

Blue Lotus Mind Drama Cycle Worksheet



Part 1: Becoming The Observer:

Who do I most often play the rescuer with in my life? (List all the people that come to mind): _____

Who do I most often play the perpetrator with in my life? (List all the people that come to mind): _____

Who do I most often play the victim with in my life? (List all the people that come to mind): _____

Who in my life most often shows up as a rescuer to me? (List all the people that come to mind): _____

Who in my life most often shows up as a perpetrator to me? (List all the people that come to mind): _____

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Who in my life most often shows up as a victim to me? (List all the people that come to mind): _____

Part 2: Becoming The Creator

Person I wish to be out of the drama cycle with: _____

What is the ideal end result or outcome of this situation with this person?: _____

For me to achieve that end result, how do I need to communicate?: _____

How do I need to behave?: _____

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What kind of energy do I need to project outwards?: _____

What thought patterns will most serve me in getting to that outcome?: _____

What limiting beliefs do I need to let go of?: _____

What negative emotions do I need to release?: _____

Now that you have clarity on how to get the end result, all you need to do is take action on the aspects you recognised in part 2!