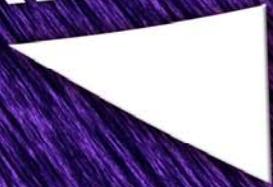


# Signs of Victimhood



How to Recognize  
When We Are On  
The Victim Triangle™

by Lynne Forrest

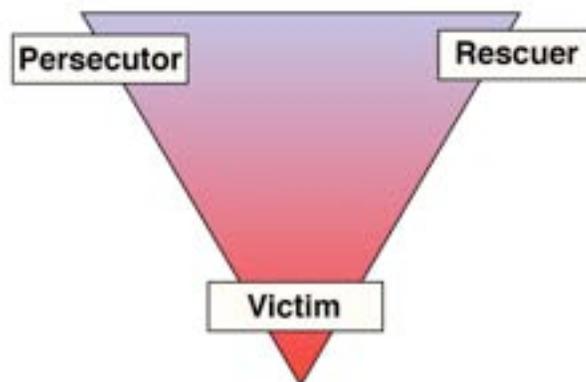
Signs of Victimhood Lynne Forrest

# Signs of Victimhood

## How To Recognize When We Are On The Victim Triangle™

Victim-hood is a state of consciousness that occurs when we fail to take complete responsibility for our responses to life and results in stressful negative emotions. It is a state that we often associate with the negative connotations of the ego such as self-obsession, inferiority, lack of joy, guilt, frustration and so on.

The ego assumes many different roles when we think, talk and/or act as victims. One of the roles it assumes is defined on the Victim Triangle as the “Rescuer.” When we assume this role, we act as saviors, only to be rebuffed for trying to help someone who doesn’t want our help. We then become self-righteous, singing the “somebody done me wrong” song.



## **Creating Our Reality**

All three roles demonstrated on the Victim Triangle (Rescuer, Persecutor, Victim) we play as victims and they share one primary identifying criterion: the belief that the external world is the cause of anything and everything that happens in our lives. I call this way of interpreting the world “viewing life through the lens of the victim.” Seeing the world/universe through such a lens means that we have forgotten that we create what we experience. As a result, we feel at the mercy of our own created reality.

## **The World/Universe as Collaborator**

There is a tried and true principle that teaches us that the world/universe is a mirror; it is always reflecting that created reality which is really our current state of mind. In other words, what we see out there reflects our mental activity, our beliefs.

Because the universe collaborates with us to deepen our understanding of ourselves, there are no coincidences, no mistakes. We come to understand this important truth when we see that the design and function of the external world/universe is to manifest our beliefs. The universe shows us our own mind in concrete, physical manifestations.

## **The Human Mind as Creator of Our Thoughts, Beliefs, Actions**

To understand ourselves then, we need to understand something about the human mind. It can best be presented as a simple formula: we think a thought; if we accept the thought as true, it becomes a belief. We feel that this unquestioned belief is true and act accordingly.

Doing so guarantees that we will prove to ourselves that we are right. For instance, when we believe a thought like, “I am a failure”, we will act as though it is true. We will act in a way that reinforces the thought and its

story. We will behave so that we end up proving our belief right. Identifying with this kind of false story plunges us into the state of victim-hood.

Thoughts/beliefs manifest as situations in our lives and/or as personal characteristics that are concretely visible. When as victims we do not question the activity of our minds (thoughts/beliefs), we continue to see ourselves at the mercy of life circumstances. We go on blaming others for the things we don't like, and we give to others the glory for the things we do like. This way of seeing the world keeps us nailed to the Triangle.

As wounded selves, we develop a strong arsenal of protective defenses through which we interpret the world. For example, we are adamant in our need to be right; we are eternally pessimistic; we are self-effacing; we are usually downcast etc.

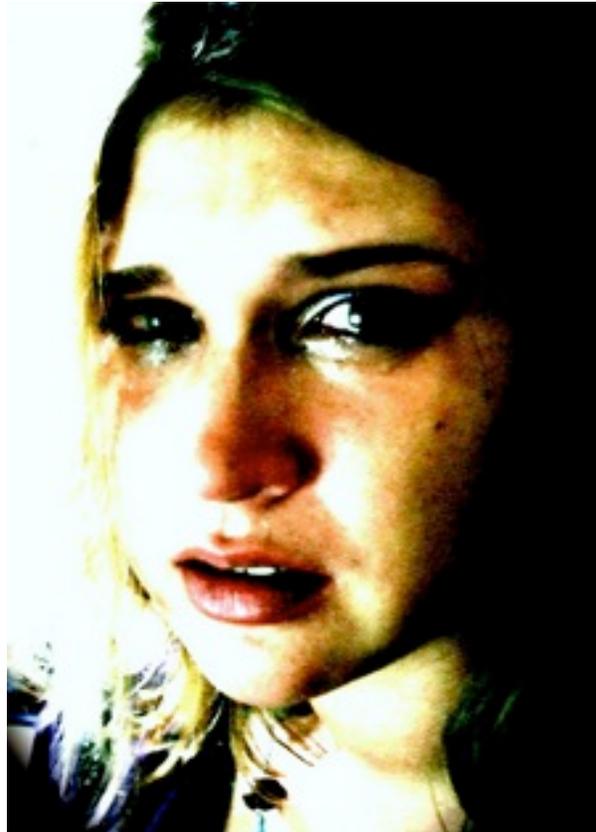
### **Moving out of Victim-hood**

Moving out of victim-hood requires a shift in perception, a shift which allows us to see and examine how our thoughts, our beliefs, create and control our reality i.e. what we experience as real. We have to learn to recognize our own victim stories and phrases, not so we can judge and criticize ourselves but so we can more quickly take steps to get ourselves off the Victim Triangle.

To help us become better skilled at recognizing when we believe and act as victims, I am listing below some of the more common ways that a victim responds. When we learn to recognize these characteristics in ourselves, we become aware that we are on the Victim Triangle. Recognizing that we are on the Victim Triangle is a prerequisite to getting off the triangle.

**1. When we experience emotional misery of any kind, we are in the state of Victim-hood.**

“Victim” thinking creates negative thinking. Whenever we have “bad” feelings and our emotional frequencies drop (i.e. feeling resentful, sad, angry, hurt, betrayed, anxious, depressed, guilty etc.), it is wise to suspect that we are on the Victim Triangle. “Bad” feelings are caused by stressful thoughts that we believe automatically without questioning them. It is not what happens in life, not what someone else said or did, that causes our emotional pain, it is what we tell ourselves about what



that event or comment means. How we interpret life, not the event itself, determines our feelings about it. Whenever we have negative emotions, we are telling ourselves a painful story about our experience, a story that keeps us trapped in the state of victim-hood.



**2. When we whine or complain to ourselves or others (“Life is not fair,” “I’m being mistreated,” or “It shouldn’t be this way”), we are seeing and judging life through the eyes of the Victim.**

Anytime we resist life, we can be sure that we are on the Victim Triangle. Resisting life is a primary symptom

of being on the triangle. When we are in this state of consciousness we constantly and internally resist what is going on in our lives. We cannot allow ourselves to accept things the way they are. We lace our sentences with “shoulds” and “should nots” as we compare the way things are with the way we feel they should be. When we perceive the world in this way, we do not ground ourselves in reality. When we feel down, angry, anxious, etc., chances are we are not accepting reality, a sure indication that we are living in Victim-hood.



**3. Being judgmental of others and ourselves indicates that we are on the Victim Triangle and acting as Persecutors.**

One of the quickest ways onto the Triangle is through the doorway of judgment and denial. When we judge others we are most likely projecting onto them some trait, characteristic or motive that we have previously judged in ourselves and denied. When we catch ourselves judging others, or ourselves we can learn to use that awareness to understand our-

selves more truthfully, wisely, and deeply. We can learn to take responsibility for our thoughts, actions, and judgments by looking for what it is that we may be projecting negatively onto the people and situations around us.



**4. When we hear ourselves using “Victim” vocabulary, we know that we are in the state of Victim-hood.**

Phrases such as “He made me...” “I can’t handle it,” “I’ll show her,” or “It’s not fair!” are examples of the sorts of negative, life-limiting words we use when we are spinning around the Triangle. (An article on “Victim” vocabulary will be included in my upcoming e-Book, *The Faces of Victim Transformed: Freedom from Victimhood*.)



**5. There is constant melodrama in our lives when we are living on the Triangle.**

When we live on the Triangle, our goal is not peace, love, or happiness; it is seeking to prove ourselves right. The Triangle-driven agenda is about reinforcing a story that limits us and that we are mindlessly believing. When there is chaos and upsetting drama in our lives, when we clash with external reality, we are definitely on the Triangle. We feel trapped.



**6. When we are in the state of Victim-hood, we compare ourselves constantly with others.**

When we feel victimized, we are unable to see ourselves as equal to others.

Consequently, we feel inferior to or superior to those around us. We judge ourselves as “better than” or “worse than” others and we feel and act accordingly.

We use words such as “good,” “bad,” “right,” and “wrong” in thinking of others, and ourselves and those thoughts dictate our feelings

and actions.

Furthermore, we resist thinking and/or acting differently because doing so would threaten our ego. The ego of a victim thrives on such resistance, and the negative thoughts, attitudes, and actions that we indulge in as victims come from negative judgments which, in turn, fuel and make bigger the narrow and limited stories we create about ourselves, about others, and about the world.

**7. Anytime we blame others for our unhappiness, we are acting as victims.**

When we entertain thoughts such as “They are not doing it right,” or “It’s their fault...they are ruining my life,” we are clearly responding with the consciousness or ego of a victim.



**8. Finally, a deadly serious approach to life indicates that we occupy the Victim spot on the Triangle.**

When we live as victims, we don’t find much spontaneity or joy in life because we are too busy justifying our “victim” state. Life becomes too serious for us. We think of others’ behavior with thoughts like, “How dare they enjoy their lives when mine is so difficult!” Of course, some victims use a sort of gallows humor as a defensive maneuver (“I’ll laugh it off rather than

cry about it). That kind of humor, though, never brings genuine joy or contentment; it rather intensifies all those negative feelings which characterize victims.

We need to know and understand these eight signs of victim-hood. When we find ourselves demonstrating any of these signs, we can look to see where we are on the Victim Triangle. Anything we make conscious can be transformed to a higher frequency. Again, a prerequisite for getting off the Victim Triangle is identifying when and how we are in the state of victim-hood. Doing so is a consciousness-making and refining process. It is important that we follow the process with an attitude of gentle self-inquiry if we are to set ourselves free.

Of course, there is much more to share, and I look forward to making all that available to you in the coming e-Book, “Transforming the Faces of Victim-hood.”



## ***Want to get OFF the Victim Triangle?***

After many years of working one-on-one with clients using these principles, I've been able to incorporate what I've learned into a complete program that will help you take yourself through the transformation process and keep you off the Victim Triangle™. I'll be publishing this process in my upcoming eBook, *The Faces of Victim Transformed: Freedom from Victimhood*.

For more information about *The Faces of Victim Transformed*, useful tips and occasional updates, just sign up (if you haven't already) for the FREE notifications list and I'll let you know as soon as my eBook is available. *(If you signed up to receive this guide, then you may already be on the list—the form will tell you if you are already subscribed.)*

**[Click here to sign up for the  
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***If you have any questions, please let me know!***

***Email me at [questions@lynneforrest.com](mailto:questions@lynneforrest.com)***

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