



COMMON GROUP ROLES

The following are examples of roles people might play in a group setting to protect themselves from letting others know who they really are. Discuss these in a non-confrontational and nonjudgmental manner. The goal is to learn and gain insight rather than judge others or argue.

THE COUNSELOR: Even though this person is not the counselor, he or she tries to run things. Focuses on other's problems instead of their own

POOR ME: Often sees him/herself as a victim of circumstances. Not fully accepting responsibility for change. "If only I didn't get caught....."

PEOPLE PLEASER: Attempts to do/say things in order to gain acceptance from others

KNOW-IT-ALL: Doesn't accept feedback. Talks a lot but uses words to distance others. "I know what I need to do now... I don't need help"

WAR MONGER: Recounts war stories and has an "I bet you can't top this" mentality

YEAH, BUT: Agrees with everything but always has a reason why it doesn't exactly apply in their case.

RESCUER: Spends time defending others in group. Often making excuses for others and trying to get them off the hook.

SLOGAN SLINGER: Uses NA and AA sayings and phrases as answers for everything without ever letting you really know about them beyond that

MINIMIZER: "I'm not that bad" Claims drug/alcohol use didn't affect them (then why are they here?)

GROUP CLOWN: Uses humor as a defense to prevent others from finding out who they really are.

FIX ME: Looks to others to solve their problems but makes limited effort to help him/herself. Avoids responsibility for own behavior and choices

FRONTER: Spends a lot of time putting up the appearance that everything is okay but a lot of it may be a smokescreen as there may be unspoken or even unknown struggles

ATTENTION SEEKER: Always doing something or saying something for attention. At times even small things can be presented as the end of the world.

ISOLATER: Does whatever possible to stay out of it. Usually only responds when directly addressed and even then doesn't give the whole story.

DEBATER: Spends a lot of time trying to argue and play "devil's advocate". Often disagreeing with others and disputing how things really are different than they seem.