Problem Members

   Strategy: Make them keep it personal.

2. The Narcissist: Can’t apologize, blames, self-justified.  
   Strategy: Getting them to own the problem.

3. The Teacher: Has an agenda, can't make ideas personal.  
   Strategy: Make it personal, I statements and in the now.

4. Poor Me: Takes up much of the time. Always in crisis, thrives on attention.  
   Strategy: Ask them what are they willing to do about it.

5. Invisible: doesn't want to talk, difficulty with eye contact.  
   Strategy: Always go around the group like left to right, equal time.

6. Story Teller: Brings down the energy of the group by avoiding the now.  
   Strategy: Bring them back into the now.

7. Emotional: cathartic can’t stop breaking down, crying.  
   Strategy: No rescuing: hugging, praying, etc.

8. Drama Queen / King: Caught up in the crises of those around them, gossip, constant crisis.  
   Strategy: Keep them focused on reality, what they can / want to do.

9. Coda Queen / King: Relationship addicted, can’t identify own feelings, problem or needs. Wants to rescue others, can’t stand conflict,  
   Strategy: Accountably for their problem & or personal decisions.

10. Victim: It’s always my fault. Thing will never get better.  
    Strategy: Take risks, Action, commitment, homework.

11. The Borderline Personality: bonds, shares too much, then attacks the group and leader.  
    Strategy: Don’t let them take over the group. May need professional help.

*Asking Self Discovery Questions*

The goal of Self Discovery Questions is not to get more information or details.  
They are to challenge the person to look at themselves, or the problem form a different perspective. The group’s insight helps them see themselves and their problems in a new way. The answers are in them. The goal is to ask them questions that lead them to those answerers.