

# The Victim

The Key Ingredient to Responsibility is Choice -

## The Victim Soul

Victim Mentality is an acquired personality trait in which a person tends to recognize themselves as a victim of the negative actions of others, and to behave as if this were the case in the face of clear evidence of such circumstances. Victim mentality depends on clear thought processes and attribution. In most cases, those with a victim mentality have, in fact, been the victim of wrongdoing by others or have otherwise suffered misfortune through no fault of their own; however, such misfortune does not necessarily imply that one will respond by developing a pervasive and universal victim mentality where one frequently or constantly realizes oneself to be a victim. The term is also used in reference to the tendency for recognizing one's misfortunes on somebody else's misdeeds, which is also referred to as Victimism.

Victim Mentality is primarily developed from family members and also social situations during childhood. Similarly, criminals often engage in victim thinking, believing themselves to be moral and engaging in crime only as a reaction to an immoral world and furthermore feeling that police are unfairly singling them out for persecution. They generally feel that crime and addiction are allowed for them to deal with what has happened to them.

Victim Mentality is generally set in a child from something that happened to them which was actually unjust or unfair and it was not handled correctly. Children come to parents for affirmation and rescue, comfort and encouragement. When a child has been wronged or harmed and the parent does not effectively rescue that child it puts a seed of the victim in them because “nobody will hear me or help me.” This can happen from one instance (which would mean that the child is predisposed to this condition) or from many things over and over again where they were not heard or rescued and caused to bear the blame for something they did not do.

When a child has suffered a harm which constituted an injustice in that it violated their rights (if inflicted by a person) and/or in that they possessed qualities (e.g., strength or goodness of character) making them persons whom that harm did not befit, the child will often decide they will always get the blame no matter what

may happen and so they develop this mentality to preserve themselves. They feel they deserve empathy and have never received it by not being allowed to grieve or “feel” the sorrow of what they were harmed in or blamed for, so they create a life seeking empathy. They often live in a perpetual state of frustration, disappointment, anxiety, worry, anger and hate because they feel they are owed something.

At which point, a frustration and anger builds up in them based on the fear that they will never be rescued or heard and thereby they must rescue themselves.

Strangely enough, a period of time showing empathy and removing fearful situations from their lives often will cure a Victim Mentality. If the child continues to act out often at a young age, It is determined that this “acting out” is a cry for help to soothe their souls with knowing they CAN receive Empathy and they CAN be rescued and they CAN be vindicated. During this period of time, the parent will notice the child stops blaming and being a victim because they have been vindicated and the victim “has been calmed and thereby extinguished.”

Since victim mentality is primarily a reaction to one's experiences and not inborn, it is possible to change it, which may be provoked by an extraordinary situation or crisis. Since recognizing naive and condescending suggestions is a general characteristic feature of victim mentality, a person with victim mentality will generally not respond positively to attempts by another person to wrongly identify the problem and its solution. For this reason, the condition may become chronic in adults but easily fixed in a child as empathy is given freely and positive choices are encouraged without condemnation and presented as choices. The adage “children must be seen and not heard” has helped to create this epidemic.

## **Victimism**

This term is also used in reference to the tendency for recognizing one's misfortunes on somebody else's misdeeds. Victimism is the forerunner to a Victim Mentality and is the primary developer in a child who has been hurt in their early years or mishandled in some way from family members and situations during childhood. Victimization occurs in children when they are treated unfairly or made to feel as if they are in a bad position.

When you treat someone poorly and make him feel adversity, this is an example of

victimization. This is a common mistake of parents who lash out, do not give a child the proper attention they need or become overwhelmed by the child. It almost always comes from the parent. When it attempts to come from a different source, the parent can validate the child and fix the error and avoid victimism OR blame the child somehow and not champion them thereby the child feels helpless and misunderstood, thereby creating in them a Victim Mentality. This almost exclusively comes from the parents. Unfortunately parents often will refuse to take the blame or change, and because of this, the child grows up and becomes one fully engaged in playing the victim and at that point it is very difficult to help them. The parent has the role to form and help the child. A Victim Mentality comes from Victimism which they are taught by the way their parents treat them. They come to the parents for insight and rescue and when that doesn't happen and the child is forced to bear the blame that is not theirs, the victim mentality is introduced and the lines become crooked. When a child who has been a victim of Victimism is crying out to be rescued, they often behave in the worst way.... Anger, crying, hitting, fighting, arguing, blaming. These are all coping mechanisms and signs of asking for help.

To bring a child out of Victimism and effectively avoid a Victim Mentality or a surrounding condition: a parent must validate the child's pain, give them time, patience and empathy. The child must be allowed to feel the injustice that has happened to them.

The child must know that even if they make a mistake that they are still loved and accepted in order to completely reverse the Victimism.

Victim Syndrome is a disorder that has people blaming others for their life or errors. Because they feel they have NO CONTROL over their life or the choices they make in it, they do not feel the need to take responsibility for any of it. One moment they present themselves dramatically as victims and the next they are the victimizer, hurting those who are trying to help them and hurting those whom they love. This category of person leaves people around them in utter frustration because it is difficult to understand and know where the "victim's heart" came from. This person needs to be given control in situations and made to feel listened to, heard, rescued and safe. The lack of these things create fear and fear creates anger to fuel this syndrome. People with Victim Syndrome behave in a passive-aggressive manner. Their behavior often has a self-defeating, even

masochistic quality. The “victim style” becomes a relational mode – a life affirming activity: “I am miserable – therefore, I am.”

Passive Victims are those who have fear that creates anger. A Passive Victim has not had an actual recognizable point of being victimized. It may have been a small event that produced a fear in them, which in turn, produced anger. Strangely, they become aggressive quickly when triggered. They are afraid of not being loved. They are afraid of being alone in life. They are afraid of rejection. They become afraid of life itself. Passive Victims drive loved ones away and drive away those they would like to love and things they would like to enjoy.

Angry victims learn to repress fears that might render them vulnerable to rejection. They develop certain patterns of interactions that keep them victims and bind others to them with ties of guilt and fear or fear and intimidation. Over time, these feelings and actions become substitutes for love.

Passive Victims have an underlying anger that takes the form of “beating themselves up” or “lashing out” when things go wrong. Their negative outlook sets into motion a downward spiral of self-defeat in which they see themselves as increasingly incompetent and unable to get ahead. They begin to think that “nothing good will ever happen to them.”

They feel that even if something good did happen, they would not be recognized for it or get blamed for something wrong in the midst of it, when they know they did nothing wrong; thereby they cannot enjoy simple or potentially good things.

Martyr Complex in psychology is a person who desires the feeling of being a martyr for his/her own sake, seeking out suffering or persecution because it either feeds a psychological need, or a desire to avoid responsibility. A Martyr Complex prevents people from seeing and acting on choices that could help them achieve the life they want.

Inner Critic Belief System can be a source of positive outcomes as we guide ourselves along with the help of the Holy Spirit allowing us to stop and effectively ponder our choices. However, for the most part, society has taught our “inner critic” to not be constructive and helpful but rather to condemn rather than convict ourselves and become fearful of tomorrow and things we cannot control, thereby introducing us to the Escape Theory we all possess; which will push us to seek

temporary relief by blaming others for our trouble and trading future success for the comfort of the present where we decide not to take responsibility for our actions and misjudge the actions of others around us in order to get what we want.

Creator Mindset allows someone to appropriate correct decisions to any given situation to respond correctly among many choices, having viewed the entire situation and not simply respond to one aspect of a situation by bringing it to themselves and making it about themselves.

The Creator Mindset almost always accomplishes positive results with the help of the Lord, where the Victim Mindset rarely does. Every Stimulus requires a Choice and that Choice will go one of two ways... either the Victim Mindset (blaming, accusing, excuses, over-reacting) or the Creator Mindset (Seeking solutions before reacting, taking action by trying something new).

### **“The Victim” in Early Child Development (Character)**

A child should be a team member to take care of the family members and possessions, not an “older one or one in charge.” He should be encouraged to ask for help; wanting to or expecting to do too much by oneself at an early age creates a burden and stress.

If he is feeling threatened, insecure, frustrated and out of control, it means that he has a lack of trust in the situation because he has developed an insecurity in it. He may be self-sabotaging in order to not be expected to perform. This can easily happen with an event (such as a new sport or a family or school activity ... basically “new things”) or change.

### **Dysfunctional Cures:**

Reassurance in the situation. Reassurance defeats insecurity. Trust defeats anger. Empathy defeats aggression.

Positive Re-enforcement is a cure to fundamental thought errors. Stating, “I want you to do this, because then we can do the next thing...” versus saying, “if you don’t do this you are in “trouble.”

(One has hope and you on his side, the other has no hope and sets you up as the enemy that he cannot trust.) This cannot be said as a threat, but as a help and an

assist.

Every child needs to learn to Submit, Not Surrender, but Submit. Submission to authority and parents is a forerunner to Submission to God. A child can develop this as he is treated as a child and not an adult. A child should not be “brow beat” into submission, nor should they be forced into a surrender and yield that takes themselves out of the equation with no understanding, as a slave.

Surrender instead of Submission creates a defeat and can wound the spirit, doing damage to their ability to easily and effectively operate in effectively protecting themselves.

Consistency is key to the development of a child until they are about nine and then a sensitivity to hypocrisy takes over until they are about 14 and they don't need as much physical consistency as they do emotional, ethical and moral consistency. In order to accommodate this, as much consistency on a physical plane as possible should be engaged in. Not too many different babysitters. Not too many different sports at one time. New friends and new stimulus should not be all introduced at one time. In taking this slow, a basic emotional foundation of strength and security is created. Let him grow deep and show relationships that will help anchor him in life. And thereby, teach him how to have an important depth with God.

Always remember that DNA plays a big part of a children's life; not only their upbringing! Type A families generally create Type A children, usually who will be leaders and innovators... However, even good DNA has to be molded and modeled into something that can be useful.

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