

# Control Dramas

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Control Dramas are how we compete with other people for our emotional energy.

Control Dramas are our sub-conscious way of gaining emotional power from and over other people.

How we control the emotional energy that flows between people is a sub-conscious drama that is learned from an early age.

Control Dramas are either passive or active and either introvert or extrovert.

Introverts who passively control energy are 'Aloof'.

Extroverts who passively control energy are 'Interrogators'.

Introverts who actively control energy are 'Poor Me's'.

Extroverts who actively control energy are 'Intimidators'.

The energy of the Intimidator is high intensity, male gender with a negative polarity.

The energy of the Interrogator is low intensity, female gender with a negative polarity.

The energy of the Poor Me is high intensity, female gender with a negative polarity.

The energy of the Aloof is low intensity, male gender with a negative polarity.

Like intensities of emotional energy are attracted to opposing genders with similar polarities.

Therefore an Interrogator will attract an Aloof and an Intimidator will attract a Poor Me.

When I balance the intensity, unite the gender and neutralise the polarity of my energy, I will no longer attract control dramas in my Life and I will be able to live in harmony with all others.

## **The Interrogator**

The Interrogator seeks to find the reason for their problems through interrogation.

The cause of their problems is always their own emotional energy deficit.

A low level of emotional energy manifests the problems that appear to be occurring in life.

An Interrogator does not see their self as the cause of their own problems.

They do not own their own problems and look to blame others for what is occurring in their life.

They seek to blame the cause of their problems onto whoever they believe is to blame for causing them.

A good interrogator has developed strong analytical skills that are honed to accurately judge the exact cause of whatever or whomever they are having to tolerate and endure.

Their negative search for who is depleting their own emotional energy requires their victim's energy to fuel it.

They seek to control the emotional energy of another with their criticism, their cynicism, their sarcasm, their complaint and their condemnation.

A deterrent to a persistent interrogator is to become aloof and exclude oneself from their persistent search for what they believe is their truth.

Extreme examples of the Interrogator are the Nagging Wife and the Over-protective Mother.

## **The Aloof**

The Aloof has very weak boundaries and consistently drains emotional energy to other people.

They believe that the only way to avoid the drain on their energy is to withdraw into the solitude of their own 'cave'.

The over sensitive aloof blames others for their low state of emotional energy and sees the only solution as a tactical withdrawal.

It is in the solitude of their cave that the aloof is able to find the solution to their problem and get their emotional needs met.

They will only emerge from their solitude once they have solved their problems and regained their energy.

With no apparent problems the aloof has no reason to be aloof.

They know that other people's solutions will never solve their problems even though they believe that other people's solutions may well have created them.

When the aloof realises that they are not the victim of other people's problems, they will no longer drain energy to trying to find solutions to other people's problems and no longer need to be aloof.

Extreme examples of an Aloof are a Hen-pecked Husband and a Mummy's Boy.

Aloofs attract Interrogators who in turn create Aloofs.

## **The Intimidator**

The Intimidator is a victim of their own fear.

Their fear is created by their false and limiting beliefs about their life.

Their false, negative fears create a state of low emotional energy.

The Intimidator seeks to victimise the cause of their low emotional energy.

As they do not see their own beliefs as the cause of their problem, they seek to find the villain that they believe is victimising them.

The motto of the intimidator is: “The best form of defence is attack”.

They will attack anyone who they believe is draining their energy or they believe can and will steal their energy.

Never intimidate an intimidator because they recognise their own drama and will react accordingly.

Extreme examples of an intimidator are the ‘School Bully’ and the ‘Autocratic Dictator’.

All intimidators are emotional Poor Me’s.

They attack their victims on a physical, mental or emotional level.

With enough emotional energy, I have no need or inclination to attack anyone and no need to defend myself from the intimidation of others.

## **The Poor Me**

The Poor Me is the victim of someone else’s fears and beliefs and behaviours.

By making themselves a victim of someone else’s actions, they seek the emotional energy of sympathy from others.

The more the poor me can become the hero of their own victimhood, the more emotional energy they can gain from their drama.

The poor me has a great deal of emotional energy invested in being the victim of their own life.

They believe that they are the victim of whatever is occurring in their life.

Poor me’s need to become very strong emotionally in order to survive the extent of their own victimhood.

The more their emotional energy becomes depleted the more they will seek to become a bigger and bigger victim of life to justify their lack of energy.

The more depleted my emotional energy becomes, the more I become a victim of my life, poor me.

Extreme examples of a poor me are the Hypochondriac and the Clinically Obese.

Both of these examples tend to attract bullies because a poor me always attracts an intimidator, who always attracts a poor victim to intimidate.

## **Victims of a Control Drama**

We are all Victims of a Control Drama sometime in our life.

We all compete with others for our emotional energy when we are young.

We have all been victims of needing more emotional energy than we have.

We are born with neither the awareness nor the emotional intelligence to meet our own emotional needs.

We resort to Control Dramas to replace the emotional energy deficit that we experience in every day physical life.

There are no winners and losers in the competition for emotional energy; we are all losers.

We all lose energy competing with each other.

When I learn how to retain my emotional energy, I no longer need to compete with others.

When I learn how not to compete for emotional energy, I learn how to retain it.

Until then I remain a victim of my sub-conscious need for emotional energy.

I am a victim of whomever I depend on emotionally.

The Intimidator is as much a victim of the Poor Me as the Poor me is a victim of the Intimidator.

The Interrogator is as much a victim of the Aloof as the Aloof is a victim of the Interrogator.

When playing the game of the Control Drama, I am both the victim and the villain.

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