

BEHAVIOR PATTERNS – Communication Stances

The Blamer believes that he is always right; unless he yells, no one will accept his model of the world. As a result inside he feels lonely and unsuccessful. They are people who gain strength and self-esteem through the disparagement of others; a fault-finder, a dictator, and a boss.



The Placator is trying to keep everyone happy, in order to be loved, and in that aim will take the blame for things going wrong; the placator's key word is "agree". They are people who belittle themselves while simultaneously inflating others. Thus, she is a "yes woman," who always tries to please, constantly apologizes, and never disagrees.



The Computer believes that by being "super-reasonable" he will show people how smart he really is; his body language suggests calmness and correctness, but inside he feels vulnerable. They are unemotional and robot-like, possessing a strong desire to control both themselves and others. They receive power from acting as if they know it all while simultaneously causing their audience to appear ignorant.



The Distracter will indulge in irrelevancies in order to get noticed, even when the words make no sense and when the behavior pattern is way off beam; they are actually telling themselves that nobody wants them. They disregard their own opinions in an effort to avoid confrontation. As a result, they lack self-worth, and their statements often appear completely unrelated to the subject matter at hand.



Stances were developed by a pioneer in family therapy, Dr. Virginia Satir. Unfortunately, her model was flawed as she believed all people are basically good. Awareness of these patterns can lead to discovery of dysfunctional relational dynamics making you open and flexible to change. T. Tripp