

Podcast Worksheet
Victim Identity Part 2: The Lifestyle

Scriptural Texts:

Ecclesiastes 7:18; Luke 6:31

5 Victim Rules:

1. Accept that you are truly of little or no value.
2. Do not ask for what you need or want.
3. Treat yourself or others disrespectfully, preferably both.
4. Do not change dysfunctional areas of your life.
5. Live your life in extremes, avoiding balance.

Main Points:

1. A victim is someone who defines themselves by the choices they have made, and by the things that have happened to them.
2. False beliefs need to be identified and changed, because this is what drives the victim lifestyle.
3. Victims live messy lives. And they are painful to be around.
4. Passive victims struggle to find their voice and ask for help, choose not to respect themselves, fear disapproval, anger, and rejection, and see themselves as weak and pitiful.
5. Aggressive victims struggle to respect others, have a need for control, use force and intimidation to get what they want, are self-centered, demanding, judgmental, and blaming.
6. Both types are fearful and needy, rarely taking responsibility for how they relate to others.
7. Being miserable and living as a victim is a choice. Everyone is free to make a different choice.
8. A classic trait of victims is to expect others to read their minds. Sharing our thoughts and desires (without threats or demands) sets up a healthier dynamic for everyone.
9. Victims make excuses for everything. They find significance in being a hot mess all the time.
10. Victims are black and white in their thinking; they often cannot see another way of doing things.
11. Healing is required before we can learn how to give up the victim identity and live victoriously.

Questions:

1. Which of the 5 Victim Rules do you find yourself adhering to most often?

2. How do you define yourself? What are your identity beliefs? Are they true or false?

3. What changes can you make to begin to relate to others in a healthier manner?

Prayer of Response:

Lord God, I'm frustrated with my many victim traits, and suspect those around me are frustrated, too. Please help me recognize how I choose to be a victim and give me the courage to make changes. Help me win this battle as I begin to pursue becoming a healthier person. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
