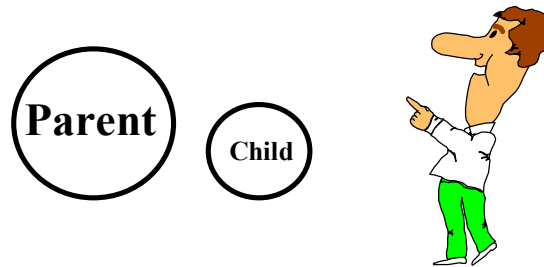


## Parallel Learning Technology

### Adult Child Thinking Fear and Victim

The penalty for not growing up emotional is very high. If we stay stuck in the “little circle” perspective of childhood, we do not develop:

- Self-authority—the ability to make our own decisions
- Self-responsibility—the ability to take action on these decisions
- Self-accountability—the ability to ask for and accept feedback and consequences.



We swap emotional self-authority for a self-defeating cycle of judgment, fear, control, blame, and victim. This cycle becomes a way of life. We come to believe that powerlessness is a law of life and that, “**Life owes me something.**” We begin to live in accordance with a “Law of the Victim

#### THE LAW OF THE VICTIM

##### We come to believe:

- It's OK for me to feel hurt by others.
- It's OK for me to feel like a victim of life.
- It's OK for me to feel helpless.
- It's OK to expect others to take care of me.
- It's OK to feel resentful when I have to do anything.
- It's OK not to be responsible for my feelings and my own life.
- Life and everybody in it owes me something.

## I Am Victim!

- As a victim, I know it's not my fault. Since it's not my fault, it has to be someone else's fault.
- Don't try to fix the problem because if the problem were fixed, I would no longer be a victim, and if I were no longer a victim, no one would ever notice me.
- I could no longer attract people to care for me, no one would love me.
- Worse yet I would be nothing! I would be invisible! I would be nobody!
- Only by being a victim will you feel sorry for me, and that will mean you love me.
- Only by being a victim and insisting that you care for me, can you prove that you really love me.

### **If you try to solve my problems and remove my hurt, I will victimize you**

- I will create you as a persecutor so that I can remain a victim.
- I will make you feel that you have to do more than you are now doing.
- I will make you feel uncertain about yourself and the future.
- I will make you act helpful or hostile, and I won't give up until you do.
- I will remind you of my expectations and your failure to meet them.

**I am a victim.  
Come dance with me!**

**(Excerpt: Passage to Adulthood, Chapter 3)**

