

## **The Savior/Judas Mode**

(adapted from Conquering Codependency)

Sometimes we act as if we are the Savior – faultless and indispensable.  
Other times we act as if we are a Judas – always at fault.

Do you see a pattern here?

Can you identify any of these feelings in your own life?

### **The Savior Mode**

#### **Feelings**

- Important
- Confident
- Grandiose
- Superior
- Euphoric
- Possessive
- Self-righteous

#### **Thoughts and Words:**

- It's all your fault.
- You made me fail.
- He/she can't get along without me.
- I know what I'm doing, I don't need your help.

#### **Some unhealthy actions we often take are:**

- Controlling others (trying to fix people)
- Manipulation
- Defensiveness
- Rescuing people without being asked
- Outbursts of anger
- People pleasing

### **The Judas Mode**

#### **Feelings:**

- Depressed
- Lonely
- Angry
- Helpless
- Hopeless
- Persecuted
- Worthless

#### **Thoughts and Words:**

- It's all my fault.
- I'm a failure.
- I can't do anything right.
- Everything I do is wrong.
- Why do I always have to be the one to change?

#### **Some unhealthy actions we often take are:**

- Negative self-talk
- Self-pity
- Manipulation
- Using guilt trips to get our way
- Rationalization/making excuses for our behavior
- Withdrawing from others