**Victimization**

**Overcoming a Victim Mentality**



**Oh, God help me to pull up the chains that have kept me in bondage. So, I can be set free! Free at last!**

**Victim Survivor Conqueror Ministry**

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**Victimization**

A story is told of baby elephants in the circus world coming under the “chain of control.” Immediately after birth, the baby elephant’s leg is chained to a stake. No matter how hard he tires, he cannot tug free. Soon the young elephant stops pulling against the stake. He accepts as fact that he has no power to become free. Over time, elephant matures in his body, but not in his mind. Although he possess the physical power to free himself with ease, he is mentally and emotionally powerless… he doesn’t even try! Adults who were abused as children often live with this same false sense of reality. They perceive themselves as powerless. They don’t realize that Yahweh (God) can pull up the chains of past abuse and set them free.

*“It is for freedom that Messiah (Christ) has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”*

*Galatians 5:1*

**What is a Victim?**

**.** A victim is a person who is adversely treated.

 *A victim of neglect due to an alcoholic spouse or workaholic parents*

**.** A victim is a person who is tricked or duped.

 *A victim of robbery and other dishonest schemes*

**.** A victim is a person who is injured, destroyed or sacrificed.

 *A victim of incest, domestic violence, rape, or satanic ritual abuse*

***.*** A victim is a person who is subjected to oppression, hardship or mistreatment.

 *A victim of any emotional, sexual or physical abuse*

**What is the Victim Mentality?**

The victim mentality is a mindset in which a person who was once a victim continues in old thought patterns of feeling ***powerless***, even when the victimization has ended.

People with a victim mentality tend to see others as powerful, but themselves as powerless.

Victimized children are genuinely powerless to stop abuse from occurring, but as adults they needlessly assume the same powerless state. This faulty assumption needs to be replaced with Yahweh’s (God’s) truth in order to embrace the future that the Elohim (Lord) has planned for them.

**“What will help me overcome a victim mentality?**

*You can overcome a victim mentality by changing the way you see yourself.* As a child, you were defenseless, but as an adult you are no longer without power.

*“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.”*

*1 Corinthians 13:11*

***What are the Victim’s Broken Boundaries?***

**.** Because of past physical and emotional abuse, victims continue to have difficulty establishing and maintaining personal boundaries.

**.** Adults who relate to others out of a victim mentality have difficulty being appropriately honest and assertive.

**Test for broken boundaries**

□ –do you find it difficult to make decisions and stick with them when opposed?

□ –Do you feel you must seek opinions from others before making a decision?

□ –Do you feel hesitant to give your opinion when asked?

□ –Do you fear expressing what you really feel?

□ –Do you lack confidence in your convictions?

□ –Do you avoid certain people because you fear embarrassment?

□ –Do you find it difficult to maintain eye contact with another person?

□ –Do you find it difficult to ask others for help?

□ –Do you do favors for others even when you know you shouldn’t?

 □ –Do you avoid asking people to return overdue items they have borrowed?

□ –Do you have difficulty receiving sincere compliments?

□ –Do you need a great deal of assurance from others?

□ –Do you do more than your fair share of work on a project?

□ –Do you have difficulty pointing out situations that are unfair?

□ –Do you ever say yes when you want to say no?

*“fear of man will prove to be a snare but whoever trust in the Elohim (Lord) is keep safe”*

*(Proverbs 29:25)*

**Low Self Worth**

Victims of abuse a lot of times have a low sense of self-worth

Place a check mark beside the ones that apply to you.

□ –accepting abuse □ –accepting blame □ –accepting condemnation

□ –accepting injustice □ –being critical of self or others

□ –being desperate for approval □ –being unable to set boundaries

□ –being unable to accept compliments □ –being a people-pleaser

□ –being defensive

Those who have a warped view of themselves and others often have a warped view of Yahweh (God).

*“Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet Yahweh (God) feeds them. And how much more valuable you are than birds!”*

*(Luke 12:24)*

**Dependency**

The victims of abuse often form various forms of addictions or dependencies such as dependency….

Place a check mark beside the ones that apply to you.

□ –on food □ –on social status □ –on drugs/alcohol □ –on people

□ –on financial security □ –on personal abilities □ –on religion

□ –on material possessions □ –on physical appearance

□ –on professional success

*“For he will deliver the needy who cry out, the afflicted who have no one to help”*

*(Psalm 72:12)*

**Fear**

Fear is a common side effect experienced by victims of abuse. They may exhibit fear…

□ –of abandonment □ –of authority figure □ –of rejection

□ –of Yahweh (God) □ –of failure □ –of unexpected changes □ –of affection

□ –of unfamiliar places □ –of intimacy □ –of unpredictable situations

*“Yahweh (God) has not given us a spirit of fear, but of power and of love and of a sound mind”*

*(2 Timothy 1:7)*

**Excessiveness**

□ –in control □ –in appearance □ –in seriousness □ –in safety

□ –in work □ –in rules □ –in organization □ –in details

□ –in relationships □ –in thoughts

*“offer your bodies as living sacrifices, holy and pleasing to Yahweh (God)-this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what Yahweh’s (God’s) will is-his good, pleasing and perfect will”*

*(Romans 12:1-2)*

**Compulsiveness**

□ –about perfectionism □ –about personal rituals □ –about dieting

□ –about irresponsibility □ –about repeated victimization

□ –about daily routines □ –about cleanliness □ –about exercise

□ –about orderliness □ –about locking doors

Those who feel controlled by compulsive behaviors need to know that….

*“Yahweh (God) will meet all your needs according to his glorious riches in Messiah Yeshua (Christ Jesus)”*

*(Philippians 4:19)*

**What are the Physical Side Effects?**

**. Sexual difficulties . Sleeping disruptions**

 -frigidity/impotence -nightmares

 -promiscuity -insomnia

 **. Eating disorders . Memory disturbances**

 -anorexia -memory blocks

 -bulimia -flashbacks

 **“After being victimized, is healing really possible?**

Yes, through the power of the Elohim (Lord). It may take time, but healing can be a positive process through which you will experience spiritual growth.

*“Heal me, O Elohim (lord), and I will be healed; save me and I will be saved, for you are the one I praise.”*

*Jeremiah 17:14*

**Causes of A Victim Mentality**

Sensitive children who are overwhelmed with trauma often come to distorted conclusions about themselves and their world. These incorrect beliefs lead young hearts to adopt behaviors that hide their intense hurt. Unknowingly, victims often allow their immature attitudes to become walls that block intimacy with Yahweh (God). Yet the Elohim (Lord) lovingly uses failures and problem relationships in adulthood to reveal unresolved childhood emotional problems. As Yahweh (God) calls each one of us to account, His desire is to break down these old walls in order to…***set the prisoner free!***

“*Their thinking became futile and their foolish hearts were darkened.”*

 *Romans 1:21*

**Spiritual Walls**

**Prisoner of the Past**

***False Beliefs Childish Thinking Truth***

**.** *Blaming Yahweh (God) -“This is Yahweh (God’s) fault “He is the Rock, his works are*

 *-“Yahweh (God) is not fair!” perfect, and all his ways are*

 *Just. A faithful Elohim (God)*

 *who does no wrong, upright*

 *and just is he”*

 *Deuteronomy 32:4*

**.** *Anger toward Yahweh (God) -“How could Yahweh “The Elohim (Lord) is*

 *(God) let this happen righteous in all his ways and*

 *to me? loving toward all he has made”*

 *Psalm 145:17*

**.** *Distrust of Yahweh (God) -“I can’t depend on “Trust in the Elohim (Lord) with*

 *Yahweh (God) your heart and lean not on your*

 *Own understanding”*

 *Proverbs 3:5*

**.** *Fear of Yahweh (God) -“I’m afraid of Yahweh (God).” “The Lord is my light and my*

 *-“I want to hide from salvation-whom shall I fear?*

 *Yahweh (God).” the Elohim (Lord) is the*

 *Stronghold of my life?-of whom*

 *Shall I be afraid?” Psalm 27:1*

**.** *Doubt of Yahweh -“Yahweh (God) certainly “I have loved you with an*

*(God’s) doesn’t love me.” Everlasting love; I have drawn*

 *Love me.” You with loving-kindness.”*

 *-“I don’t deserve Jeremiah 31:3*

 *Yahweh’s (God’s) love.”*

**Emotional Walls**

**Prisoner of the Past**

***False Beliefs Childish Thinking Truth***

**.** *Bitterness -“I wish I didn’t live “See to it that no one misses the*

 *In this family.” Grace of Yahweh (God) and*

 *-“I wish I were that no bitter root grows up to*

 *someone else.” Cause trouble and defile many.”*

 *Hebrews 12:15*

**.** *False Guilt -“This is my fault.” “Surely you desire truth in the*

 *-“I must not tell, I’ll the inner parts; you teach me*

 *Get in trouble.” Wisdom in the inmost place.”*

 *Psalm 51:6*

**.** *Shame -“Something must be “I praise you because I am*

 *Wrong with me.” Fearfully and wonderfully made;*

 *-“I am a bad person.” Your works are wonderful, I*

 *Know that full well.”*

 *Psalm 139:14*

**.** *Unforgiveness -“I’ll never forgive “If you hold anything against*

 *Them.” Anyone, forgive him, so that your*

 *-“I wish, I was dead” Father in heaven may forgive*

 *Dead.” You your sins.” Mark 11:25*

**.** *Fear -“What will happen to “I sought the Elohim (Lord), and*

 *Me if someone finds out” he answered me; he delivered me*

 *-“What if someone from all my fears.” Psalm 34:4*

 *Hurts me again?”*

**.** *Hopelessness -“Things have never “I am still confident of this: I will*

 *Been good.” See the goodness of the Elohim*

 *(Lord) in the land of the living.”*

 *-“Life will never get Psalm 27:13*

 *Better.”*

**.** *Self- -“I never have fun “For I know the plans I have for*

 *Centeredness or enjoy life like you, ‘declares the Elohim (Lord),*

 *Others.” ‘plans to prosper you and not*

 *to harm you, plans to give you*

 *-“It’s hard to think hope and a future.”*

 *Of anything but my Jeremiah 29:11*

 *Unhappiness.”*

**Root Cause:**

Victims who remain imprisoned by a victim mentality do so because of a belief system that keeps them locked into feeling powerless to change. They tend to resist accepting responsibility for personal healing and growth.

**Wrong Belief:**

“My past is so painful, I am powerless to change. Besides, I am as adequate as others, and the fear of being discovered as a failure overwhelms me.”

**Right Belief:**

As a child of Yahweh (God), I have Messiah (Christ) living in me, giving me His power to change. I give Him my fears of failure and accept the responsibility to overcome my past because Yahweh (God) is faithful. He will do it!

*“His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.”*

 *2 Peter 1:3*

 *“The one who calls you is faithful and he will do it.”*

 *1 Thessalonians 5:24*

**Survival Personalities**

**. The Dependent…**gives up personal responsibility in many areas of life and uses helplessness to get support from others. This disguise for protection sends the message “I need you” and in adulthood becomes a powerful means of controlling and manipulating others.

**. The Pleaser…**has the motto “peace at any price.” By constant compliance with the wishes or desires of others, this individual pays a high price for approval and acceptance. As an adult, the Pleaser has lost a great deal of personal identity.

**. The Fixer…**has low self-worth and attempts to fix it by becoming responsible for and fixing others. Fixers are seen as very loving, self-sacrificing and spiritual-though often these traits are window dressing used to avoid seriously addressing their own needs.

**. The Performer…**as an adult, appears highly competent and seems to have it all together. A prefect performance for every act is the performer’s unattainable goal. Although there is a certain amount of personal satisfaction in doing so much so well, this person is inwardly paralyzed by the fear of being found to have inadequacies.

**. The Controller…**feels secure only when in control. As an adult, the controller comes across as thinking he/she is always right and, for the most part, looking good. A fear of vulnerability is what makes this wounded lamb act like a lion.

**. The Martyr…**is a great and constant sufferer. Anyone who has been abused needs and deserves the compassion of others. The martyr, however, controls others by continuing to elicit compassion for a childhood sacrificed to devastating abuse.

**Pulling Away from your Ball and Chain**

Healing is a process that takes time and has periods of regression. You may have seasons when it seems no progress is being made. The first step is deciding that you want to heal and believing that healing is possible with Yahweh (God). As you place your hope in Him and seek His plan for you, wait patiently for the Elohim (Lord) lovingly show you the way.

*“No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse. Show me your ways, O Elohim (Lord), teach me your paths.”*

*Psalm 25:3-4*

**Face the Prison**

□ Do I feel there is no way out of my problems?

□Do I feel powerless in my relationships?

□ Do I have a lack of trust in others?

 □ Do I think love is based on my performance?

 □ Do I lie in order to avoid conflict?

 □ Do I think people are better than me?

 □ Do I have difficulty saying no?

 □ Do I fear rejection?

Acknowledging your bondage and your need to break through the walls that are keeping you from having healthy relationships is critical to the healing process.

* Acknowledge your bondage by confessing it to Yahweh (God).
* Acknowledge your realization that your bondage has hindered both your relationship with Yahweh (God) and others.
* Acknowledge your need for Yahweh’s (God’s) divine intervention in your life.
* Acknowledge your dependence on Him to empower you to walk in freedom.
* Acknowledge your need for a new way of thinking about Him, yourself, and others.
* Acknowledge your need to see yourself from Yahweh’s (God’s) viewpoint.
*

**Face Your Past**

**.** Remembering is the first step toward healing.

 *To induce memory, Yahweh (God) often uses…*

-flashbacks -parenthood -media coverage -victory over an addiction

-dreams and nightmares -a significant death - touch

-testimony of others

**.** Journaling helps you to move through the stages of remembering.

 *Writing down your thoughts and feelings helps you…*

-face the ***fact*** of the abuse

-recall the ***feelings***associated with the abuse

-uncover hidden ***fury*** associated with the abuse

**Face The Patterns of Your behavior**

 What am I doing to get my inner needs met?

 □ Am I compromising my valves…in order ***to feel loved?***

 □ Am I a perfectionist, workaholic, a fixer…in order ***to feel significant?***

 □ Am I violating my conscience…in order ***to feel secure?***

 □ Am I cycling through one idolatrous, codependent relationship after another in a vain attempt to fill my “love bucket”?

**Face the Private Secret**

**.** Talking about the past brings it into reality.

**.** Telling someone else gives your past credibility.

**.** Telling the secret breaks its power over you.

**.** Telling brings what was done in the dark into the light for healing.

Scripture tells us…

*“Therefore confess your sins to each other and pray for each other that you may be healed. The prayer of a righteous person is powerful and effective.”*

*James 5:16*

**Face the Pain**

**.** Pain confirms your abuse.

**.** Pain unrevealed is pain unhealed

**.** Pain expressed is pain released.

**.** Pain is unpleasant but not unbearable.

**Face the Perpetrator-If It Is Safe**

**.** Pray for Yahweh’s (God’s) timing and the preparation of your heart and the preparation

 Of the heart of your perpetrator.

**.** When the time is appropriate, talk with your perpetrator one on one, or take

 someone you trust with you if you think it necessary.

**.** Identify realistic goals you hope toaccomplish through the confrontation.

**.** Write down what you plan to say and rehearse it with someone beforehand.

**.** Be prepared for the offender to deny having abused you.

**.** Let go of secret hopes and expectations-just know that your confrontation

 Is Biblical.

**Face the Pardon**

**.** Forgive yourself.

**.** Forgive the offender.

**.** Forgive anyone who has overtly or covertly victimized you.

**.** Forgiveness gives Yahweh (God) freedom to avenge.

**Find the Promise**

Was there an isolated event or a series of painful experiences in your past that dampens your heart...diminishes your joy…dominates and controls your life today? Everyone has wounds from the past-some more than others-but only the child of Yahweh (God) has hope and promise for a new life.

*“Forget the former things; do not dwell on the past. See, I am doing a new thing!”*

*Isaiah 43:18-19*

**.** Recognize and confess your own sin of anger and unforgiveness.

**.** Rely on Messiah’s (Christ’s) death on the cross to pay the penalty for your sins.

**.** Relinquish ownership of your life to the Yahweh (God) who created you.

**.** Receive and trust in Messiah (Christ) as Savior and Lord of your life.

**How to Support Survivors on the Road to Becoming Overcomers**

Everyone has been touched either directly or indirectly by some form of victimization. That means all of us are in a position now or will be in a position in the future to further a survivor’s journey on the way to becoming an overcomer…to travel from merely coping to thriving…from struggling to winning…from pain to peace…from victim to victor.

 As you travel that road with someone dear to you, make it your goal to…

* Listen…with your heart, without judging, without questioning.
* Believe…what you hear, without doubting, without qualifying.
* Validate…the injury, the feelings, the pain, and loss with words, with emotional responses, with action.
* Comfort…with compassion, with words, with Scripture, without pity.
* Encourage…counseling, group support, sharing secrets.
* Learn…about victimization, about the healing process.
* Strengthen…in the Adnoai (Lord), with prayer, with Scripture.
* Express…your thoughts, your feelings, your goals, your boundaries.
* Support…the healing process with time, with words, with actions.
* Respect…the commitment to healing, the time healing takes, the space healing requires, the process of healing.
* Accommodate…progressive changes, flashbacks, anger.

Material taken from Victimization-Victory over the Victim Mentality by June Hunt Hope for the

**Victimization Workbook**

1. **What is a Victim?**
2. **What is the Victim Mentality? Are you living with a victim mentality?**
3. **Test for broken boundaries**

 4. **According to Proverbs 29:25 what will fear of man prove to be?**

1. **Test for Low Self Worth**
2. **Are you dependent upon any addictions?**
3. **Do you have any fears?**
4. **Are** you **excessive about any habits or traits?**
5. **Are you** c**ompulsive in any area of your life?**
6. **Name four physical side effects from victimization.**

11**. There are Spiritual walls that can make us a prisoner of the past. Can you name at least three false beliefs, three childish thinking, and three truths?**

12. **There are emotional walls that can make us a prisoner of the past. Can you name at least three false beliefs, three childish thinking, and three truths?**

13. **Can you name the six different types of** s**urvival personalities? Descried their traits.**

14**. Acknowledging your bondage and your need to break through the walls that are keeping you from having healthy relationships is critical to the healing process. Can you name the things you need to acknowledge?**

15. **Face the Patterns of Your behavior. How are you getting your inner needs met?**

16. **How can you Support Survivors on the Road to Becoming Overcomers?**