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"No Exit" – Inside the World of the Victim  
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*"Come on and take my hand
Come on baby and be my man
Cuz I love you cuz I want you
Can't you see that I'm lonely?
take me baby
love me baby
need me baby
Can't you see that I'm lonely?"*

"Rescue me" - Words and music by Fontella Bass, Raynard Miner and Carl Smith copyright 1965; Hal Leonard Corporation

"We focus on the negatives, losing ourselves in the 'problem.' We point to our unhappy circumstances to rationalize our negative feelings. This is the easy way out. It takes, after all, very little effort to feel victimized." - Elizabeth Kubler-Ross

Whining, pessimistic, complaining, afraid, feeling consistently disrespected, unworthy, and inadequate – this is the world of the victim.

Victims are basically "harmless" if left to themselves. But the downside of most victims is their need to be rescued – physically, mentally, emotionally, spiritually or psychologically and, as such, are always on the lookout for a "rescuer" - at work, at home, at play and in relationship.

By the way, victims are not "bad" or wrong." Truth is, 99.9% of victims have no idea why they feel and act like victims. They just do. It's patterned behavior. Never having explored their past, victims have no idea how their past family upbringing and experiences influenced their view of the world.

Victims come from families where the parents or primary caregivers were consistently judgmental and critical. Victims were raised to believe they were never "good (i.e., smart, pretty, funny, serious, tall, religious...enough." Thus they live lives wrapped in failure and shame and their defense is to blame others and seek out those who can "save them from themselves" - i.e., rescuers.

Victims are drawn to rescuers like bees to honey. Victims look for "saviors" in friends, co-workers, spouses, partners, buddies, coaches, therapists, and ultimately, in the form of "The Savior" - some form of God.

Nothing and no one can make one a victim. We do it to ourselves when we allow external circumstances to hold power over us.

Although we have no control over what happens to us, we *always* have a choice in how we respond. We hold our power when we accept complete responsibility for our thoughts, feelings and (re)actions.

"A man may fall many times but he won't be a failure until he says someone pushed him."
Elmer G. Letterman t

It's important to understand that most of our issues – physical, social, personal, emotional, spiritual and psychological – are the result a lack of congruence or alignment among ego, spirit and soul: that is, an equilateral harmony between ego (mind, personality, habitual, patterned behavior), spirit (inner wisdom, guidance, discernment, intuition, truth and love) and soul (the "blueprint" and determinant of your life purpose, "down here" which involves expressing who you *really* are - your True and Real Self)

When we are not in touch with our inner self, our soul and our spirit, when we lack this congruence (i.e., when ego alone rules our lives) we look outside ourselves for someone or something to blame for our victimization.

It's our soul that challenges us to seek the deeper meaning of our experiences and our spirit that helps us discern the what the meaning is and how we pursue and experience it.

To the victim, pain and suffering - on any level - triggers unconscious blocks and defensiveness. The ego alone is ill-equipped to deal with the sense of pain and suffering. Our soul and spirit, in tandem, are what allow us to "see" our blocks and defenses and work with them to release them. Victims live in the existential world of "No Exit."

Victims are more focused on what they don't want, supported by a litany of assumptions, misperceptions, misconceptions, misunderstandings and "stories" about why life is cruel, and why the world is unsafe. They are constantly on guard for "danger" – people, places, events and circumstances.

Life is choices. Victims choose to be powerless (although most would never admit it) and live the consequences of such a choice. They feel powerless, helpless, hopeless, abandoned and desperate.

No one can make us a victim. It's a choice. Victims choose (albeit, often unconsciously) to be victims. To the victim, it's always "him, her, it or them" that's responsible for their victim-hood. They have given away their power.

Yes, while we cannot control all of the people, places, events and circumstances that happen along the way, we always have the choice of how we respond. We have the power to take charge of, and responsibility for, our thoughts, feelings, emotions and actions.

The "Way Out"

When we work to create a congruence and alignment between ego *and* soul, *and* spirit, we know there is always an "exit." This congruence between ego, *and* soul *and* spirit is what allows and supports us to move from feeling powerless to feeling powerful.

The way out of victimization is simple – accountability and self-responsibility. Accountability and self-responsibility are the tools that release us from the quicksand of victimization (where suffering, addiction, resentment, martyrdom and desperation take over and keep us stuck). When we become accountable and self-responsible, we choose to take ownership of our actions and for achieving the (realistic) results we set for ourselves.

This is where soul and spirit align with ego. The way out is to reflect, early and often, and discover how you are contributing to your victim-hood, even though you think it's something "outside me" that is the problem.

Folks who pride themselves on their logic, rationality, mental prowess, analytical skills and the like are folks who usually push back against reality. These are folks who are often “unconscious” – folks who get caught up in their stories, illusions, self-deception, misperceptions, and disillusionment.

Most often, it’s here, inside, that one finds one is creating one’s own reality. And this “AHA” is the path that leads to fresh air and the way out.

Are there areas of your life where you consider yourself a victim?

Do you ever consider how you may be contributing to your feeling victimized? How do you feel when you even consider this question?

Has anyone ever suggested you were acting like a victim? What was it like to hear that?

Did you ever feel like a victim when you were growing up? Did your parents or primary caregivers ever make you feel like you were not “good enough”?

Did your parents or primary caregivers ever overtly or covertly indicate they felt like a victim?

Do you have a spiritual life – i.e., meditate, self-reflect, journal, walk quietly in nature, etc.?

What do you think the “blueprint” for your life is, i.e., your life purpose, or why you’re “down here?”

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