



## Getting out of the 'Victim' mind frame

The world is against me! Why does everything keep going wrong? Why can't I get a break? Other people seem to have it so easy!

Sound like you?

Well then you are stuck in a victim mindset.

So, we put up social media post crying out for help or saying: 'having a bad day' so that people respond with 'It will be ok'. But here is the downside to that – what if no one says anything or reaches out. What if that person you were hoping would ask if you are OK doesn't...will you feel better or worse?

In the eyes of a victim, everything(one) else is to blame for the negative events that happens in life. It feels like the victim isn't in control of what will happen next.

The thing about self-pity and self-worth is that they start with the same thing – the self! It is only you who believes the world is against you.

We need to stop with the 'I need the world to help me' attitude and realize that the ability to change and the power to create self-worth – starts with you!

***"You are not a victim of your situation; you are a victim of your mindset"***

So how can we do that. Well – if you are feeling negative and that life has it out for you right now, then here are some things to focus your energy on:

### **1) No More Excuses**

It's easy to make excuses for why we won't pursue our hopes, visions and goals aside. We make excuses such as: 'there's not enough time', 'I don't have enough money', 'I'm not supposed to' or 'I'm too busy'.

Step 1 is the hardest – but you have to offer yourself a little bit of tough love. You need to stand tall, take a deep breath and say, 'nothing is standing in my way'. Say it out loud to the sky or into the mirror. It's time to own the bad things and say 'OK, that happened – but you know what – I am going to bounce back!

The problem with excuses is that they get us nowhere. So, the next time an excuse passes through your mind – remember, every decision is *your* choice. No one else will fulfil your goals for you because no one else cares more than you do about the result.

### **2) Reverse the Tide through achievement**

We all have the ability to achieve things. At the moment you are not feeling very successful – but that can change – really quickly. Start small and tell yourself you are going to reach a certain outcome within a short(ish) time frame. Maybe it is that you are going to run a mile under a certain time by the end of the month. Or you are going





to get that closet cleaned out by the end of the weekend. Right it down, pin it up somewhere that you will see it and then get it done! When you achieve it, take down that paper with pride! Then, get the pad out – and right down the next one. Repeat this until you start going after the biggest things you want to achieve.

This sense of achievement will prove that YOU are in control of YOU! You made these decisions and you achieved them. So, who is in control then? Oh wait, that's you!

### 3) The 'Can Do' list

This can be very useful for enlightening you as to just how 'unserious' the situation can be. If you have a particularly strong grief at the moment – hating your job, you have an unexpected baby on the way or maybe your car just broke down, again!

Here is what you do – write down the problem on a piece of paper. Write down WHY it is such a problem and HOW it makes you feel, in five words or less. Then draw a line under that and then write down what parts of the situation you CAN control. The situation you are in, you cannot change – but write down what you can do going forward. And then focus your energy on that. Only aim to control the parts that you can control, don't try change the ones you can't.

### 4) Oh Yeah – the good stuff

It is very easy when life has us down, to only think about the bad stuff and to obsess as to why that is going on and what we can do about it. But if you take a little bit of time to remind yourself of the good parts, the bad still will not seem as serious – try it. Make a list, it doesn't matter how short, of the good parts in your life. The idea here is that you say "Well, I guess X is going OK". There is never a complete failure of *all* parts of your life.

So, if you are down about your school grades then think about the friends you have or how good you are at a certain sport or activity. If you didn't make the team then remind yourself of the amazing girlfriend or wife you have who is cheering for you not matter what.

I know this doesn't make the problem go away. But it will lift your spirits enough to actually tackle the bigger problem with a bit more energy – thus, greatening your chances of 'defeating the dragon'.

The problem won't go away without effort. You need to believe that you CAN overcome your challenges, instead of just playing victim.

*"Don't be a victim of negative self-talk, remember – you're listening" – Bob Hope*

