



LIMITLESS

to honor Mother Gaia

THE
CONTROL
DRAMAS

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THE CONTROL DRAMAS

The Control Dramas are the four main ways that we as Humans stay co-dependent, emotionally, on one another.

This often plays out in distinctly in romantic relationships, which is where we become addicted to and take energy from one another.

This can be generational and stems from childhood trauma and dysfunction.

These were first coined by James Redfield in his Book, The Celestine Prophecy.

The Intimidator

Stealing energy by threat. Intimidators get people to pay attention to them by force of loudness, physical strength, threats and unexpected outbursts.

They keep everyone on edge for fear of triggering off embarrassing comments, anger and in extreme cases, rage.

Energy comes toward them because of the fear and suspicion of the “next event.”
Intimidators always have the stage.
They make you feel afraid or anxious.

The behavior may range from ordering others around, talking continuously, being authoritarian, being inflexible and sarcastic, to being violent.

Intimidators are the most cut off from
Source energy.

The Interrogator

Interrogators are less physically threatening, but break down spirit and will mentally, they question all activities and motivations.

They are hostile critics looking for ways to make others wrong. The more they dwell on your faults and mistakes, the more you will watch them and react to their every move. As you strive to prove yourself or answer to them, the more energy you send their way. All you say will be used against you at some point. You will feel as you are constantly being monitored.

Hyper vigilant, their behavior may range from being cynical, skeptical, sarcastic, needing, perfectionistic, self-righteous, to viciously manipulative. They initially engage others with their wit, infallible logic, facts and intellect. Interrogators create Aloof children and sometimes poor Me's. Both want to escape the probing of the interrogator.

The Aloof

Aloofies are caught up in their own internal world of unresolved struggles, fears and self-doubt. They believe unconsciously that if they appear mysterious or detached, others will come to draw them out. Often lonely, they keep their distance for fear of others imposing their will or questioning their decisions.

Thinking they have to do everything on their own, they don't ask for help. They need "lots of space" and often avoid being pinned down by commitments. As children they were not allowed to satisfy their need for independence or acknowledged for their own identity.

Prone to move toward the Poor Me, they don't realize that their own aloofness is the cause of them not having what they want (e.g. Money, love, self-esteem) or for their feelings of stagnation or confusion.

They often see their main problem as an external lack of something e.g. Friends, money, education etc. Their behavior ranges from disinterested, unavailable, uncooperative, to condescending, rejecting, contrary and sneaky. Skilled at detachment as a defense, they cut off their own energy with phrases like: "I'm different to others," "No one really understands what I'm trying to do," "I'm confused," "I don't want to play their game," "if only I had..." Opportunities slip away while they overanalyze everything.

With any hint of confrontation, they become vague and literally disappear screening calls and not keeping appointments. They initially engage through their mysterious, hard to get persona.

The Poor Me

Poor ME's don't ever feel they have enough power to confront the world in an active way, so they look for sympathy, pulling energy toward them.

When using the silent treatment, they may slide toward the Aloof mode but as Poor ME's, they make sure that the silence does not go unnoticed. Always pessimistic, they pull attention to themselves by worried facial expressions (pee face), sighing, trembling, crying, staring into the distance, answering questions slowly and retelling poignant dramas and crises.

Their favorite two words are "Yes, but.." They initially seduce by their vulnerability and need for help. However, they are not really interested in solutions as then they would lose their source of energy. They exhibit over accommodating behavior which leads them into feeling taken advantage of which reinforces their poor me addiction of taking energy.

They have little ability in setting boundaries and limits, behavior ranges from convincing, defending, making excuses, repeatedly explaining yourself, telling too much and trying to solve problems that are not their business.

They open themselves to being objectified, through their beauty or sexual favors and then resent being taken for granted.

Poor me's sustain their victim stance by attracting people who intimidate them. Outer behavior vs inner struggle.

GIFTS THROUGH AWARENESS

Once we become aware of the control dramas, we can tap into the gifts they were always trying to unlock. Which is the flip of the control dramas.

Intimidator ~ Leader

When connected to Source, an intimidator will find more self-esteem when he uses his or her leadership qualities. Assertive without being domineering, confident without being arrogant, he/she has more chance for enjoying challenges and gaining the cooperation of others.

Interrogator ~ Advocate:

The interrogator, transformed, channels the predilection for questioning into research for the greater good rather than for energy taking. Using more well-rounded interpersonal skills as a teacher, counselor or advocate.

Aloof ~ Independent Feeler

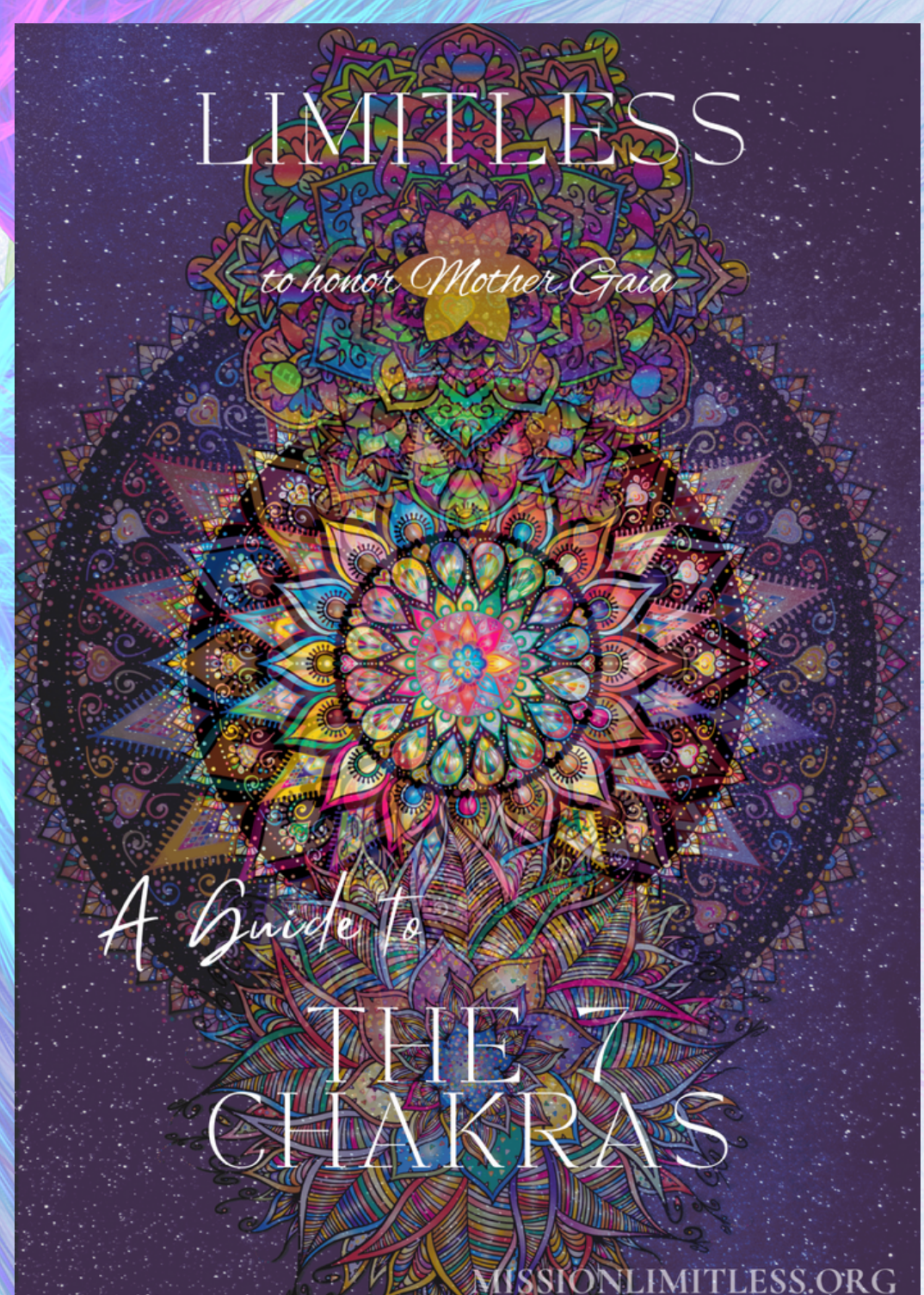
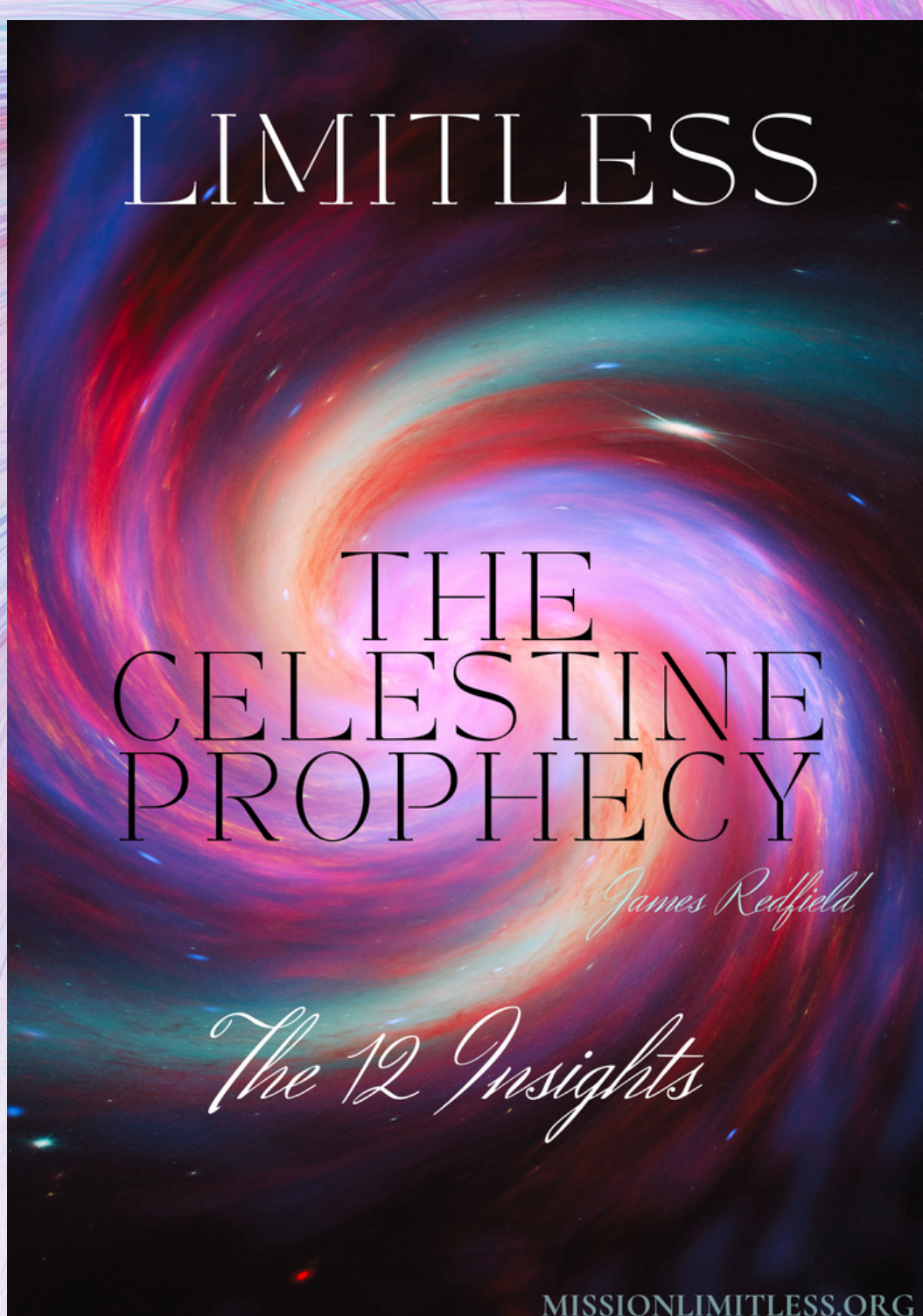
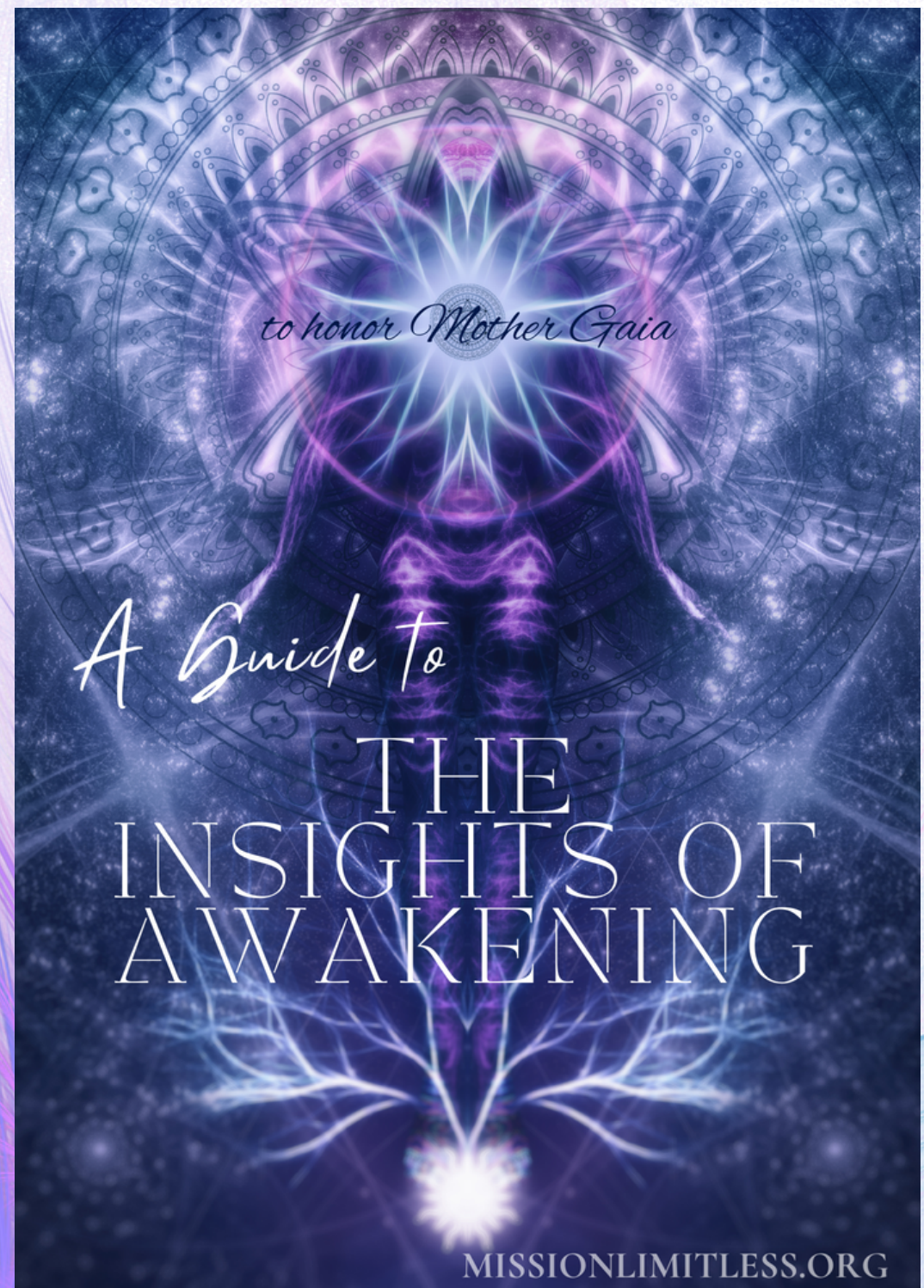
Freed from the need to remain an outsider, Aloofs access deep inner intuitive resources to bring wisdom and creativity to their life, such as being a healer or artist.

Poor me ~ Reformer

Having experienced true nurturing and unity, the Poor Me is able to stay grounded in his or her own inner source and becomes a compassionate social worker or healer.

For more information on navigating the Ascension process, we have more content, guides and resources shared on our website.

www.missionlimitless.org





All Limitless Content



Honors



Mother Gaia