



# HEALING OUR EMOTIONS - LESSON 6

## THE CURE TO THE VICTIM MENTALITY

### WHAT IS THE VICTIM MENTALITY?

“It is normal to feel sorry for yourself once in a while or powerless in the face of a challenge, but if you have a victim mentality, you're **CONSTANTLY** feeling sorry for yourself.”





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### HOW DOES IT MANIFEST?

The person with the victim mentality constantly blames, points fingers, or holds pity parties that are fuelled by pessimism, fear and covert anger.

She puts herself down: “I'M NOT GOOD ENOUGH” (no self-esteem)

She negates her own ability: “I CAN'T” (no self-confidence)

She wants to believe she has no choice: “I HAVE TO” (no power)

Is passive-aggressive: sulks, withdraws, makes excuses, and sets herself up for failure (even if it's subconsciously): this will give her a new reason to feel sorry for herself.



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### HOW DOES IT MANIFEST?

- Believes others have it EASY. She has it TOUGH
- Believes people are purposely trying to hurt her
- Becomes cynical, pessimistic
- Looks for recognition of her pain from others, validation of her state
- Enjoys sharing her tragic stories - even shocking people with them
- Focuses on what's wrong, not what's right





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### INSTANT GRATIFICATION OF THE VICTIM MENTALITY

- You don't have to take responsibility
- You have the “right” to complaint
- It is a cheap and easy way to get attention
- People feel compelled to help you and do what you ask for
- You can easily become the center of attention without any effort
- You have no time to be bored because there is so much drama in your life
- You avoid anger because you're too busy feeling sad





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### WHAT DOES IT REVEAL ABOUT YOU?

It shows a LOT of self-absorption. It is all about ME, ME, ME, ME, ME, ME....

And self-adoration: You are the GOOD one. Others (people, circumstances, or God/Life) are BAD.

A lot of separation between YOU and THE WHOLE





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### THE VICTIM MENTALITY: THE LONG-TERM PAIN

- No matter how good you have it, you always feel bad
- You don't live the life you want because you don't take the action that you could
- You cannot have good relationships because you're always blaming others
- You have few friends because it is difficult for people to be around so much negativity and self-absorption. People tend to avoid you





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## THE CURE TO THE VICTIM MENTALITY

### HOW TO CURE IT: ADOPT A NEW SET OF BELIEFS

From “It's all about ME!” to “We're in this together”

From “I have it worse than others” to “Everyone is struggling in this life”

From “I cannot change things” to “It is up to me”

From “I can't” to “I can do everything I set my mind to”

From “I'm not good enough” to “I am as good as everyone else”

From “I'm Good - they're bad” to “We're all a mixture of both”

From “I can't help but be sad” to “I can change my mood at will”



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### HOW TO CURE IT: ADOPT A NEW SET OF BELIEFS

From “I don't deserve” to “I don't need to deserve”

From “I am worthless” to “We all have the same value”

From “I am a failure” to “We all fail and win throughout life”

From “I cannot do anything about this” to “I always have a choice”

From “everything needs to be perfect” to “nothing is perfect in this life”

From “things happen to me” to “I am creating my reality with each one of my thoughts”

From “poor me” to “rich me”



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THE AREA WHERE I SEE MYSELF MORE AS A VICTIM IS:

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THE MAIN BELIEF I WILL CHANGE MOVING FORWARD IS:

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TO LIKE MYSELF BETTER / BE MORE PROUD OF MYSELF THIS WEEK, I WILL:

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