

The Victim



- At the core of our self-esteem is the primal fear of abandonment.
- “If you are abandoned you will die.” This primal fear was introduced to you at birth because it was true.
- The “primal” level of where value is formed.
- What did your family value?
- This is known as “Family Esteem.”
- You will ask this question daily (subconsciously). “Can I have this quality of esteem and not be abandoned?”

- This is how you abandon yourself.
- Risk others disapproval of self for fear of abandonment.
- Where do you get a sense of that inside yourself? Head, Heart, etc..?
- Do you trust your intuition?

Victim: (Self Esteem and Personal Boundaries) :

- First time you didn't get what you wanted or needed, or a boundary was crossed, or accusation.
- Our Victim shows you your orientation to life. What system of belief do you subscribe to?
- Teach you to stand on your own and take responsibility for your own autonomy.
- It also alerts you to recognize when you are about to be victimized.
- Survival the core issue
- Giving up your own empowerment to avoid taking responsibility for your independence.
- Fear of abandonment.
- Teaches you your relationship to power/empowerment.
- Show you where personal boundaries need to be constructed.
- You have people in your life that are directly related to your victim archetype. Their primary role is to help you transform this archetype.
- It is impossible to be a victim without a villain. Recognizing the villain is as important as recognizing your victimization.

Shadow Victim:

- Parenthood: feeling like there is no choice in the care of your children, etc..
- Illness, injury: feel a victim to your body, no control over whether your body can heal or that it has failed you.
- Money: lack, debt, responsibility.
- Work: unhappy at work, feeling powerless, demands of the job
- Body image and genetic inheritances: weight, body shape, "runs in the family".
- Feeling like a victim by the government, laws etc.
- Fate: many people have resigned themselves to fate, feeling unable to have any control of their own lives.
- The Victim takes everything personal.
- Making everything about you and how you are or have been affected by outside circumstances (victimized).
- The Victim can never forgive because it always feels wounded; it feels betrayed and short changed by life, as if life has dealt you a bad hand.
- The Victim is narcissistic and blames.
- There are some things in life that are not for you to decide them from happening, **but you can decide what to do with what you have been given, or what has happened to you. How will you respond? As a victim or victor?**
- Sometimes when you feel victimized you are not responsible for what happened to you but you are **always responsible for how you handle it.**
- You have contract with others who are directly connected to you victim archetypes. The primary role is to help you develop self-esteem and personal power.

Shadow of the Victim:

- It's all personal
- Subjectivity
- You feel attacked
- Accusatory
- Defensive
- Life is not fair
- I don't deserve this
- You statements
- They/I am an innocent victim.

The Empowered Victim:

- It's not personal
- Objectivity
- Life just is...
- I statements
- This challenge is an opportunity for growth, to develop self-esteem, create healthy boundaries and evolve your consciousness.
- The victim will show you - your shadow self.
- Victim to Victor to a Vessel of Spirit.