

VICTIM MENTALITY ACTS PRIMARILY AGAINST THE SELF DECLARED VICTIM

We tend to...

Process

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People and things we do not like

- Criticize them
- See only the negative
- Over worry about them

We do not change anything in the situation of others by doing so. They are not improving because we criticize and they are not their ways, because we did not say anything before. Their change will be due to their own will, at their own timing.

We perpetuate the negative and poisonous feeling inside ourselves making us worry more. We criticize more, become more negative, feel like the victim, and more and more attached to a toxic reaction, searching for more negative examples in others because we do not see ourselves the way we truly are, we exhaust our energy, which could be better used a different way, our energy is for trying to look at the same thing with different eyes.

Since we hardly can see the positive in a perceived negative situation, we can apply a more neutral attitude to help us cope, the resentment gradually is replaced by more joyful feelings or activities. We feel calmer, we think clearer. We understand the negative is not such an unsurpassable event, we regain confidence in ourselves and our capacity to deal with whatever comes, we free ourselves from criticizing, judging and worrying, we start to realize it was not a good or helpful feeling, we understand it kept us in the dark of our true self and our best possibilities.

We now can see the negative is also a little positive in the sense it triggered to find an answer to some very necessary questions (for our own good), and more than feeling neutral about the situation, we start feeling grateful about it, since it forced us finding new ways of using our energy. We can develop ourselves, we can even be compassionate to the old situation or person as we realize the only help we can bring for their change is presence, understanding, care and perhaps sharing our experience of the process.