

The Weekly Skillet

Serving Up New Choices For Your Life!

Volume 1
Issue 33

October 16, 2002

The Main Course



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What is a 'victim'?

We have seen how judgment and control can become the sum total of our emotional world. These two distorters can cause us to lose all sense of emotional equality and we end up living in a self-defeating cycle called "Victim of Life."

When we feel like a victim, we do the following:

- We judge others, we feel righteous, and get a sense of false power over other people.
- We end up feeling full of power.
- **We believe that this feeling of power gives us the right to exert control over others either through aggressive or passive behavior.**
- We get angry when others do not respond to our control.
- We blame others when they do not respond to our anger.
- We slip into a feeling of helplessness when blaming others does not get us what we want.
- We feel like someone has "done us wrong."
- We feel like a victim.

This cycle becomes a habit:

- We repeat it instinctively.
- We don't notice that we have taken on the perspective of "Victim of Life."
- The victim's belief is, "Life owes me something."

We come to believe:

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 my being a victim and insisting that you care for me, can you prove that you really love me.

Victims don't really want a solution. So, 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 be angry at you and I will make you angry at me, and I won't give up until you get angry.
- I will remind you of all my expectations of you and your failure to meet them.

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

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