerned.

#### ***Unconsciously-Dangerous:***

These individuals employ control dramas and genuinely don't realise they are victimizing another person by doing so. There is no ill intent here as these individuals come by their styles naturally and unconsciously but may still be considered harmful or dangerous.

#### ***Deliberately-Dangerous:***

These individuals pose the greatest risk to those they interact with. They have an awareness of their actions but have little regard for the implications. They will rely on a combination of the following styles and tactics to manipulate and control people and situations.

## **1. POOR ME**

The "Poor Me" is *a passive-aggressive* and the most secretly manipulative of the four styles. This person will portray a false sense of being a victim in order to appeal to another person's compassion, guilt or obligation through the manipulation of their sympathies.

This person causes disharmony by creating feelings of guilt and obligation, or a need to appease or conform the person to their desires and beliefs. Mechanisms of this drama include: procrastination, forgetfulness, stubbornness, lying, dramatizing, sulking and intentional inefficiency. These individuals consistently externalise blame onto others. They have great difficulty taking responsibility for their actions without becoming argumentative or more manipulative. Despite a false presentation of assertiveness and self-confidence, these individuals are very envious of others, resentful of their peers and partners and their self-confidence is extremely poor.

### **How to diffuse:**

Angry confrontation is ineffective as it just perpetuates the victimization and facade by giving the "Poor Me" and their supporters more to justify and fuel to re-enforce the drama.

The best response is to avoid being thrown off balance by their ploys and avoid buying into their guilt. Keep a sense of perspective and emotional distance while maintaining priorities and boundaries. Confront their games and have a clearly stated and firm position. Evaluate the real extent, need or desire that is behind their manipulation and only give the appropriate amount of compassion.

*A resolved Poor Me or Victim becomes a REFORMER, one who sees and feels the pain within another and acts in compassion and from a place of empathy to change the situation, opinion and energies thereby enhancing all involved, with no need for "applause".*

### **PASSIVE — POOR ME/VICTIM**

I'm tired

I do so much, no one sees me.

#### **Outer Behaviour**

That's just the way I am

I'm doing the best I can

I'm fine.

Let me do it.

Don't worry about me

#### **Inner Struggle**

I don't know how to get energy any other way

If I change, you won't love me.

You don't really care about me.

You need me. I need you.

I need recognition.

#### **Makes others feel:**

Guilty

#### **Matching Drama:**

Intimidator — "you want to control me"

Interrogator — "you are so self-centered"

### **How to resolve a Poor Me/Victim:**

"It feels like you're making me responsible for what's wrong in your life"

"You may not mean to, but it feels like you're trying to make me feel guilty"

## 2. ALOOF

The "Aloof" is just a less passive and manipulative than the "Poor Me," but more secretive. The "Aloof" approach is to create a vagueness and facade around themselves, forcing an undeserved investment of energy to gain information, commitment and emotion which should normally be shared in a straight-up, direct way.

Essentially, they are "high maintenance" causing the other person to work hard at breaking through their facade in order to identify their true needs and desires.

By their indirectness, their tact, and their facade, they appeal to us but as we try to develop an intimate or collaborative relationship, they retract, become distant and unapproachable. They do this because they are afraid that their inner secrets, fears, inadequacies or machinations may be exposed.

### **How to Diffuse:**

These are individuals who are wounded by a perceived betrayal of their expectations. They believe that essentially no one can be trusted fully. After having exchanged trust and intimacy with someone, they may suddenly turn against the very person they were getting close to. The most effective way to deal with this style is by avoiding the defensive behaviors. Indulging their behaviors will only fuel their anxieties, fears, and mistrust. The key is to call the individual on their behavior and underlying fears. Typically, the individual will either admit to the observations or they will take the extreme step of severing the relationship.

*A resolved Aloof becomes an INDEPENDENT THINKER, wherein they can recognise where they can make changes in their internal dialogue to further step away from "victim mentality" thereby allowing realfeelings out and accepting realfeelings in. They first must learn to trust their thoughts as being healthy for them and then ultimately trust others, through discernment.*

### **PASSIVE - ALOOF**

I'm not ready to....

I'm not sure I can survive

#### **Outer Behaviour**

I need more (money, education, time)

I don't know, I'm not sure, Maybe

I'll let you know

#### **Inner Struggle**

I don't trust myself; I'm afraid

I'll be trapped and I won't be able to perform

I don't know what I feel

#### **Makes others feel**

Uncertain

Suspicious

#### **Matching Drama**

Interrogator — "are you mad at me?"

Intimidator — "I did nothing wrong!"

### **How to resolve and Aloof:**

"I feel like you are withdrawing and being distant. How are you feeling?"

### 3. INTERROGATOR

More aggressive but less manipulative than the two passive-secretive types, the "Interrogator" uses this style of drama by evaluating and asking questions with the specific purpose of finding something wrong or corrupt. If they find something, they can evoke a sense of conscience in a person that confuses and criticizes their intent, position or commitment. If this strategy succeeds then the individual being criticized is pulled into the drama which will never resolve in their favour.

The trap lies in the individual feeling consistently judged by the "Interrogator" and paying attention to what the "Interrogator" may be thinking and feeling about them.

#### **How to Diffuse:**

Don't be drawn into a never ending cycle of accusations and explanations with the "Interrogator". This is a tactic meant to perpetuate confusion and uncertainty. Avoid defensive behaviors like cowering back and giving in; recognize that the questioning is a set-up to prove their fears or perceptions. Confront the reasoning or intent behind the questioning. The "Interrogator" will then likely re-frame the questioning in a way that is more genuine to what he or she really needs to know. Don't surrender to anger or frustration. The key is to be patient, moderate and confidently firm about your integrity and character.

*A resolved Interrogator becomes an ADVOCATE whereby they learn to seek information only to clarify their perceptions and can readily admit when those perceptions are misguided. They use tact and an open heart to gain the trust of another, with the sole purpose being to resolve, not dissolve that trust.*

#### **AGGRESSIVE - INTERROGATOR**

Who do you think you are?

No acknowledgement as a child

##### ***Outer Behaviour***

Where are you going?

Why didn't you....?

Why don't you.....?

I told you so!

##### ***Inner Struggle***

People leave me and I'm afraid

I want proof of your love

You're going to leave me

You need me. I need you.

##### ***Makes others feel:***

Monitored

Negated

Wrong

##### ***Matching Drama:***

Aloof — you don't know what I'm thinking

Aloof — you're more powerful than me

Poor Me — someday you'll see my true worth

#### ***How to resolve an Interrogator.....***

"I like you, but when I'm with you I feel criticized"

"Is there something else that's bothering you, besides this issue?"

#### **4. INTIMIDATOR**

"Intimidators" are the most aggressive of the four types. Their presence is well stated and felt and there is a threatening air of danger conveyed from them. They are unpredictable and can threaten, use harsh words and abusive actions uncontrollably. They will demonstrate a capacity for rage or violence.

They also attack self-esteem by creating unwarranted guilt, a sense of worthlessness, a feeling of incompetence, and of course, fear. Often the "Intimidator" will also express threats publicly and boast illustrations of how they dealt with or destroyed others in the past.

##### **How to Diffuse:**

"Intimidators" often attack when others are least able or unwilling to confront them. The best response for dealing with them is to

- 1) name the game,
- 2) consider whether the accusations are right and correct and
- 3) refuse to be knocked "off balance".

Where possible, create distance from the individual to minimize control but stay close enough to know what he or she doing. When the "Intimidator" recognises that the tactics can't overcome resolution or haven't invoked fear, the individual may get uglier and plan a more dramatic move. Patience, control and persistence will eventually outlast the "Intimidator".

*A resolved Intimidator becomes a LEADER, taking effective charge over any situation from a place of compassion, commitment and a genuine desire to overcome differences where possible and a resolve to differ when the situation demands such action. All through an openness and willingness to participate not manipulate.*

#### **CONTROL DRAMA POSITIONS**

##### **AGGRESSIVE - INTIMIDATOR**

Denial, not listening  
Anger

Fear of being Controlled  
Fear of not being enough

##### **Outer Behaviour**

Get it any way I can  
Arrogance  
Me first  
Control  
Rage  
Violence

##### **Inner Struggle**

Someone else will get it first  
No one notices me  
No one cares  
I have to do it alone  
No one ever took care of me  
I'm dead inside

##### **Makes Others Feel**

Afraid  
Angry  
Vengeful  
Negated

##### **Matching Dramas**

Poor Me — don't hurt me, I'm no threat  
Intimidator — you can't hurt me, I'll fight  
Interrogator — You're not powerful, where's your Weakness?  
Aloof — I won't confront you!

##### **How to resolve an Intimidator.....**

"Why are you so angry? or "You seem to want to make me afraid of you"



**To uncover your own "inherited control drama, you may consider the following questions:**

*What made your mother afraid? What behaviour did she exhibit?*

*What made your father afraid? What behaviour did he exhibit?*

*What makes you afraid? How do you act?*

*How are you similar to your parents?*

Once we become centered internally, our control dramas come into awareness, and these old habits can evolve into positive strengths.

Intimidator becomes the **LEADER**. When connected to the true source of power, an intimidator will find more self-esteem when leadership qualities are utilized. Assertive without being domineering, confident without being arrogant, they have more chance of enjoying challenges and gaining the co-operation of others.

*Knowing what your feelings are and how they can guide you with integrity will free you from a self-imposed exile and bring your life back into balance.*

Interrogator becomes the **ADVOCATE**. The interrogator transformed, channels the predilection for questioning into research, using more well-rounded interpersonal skills as a teacher, counselor or advocate.

*Feeling the emotional void that an over analytical mind creates, you are ultimately forced to re-evaluate the need for endless questioning and instead learn to use your skills to attune with the feelings of others.*

Aloof becomes the **INDEPENDENT THINKER**. Freed from the need to remain an outsider, Aloofs access deep intuitive resources to bring wisdom and creativity to their life's work, such as being a priest, healer, psychologist.

*Becoming aware that the "human-ness" within you created the need to hide in plain view of the world, you can transform your life by giving yourself permission to be detached whilst remaining humble and to reside in the greatest cave of all for all Aloofs.... your heart space!*

Poor Me/Victim becomes the **REFORMER**. Having experienced true nurturing and unity, the Poor Me/Victim is able to stay grounded in their own inner source and become compassionate reformers, social workers or healers.

*Ultimately through reconciliation you will have no choice but to surrender to a greater understanding of this control drama, and through your own inner healing become some one who wants to help others to heal.*

***In most cases transformations can only take place from a negative event, such as divorce, bankruptcy, illness, pain, disillusionment, humiliation, isolation or a sense of failure.***

***In most cases, simply recognising your control drama and the correlation of the inherited drama from your parents is not enough for you to resolve.***

***We learn from our mistakes, from the negative elements of our lives, because until we learn to take full and complete responsibility for what we need to learn and our course of action in those lessons ..... nothing changes.***

#### **SO HOW DO YOU STEP OUT OF YOUR CONTROL DRAMA?????**

***BECOME CONSCIOUS OF YOUR BEHAVIOUR.*** The first step in stopping your pattern is to become very clear about the control drama you learned as a child. Begin to notice your behaviour, especially when you are under stress or anxious about something.

Do you get belligerent?  
Impatient?  
Rigid?  
Angry?

Then you are an INTIMIDATOR.

Are you suspicious of others?  
Feel they are not paying you enough attention? Do  
you needle?  
Remonstrate?

Then you are an INTERROGATOR.

Do you keep your distance and paly hard to get?  
Do you "avoid" situations where you must reveal yourself for fear of being judged by others?  
Do you fear the public eye?  
Do you avoid confrontation?

Then you are an ALOOF.

Are you always complaining? Do  
you focus on problems?  
Do you hope others will come to your rescue?

Then you are a POOR ME/VICTIM

#### ***BECOME CONSCIOUS OF WHAT TYPES YOU ATTRACT TOO!!***

Stop matching their dramas. Notice the everyday interactions and be willing to *DISENGAGE FROM THE GAME!*

## ***GET IN TOUCH WITH YOUR BODY!***

Notice if you freeze up under criticism or questioning. Rigidity, coldness and fear sensations confirm that you are in competition for energy and that you have lost your centre.

## ***ALL DRAMAS ARE COVERT STRATEGIES TO GET ENERGY!***

**So.....** covert manipulations for energy cannot exist when you bring them into consciousness, by naming them. The best truth about what's going on in a conversation always prevails. After naming, the person has to be more real and honest ....or leave.

Naming the drama brings truth of the encounter out into the open. Naming the drama may not necessarily mean that you name it to the person directly. Naming the drama means that you are able to notice the power struggle is in progress and that you are feeling overwhelmed, stuck, browbeaten, powerless or any number of negative feelings. Naming it means staying in the truth of your feelings and taking steps to disengage. Notice when you find yourself trying to convince someone, defending yourself, feeling threatened, or feeling guilty because someone is making you responsible for their problems.

When you feel stuck, frozen and confused, you are in a power struggle. The very process of becoming aware allows you to make a choice about continuing it or transforming it.

Remember that naming the drama might not be easy to accomplish if emotions are running high or there is a lot of fear. The point is to get the truth out in the open. When you finally do speak your truth to the other person, always project love and understanding toward the other person and trust yourself to know when to speak.

## ***LOOK BEYOND THE DRAMA TO THE REAL PERSON.***

Stay centered in your own energy and remember to send the other person as much energy as you can. Each person we encounter has a message for us, and we for them. If we are stuck in the no-win struggle for energy, we miss the message. So, after naming the drama we need to see the person without perceived judgment and send them energy voluntarily so that they, in turn, are able to perceive and give to us.

Listen for clues, for cries of help and be ready to step back in order to step forward, voluntarily and feed them all the energy they are competing for.

## ***MIRRORS.....***

Once you have time to reflect on a control drama that you are involved in, look at yourself and the other person objectively as you can.

***How is the other person like one of your parents?***

***How are you re-acting as you did in early childhood?***

Allow the situation to teach you, and avoid making judgments about what is happening.

**USUALLY WHAT BOTHERS US ABOUT OTHERS IS SOMETHING WE NEED TO LOOK AT IN OURSELVES, BUT ARE UNWILLING TO DO.**

So ask yourself these questions.....

What is a control drama showing me that I most need to know right now? Do I need to set better limits in the beginning of encounters? Do I take events personally when they are not really about me? Do I try to press an advantage when I see weakness in the other?

**BE WILLING TO WALK AWAY WHEN YOU SEE YOU ARE HOOKED.**

***Poor Me's will become hooked into their drama with an Intimidator or Interrogator by continually trying to re-explain, convince, or defend.***

Notice how much time you spend obsessing on how you can finally, once and for all, convince this person of something. As you release your need to gain energy by your old methods, you will be able to walk away from the temptation to keep convincing.

***Intimidators get hooked on the adrenaline rush of over-powering and winning.***

If you do this, ask yourself "What do I most want?" "Do I need to get it only this way?" Be willing to stay flexible and open, stop trying to control everything. Perhaps co-operation would bring even more benefits than how you now perceive the solution.

***Interrogators get hooked by their illusion of self-righteousness.***

Be willing to look at the situation from the other point of view. What might you learn from doing this? Be willing to talk about your real feelings and do something to gain energy for yourself rather than chasing someone who is withdrawing.

***Aloofs get hooked by wanting to cover up fears, self-doubts and confusion.***

Be willing to ask for help. Admit that you don't quite have everything together. What support do you need right now? What are you feeling? Be willing to walk *toward* something. Walking *away* is the easy way out for you!

## ***LIFE IS A JOURNEY - NOT AN END RESULT !***

It is important to accept ourselves and others the way we are. We might not like others or approve of their behavior, but life is about experience and bringing ourselves into loving unity. Blaming, judging and comparing ourselves to another's progress or state of enlightenment is not helpful. As you work with releasing your control drama, keep it in perspective and keep your sense of humour

## ***Whenever, where ever you can, remember to bring yourself in peaceful oneness.***

As you work on becoming more aware of control dramas, please realise that this information is a tool of transformation, not a weapon to use in enlightening others! Nor is it to be used to frustrate you. So be easy on yourself as you begin to change your behavior. Remember that it is always easier to see these dramas in others. When you feel angry, self-righteous, shut down, depressed, or isolated, you have allowed yourself to look for solutions and energy in old ways.

When you can truthfully feel that your heart is open and you are peaceful with whatever is happening in your life, then you are connected to your own energy.

When in doubt, breathe — simply breathe and look for the humour in what is happening, and do something to get your own energy higher.

More now than ever before, we all need to stay connected to our own energy and work at maintaining and increasing our own vibrations to a higher, more peaceful state of oneness.

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