

# I avoid self-pity

## **I avoid self-pity.**

I eliminate self-pity from my vocabulary. I avoid it, so my existence is free from the chains that bind me when I feel sorry for myself.

I understand tragedies happen to everyone. Life has many unfair aspects. We all have unique burdens to carry on this planet. When I suffer tragedy, I feel sad, but I avoid the self-pity that can follow.

## **I know that hardships are normal, so I accept them.**

I avoid the victim mentality. Instead, I focus on how to improve my life and make it better. I stop the guilt and shame that appears from disappointments or failures.

I overcome adversity with my spirit and willpower. I avoid the swamp waters of self-pity that swallow up joy. Instead, I know my skills and strength are enough to carry me. I take responsibility for my actions.

## **It is my job to create my future.**

Self-pity impedes my progress. I know I am stronger than this emotion. I avoid blaming my current circumstances or my past. I understand that obstacles happen. I avoid blaming my family or friends for my issues.

I make my own world. I am in control of my success and failures.

I have an attitude of taking charge and making the most of my situation. I am responsible for my own happiness.

Today, I avoid self-pity and focus on progress.

## **Self-Reflection Questions:**

1. How can I avoid self-pity during difficult moments in my life?
2. What can I do to help others overcome their victim mentalities?
3. How can I help my family see that self-pity harms them?

