Member Roles in Group Therapy

1. LEADER

2. THE AUTOMATIC TALKER

This person has something to say about what everyone else says and talks frequently but really does not have much to say.

3. VICTIM or the POOR ME

The victim or the “poor me” person tells a number of sad stories and usually with added drama that people know is beyond the real story. They also often speak with a squeaky or high pitched voice and look down with their eyes but will look up to see if they are getting the pity they are looking for.

4. THE DOMINATOR

This person will dominate the conversation in a group, talking about almost anything, but usually about themselves but keeping it “safe” and not reveal much about themselves. --see footnote on Dominator for why they do this.

5. THE LOOOOOONG STORY TELLER

This person has problems expressing themselves and just take a time to get it out. They get confused, backtrack, and take a long time to the their story. They don’t know when to stop talking.

6. THE BULLY

This person comes into the group with a big chip on his shoulder. He / she is really angry and feels a need to take it out on someone, they don’t care much who it is. They enter the circle pounding their fist and making comments like: “someone will pay for this!

7. ATTACK THE LEADER

This person attacks the perceived leader by demanding they take some certain action to "make" the group do what it should do.

8. THE WALK OUT

After someone says something that is somewhat derogatory, this person storms out.

9. CRITIC

This person judges the statements of members in a skeptical and critical manner.

10. FIXER

This person gives advice to individuals and the group, and corrects people when they are in error.