

Being the Victim

Being the victim means you do not need to take responsibility for yourself, your behaviour or your actions. Being the victim means you are the one that is hurting and something or someone is to blame for how you see yourself. In my workshops many people understand this concept and yet are still unwilling to take responsibility for how they feel, behave or act and sometimes they are unable to react in any other way than as a victim. We all fall into this trap. Attention to your own awareness is the key to understanding your victim behaviour. Only you can discover why you choose to remain a victim and what it is you will need to give up to stop being a victim.

In one of my workshops I worked with Eric, who had been ill for a long time. He talked about how ill he was and what it stopped him from doing. On the basis of searching for his particular victim behaviour I decided to turn his understanding of the situation around and asked him what it was that being ill enabled him to do. He was shocked at the prospect that he could be getting something out of being ill. He went through the activities and could soon see he got lots of attention from caring ladies when he was ill, far more than he had ever got as a well man. He also didn't have to go to work every day, he could spend time writing his book and receive sickness benefit. After realising he had a lot of things invested in his illness I asked him if he was willing to give up his illness and he said no. At lunchtime he thanked me and excused himself from the class. He had made a new choice one that was in integrity with his real desire, to be unwell.

Let's look at what you do to perpetuate your victim state.

- WHEN YOU ARE PLAYING A VICTIM, YOU ARE NEVER CREATING. BEING UNWILLING TO LOOK AT YOUR DESIRES, CREATE YOUR LIFE AND HAVE A PURPOSE TO FOLLOW PERPETUATES VICTIM HOOD. PLAYING THE CREATING GAME WILL CHANGE YOUR BELIEF IN YOURSELF AND MOVE YOU FROM BEING THE VICTIM THAT BLAMES TO A PERSON WHO CREATES.
- YOU DO NOT SEPARATE YOURSELF FROM WHAT YOU DO. THERE MAY HAVE BEEN A TIME WHEN YOU HAVE BEHAVED BADLY; AN EXAMPLE MIGHT BE THAT YOU WERE UNFAITHFUL IN YOUR MARRIAGE. YOU CHOOSE TO CONTINUE BEING GUILTY, CARRYING YOUR SHAME AND CONNECTING THIS WITH YOUR SELF WORTH RATHER THAN DO SOMETHING ABOUT IT. BEING WILLING TO SEPARATE FROM YOUR ACTIONS, LEARN FROM THEM AND ACCEPT THEM FOR THE MISTAKES THEY ARE TAKES YOU FROM BEING A VICTIM TO A POSITION OF STRENGTH AND RESPONSIBILITY.
- AS A VICTIM YOU DO NOT TAKE RESPONSIBILITY FOR YOUR LIFE, YOU DEPEND ON OTHERS TO PROVIDE YOU WITH THE THINGS YOU ARE NOT WILLING TO DO FOR YOURSELF.

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- YOU CONTINUE BEING A VICTIM BECAUSE YOU DO NOT BELIEVE THAT EVERYTHING YOU NEED IS ALREADY AVAILABLE WITHIN THIS UNIVERSE WE LIVE IN. YOU DO NOT HAVE FAITH IN WHAT IS POSSIBLE; SOMEHOW YOU ARE THE VICTIM THAT CANNOT HAVE ACCESS TO UNIVERSAL ENERGY BECAUSE YOU ARE NOT WORTHY.
 - AS A VICTIM YOU TAKE THE EASIEST OPTION RATHER THAN MAKING THE EFFORT TO WORK AT CREATING SOMETHING DIFFERENT. YOU SAY IT'S TOO HARD AND YOUR UNWILLINGNESS TO STICK TO WHAT YOU CLAIM YOU WANT AND CONTINUE INSTEAD TO INDULGE IN YOUR HABITS KEEPS YOU A VICTIM.
 - AS A VICTIM YOU BELIEVE THAT YOU NEED PERMISSION TO GO FORWARD AND CREATE WHAT YOU DESIRE. MANY WOMEN HAVE THIS VICTIM STATUS, SAYING 'I WILL HAVE TO ASK MY HUSBAND FIRST!' THIS IS A USEFUL WAY FOR SOME WOMEN TO GIVE THE RESPONSIBILITY TO OTHERS AND THEN BLAME THEM. VICTIMS ARE UNWILLING TO SEE THAT AS ADULTS THEY ARE THEIR OWN AUTHORITY.
 - A VICTIM IS UNWILLING TO LEARN HOW TO GO FORWARD IN LIFE AND HAS MANY REASONS; 'I AM TOO OLD', 'TOO YOUNG' OR 'TOO STUPID.'
 - YOU STRENGTHEN YOUR VICTIM STATUS BY CONTINUING WITH SELF NEGATING CHATTER. OFTEN YOU DO NOT HEAR IT, BUT IT RUNS LIKE A SOUNDTRACK IN THE BACK OF YOUR CONSCIOUSNESS. AS A VICTIM YOU ARE UNLIKELY TO WANT TO HEAR IT AND WORK TO BE AWARE AND CHANGE IT.
 - YOU BELIEVE THAT YOU NEED TO BE PERFECT TO BE OK IN THE WORLD. BEING PERFECT MEANS THAT YOU WILL ALWAYS HAVE TO FAIL AT SOMETHING, BECAUSE YOU CANNOT BE PERFECT ALL OF THE TIME.
 - YOU RELY ON OTHERS TO GIVE YOU A SENSE OF SELF WORTH, IMPORTANCE AND VALIDATION. WHEN THINGS GO WRONG OR THAT PERSON LEAVES YOU CAN BLAME THEM FOR CONTROLLING YOUR LIFE OR THE SITUATION.
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There are many people who play the victim who also believe that the world, God, Mother Earth, the Universe is against them. You hear them say "What will be will be? It's written in the stars. There is nothing I can do to change a thing!". You too will have victim statements that you use to blame the world.

You'll be able to find other ways in which you choose to continue your victim myth. What is it that you hide behind? The following process will help you discover your own excuses.

- TAKE A MOMENT TO SIT UP STRAIGHT WHEREVER YOU MAY BE, THIS WILL SUBLIMINALLY INSTRUCT THE BODY AND MIND TO CONNECT IN THE PARTNERSHIP OF CREATING.
- CLOSE YOUR EYES; TAKE THREE SLOW, DEEP AND EVEN BREATHS.
- LET YOURSELF BE OPEN TO ANY ANSWERS THAT YOU RECEIVE, WITHOUT JUDGEMENT.
- RELAX THE BODY, CHECK SHOULDERS AND FACE FOR TENSION AND TIGHTNESS.

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- IMAGINE THAT SOMEONE IS ASKING YOU WHY YOU HAVE NOT BEEN ABLE TO DO SOME THING, OR GO SOMEWHERE, OR HAVE A SPECIFIC THING. MAYBE YOU HAVE BEEN TALKING ABOUT APPLYING FOR A NEW JOB AND AT THE FINAL STAGE OF APPLYING YOU CHANGE YOUR MIND. WHAT REASONS DO YOU GIVE YOUR FRIEND FOR WHY YOU DID NOT GO FORWARD? WHAT WOULD YOU SAY? WHAT EXCUSES WOULD YOU MAKE? IS YOUR RESPONSE 'OH IT JUST WASN'T FOR ME!' OR 'AFTER THINKING ABOUT IT, I DIDN'T REALLY WANT TO WORK THERE!' AND THEN ASK THE QUESTION 'WHY?' YOU CAN DO THIS WITH ALMOST ANYTHING THAT YOU DECIDE TO CHANGE YOUR MIND ABOUT AND YOU CAN DO SELF ENQUIRY WITH YOUR RELATIONSHIP ISSUES. WHY DO YOU STAY IN A DULL OR UNHAPPY RELATIONSHIP?
 - LISTEN TO YOUR EXCUSES, YOUR REASONING AND HOW YOU CONTINUE TO PERPETUATE YOUR VICTIM POSITION AND WRITE DOWN WHAT COMES TO YOU. WHAT DOES THIS TELL YOU ABOUT HOW YOU STOP YOURSELF FROM TAKING RESPONSIBILITY FOR YOUR LIFE AND HOW YOU HAVE BEEN CREATING YOUR LIFE UP TO NOW? WHEN YOU CHOOSE TO BE A VICTIM THE PEOPLE AND SITUATIONS THAT YOU ATTRACT WILL BE IN DIRECT ALIGNMENT WITH THIS ROLE THAT YOU PLAY. LOOK AT THE PEOPLE AND SITUATIONS THAT YOU HAVE ALREADY CREATED THAT FIT IN WITH HOW YOU PRESENT YOURSELF AS A VICTIM.
 - DO NOT ANALYSE THE ANSWERS OR MAKE THEM FIT WHAT YOU REALLY WANT TO HEAR, SIMPLY MAKE NOTES AND SEE IF YOUR AWARENESS TO HOW YOU ARE CREATING YOUR LIFE IS EXPANDING.
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Focus Point

Close your eyes and take three, deep slow breaths. You will be able to connect to one of the above and will know that you perpetuate your victim status by acting out your patterns.

Imagine yourself in one of the situations where you play out your victim role and watch as clearly as you can how you perform.

Now as you are standing back and looking in on your victim game, exaggerate the performance. Like a Greek tragedy, wail, scream, stamp your feet, throw yourself on the floor, sulk, argue, crouch in a corner and hide. In your visualisation do what ever you do as a victim and really indulge to the point that you are amused at your performance. Try to laugh at yourself!

INSIGHT (BEING A VICTIM)