

**Table 9.5. Increasing Flexibility in Character Roles Across Emotional Themes**

<b>Aggressor (Bully)</b>	<b>Victim</b>	<b>Protector</b>
<p><i>Has intent to commit, or take pleasure in, aggressive/destructive actions such as:</i></p> <ul style="list-style-type: none"> <li>Hateful killing/destructive feelings</li> <li>Intent or pleasure in destroying property</li> <li>Intent or pleasure in hurting other's feelings</li> <li>Intent or pleasure in winning at all cost</li> </ul>	<p><i>Carries out non-dominant role in ways such as:</i></p> <ul style="list-style-type: none"> <li>Feeling powerless</li> <li>Showing pain</li> <li>Accepting what can't be changed</li> <li>Bearing difficulty/grief</li> <li>Showing righteous anger</li> </ul>	<p><i>Implements defensive safeguarding in ways such as:</i></p> <ul style="list-style-type: none"> <li>Stopping Abuse</li> <li>Mirroring the victim's pain</li> <li>Providing empathy/support for victim—helps build tolerance</li> <li>Providing empathy/support for victim—helps build tolerance</li> <li>Providing empathy/support for victim—helps build tolerance</li> </ul>
<p><i>Transition from taking pleasure in destructive acts to straightforward anger expressed in progressive developmental levels such as:</i></p> <ul style="list-style-type: none"> <li>Using sounds to express anger (e.g., screams, yells, roars)</li> <li>Using body to act out anger (e.g., hitting, biting, kicking)</li> <li>Using words to communicate needs, wants, hurt</li> <li>Feeling own anger and at the same time, notice other's distress</li> <li>Wanting to repair</li> </ul>	<p><i>Transitions to more dominant expressions such as:</i></p> <ul style="list-style-type: none"> <li>Making self-protective choices</li> <li>Expressing distress, shows pain</li> <li>Wanting payback</li> <li>Developing assertiveness and problem-solves what can be changed</li> <li>Rejecting repair effort</li> <li>Accepting repair effort</li> </ul>	<p><i>Transitions to empowering others in ways such as:</i></p> <ul style="list-style-type: none"> <li>Helping victim consider options, such as words/actions for self-care (e.g., saying "Stop!", "I don't like this," or walking away)</li> <li>Mirroring the distress in the victim; mirrors the shift from destructiveness to angry feelings in the bully</li> <li>Providing empathy for the victim's hurt; provides support for the bully to shift to the use of words instead of actions</li> <li>Supporting the bully's use of words for self-expression</li> <li>Considering problem-solving options for present problems between the victim and the bully</li> <li>Anticipating, choosing, and planning for the future respectful problem-solving options</li> </ul>

*Note.* This table was created in collaboration with Debra Kessler.