

Zone of fabulousness

Enmeshment

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Disconnection

What we think/feel



- It's all up to me
 - Others won't get it done
 - I can save them
- 'Special', righteous*



- I care about clients and myself
 - I can ask for help
 - I know my purpose
- Supported, safe, caring*



- I can't change anything
 - I don't care anymore
 - It's other people's fault
- Cynical, frustrated, helpless*

What we do



- Transgress boundaries
- Try to fix people
- Work in isolation
- Take work home

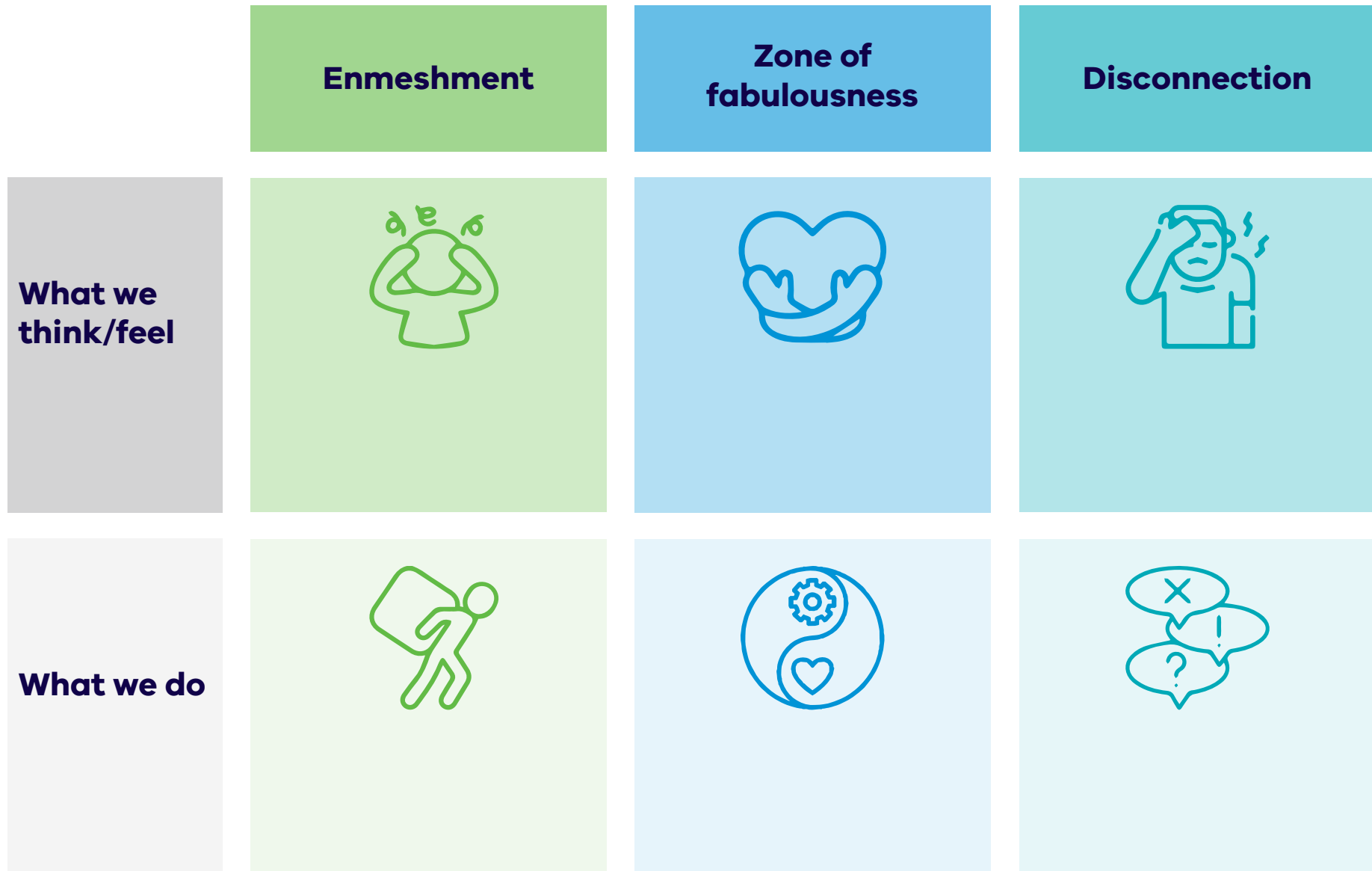


- Person-centered
- Stay true to our ethics
- Convey hope
- Invest in collective care



- Put in less effort
- Put others down
- Distance ourselves
- Lose focus

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Based on the research of Dr. Vikki Reynolds.

Alternative format

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Available at <https://www.vic.gov.au/zone-fabulousness>

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