

Date:

Victim Worksheet

The purpose of this worksheet is to help you identify your victim patterns, the reasons you are making these choices, and then to brainstorm a new way of handling similar situations. Think of a time when you acted like a victim. **Victim behavior includes anything that is contrary to what God would want us to do.**

1. What happened (the facts)?
2. How did you respond?
3. Why did you respond this way?
4. Which of the 5 victim rules were you following?

Rule #1: Accept that you are truly of little or no value.

Rule #2: Do not ask for what you need or want.

Rule #3: Treat yourself or others disrespectfully, preferably both.

Rule #4: Do not change dysfunctional areas of your life.

Rule #5: Live your life in extremes, avoiding balance.

5. What is your underlying need? Understanding our true needs is essential! (Possible underlying needs include: acceptance, significance, security, love, nurture, affirmation, respect, appreciation, rest, satisfaction, peace, freedom, a true provider, protector, or source of power.)
6. How could you have done it differently?

Example #1

1. My rent was due.
2. I didn't pay it.
3. I didn't have the money because I spent too much money last month.
4. Rule #5 (Living life in extremes, avoiding balance.)
5. I use money to make myself feel better and buy what I want, when I want it. I need a true provider and need to nurture myself in healthy ways.
6. I need to trust God to be my provider. I could get help to learn how to live on a budget and live within my income so it does not happen again. (Healthy people can make changes.) Also, when I am feeling bad, I can call a friend and ask for help.

Example #2

1. I had just cleaned up the kitchen when my husband came in and made himself a sandwich and left a big mess.
2. I said nothing to him, but was fuming inside as I cleaned it up.
3. I was afraid we would get in a big fight if I told him how upset I was about the mess.
4. Rule #2 (Can't ask for what I want.)
Rule #3 (Treating myself disrespectfully.)
5. I need respect and appreciation for my work and contribution to our home.
6. I could have spoken up without making demands or threats and said, "You know, honey, I realize you weren't in here an hour ago when I cleaned the entire kitchen, but I made a pretty good effort. And after you made your snack and left everything out, I felt frustrated and unappreciated."