

# Releasing Victimhood

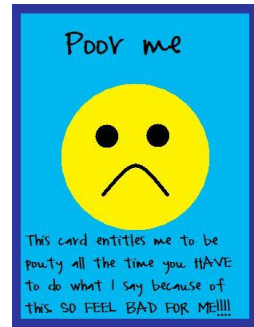
This document is all about RESPONSIBILITY and stepping into our creative power.

Though this time on Planet Earth is really pushing us through the evolutionary tunnel, in order to step into the power our truth, we have to work to transform the tendency we all share to point fingers and blame our bodies/situations/others in order to avoid self-responsibility. We have been taught that we are at the mercy of circumstances beyond our capacity to change. But this isn't true...

Our reality is constantly reflecting our internal beliefs, they are magnetised to us from our subconscious mind and as we realise and step forward into life with this understanding, we are not victims of what is happening in our lives, we are the creators!

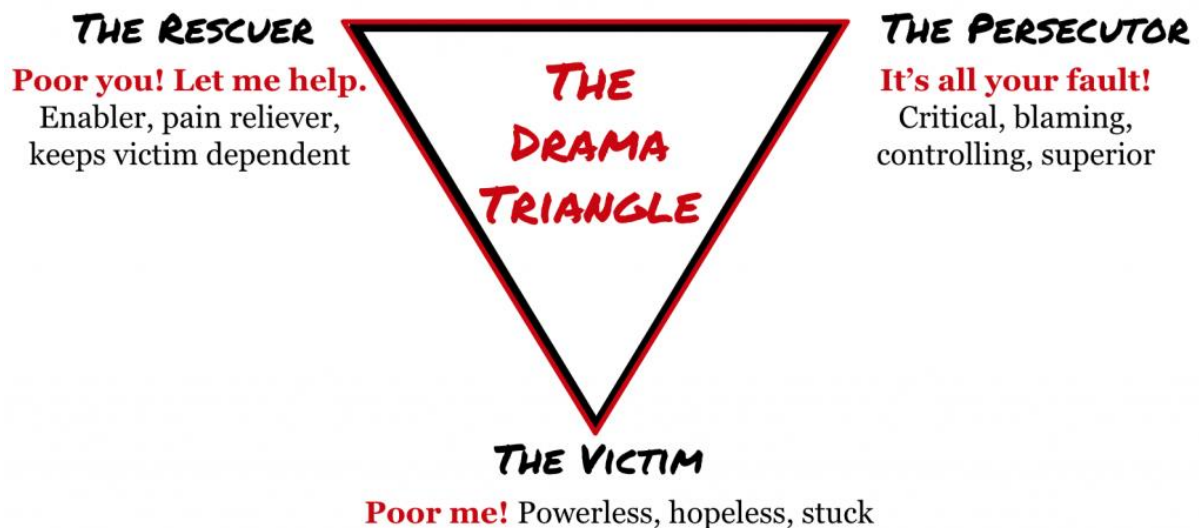
When we are stuck in victimhood, we miss out on our power – which is the ability to feel everything, notice everything and see what is being revealed through the mirror of reality, so that we then have the fuel and understanding to transform the beliefs within us and therefore what we experience externally.

But we have been taught that this deep feeling is bad and try to escape, whether in the form of another person, vices, or some other way to numb or distract ourselves—for relief. That's why complaining is such a great self-defense mechanism. It's the perfect way to convince ourselves we deserve better when things don't go our way (without actually having to do anything about it). It's far easier to complain and criticize than create, lead, and act.



# The Drama Triangle

Dr. Steven Karpman introduced the notion of the Drama Triangle and it is just as relevant as they day he brought through the concept.



The triangle is based on three archetypal (there's that word again! 😊) roles that we all unconsciously enter into through our interactions with others in order to get our needs met – cause we've forgotten that we are ultimately responsible for our own reality (the only change can come

from within us!!). The triangle fits together perfectly as each role depends on another. For example, victims depend on a saviour; rescuers yearn for someone in need and persecutors need a scapegoat. We don't however stay fixed at one point of the triangle, we switch between the roles.

**As victims**, we are in the state of 'poor me!' focusing on everything negative in our lives and feeling judged and wronged by all who criticise us. We feel powerless, hopeless, oppressed and are super-sensitive, wanting others to handle us gently. We lack the ability to make decisions, solve problems or understand why our life feels so difficult. All responsibility for whatever we are complaining about is avoided and we deny having any ability to change the circumstances. We are looking for a rescuer, a saviour – and if a person refuses we quickly perceive them as a persecutor.

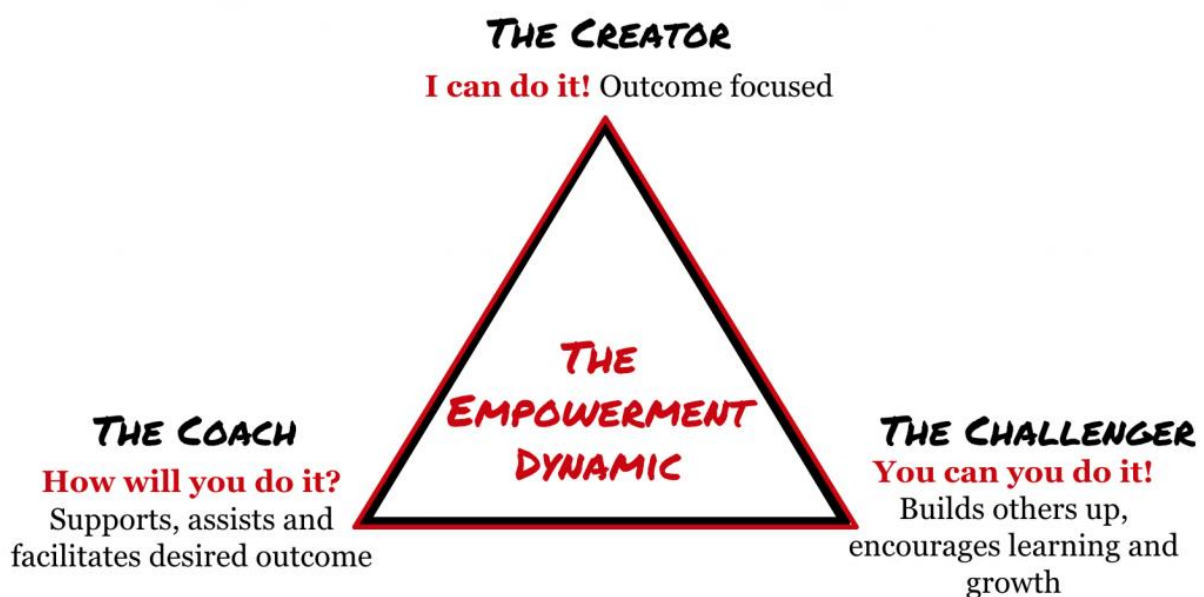
**As persecutors**, our stance is 'it's all your fault!' and we are blaming, criticising and threatening the people we feel are at fault (the victim). We are angry and spiteful, judging others and can be controlling, authoritarian, rigid and unpleasant – setting limits or testing the other to see if they meet our high expectations. We keep the victim feeling oppressed through bullying. We are unable to be flexible or vulnerable or reveal how we truly feel as we are afraid of becoming the victim.

**As rescuers**, our state is 'let me help you!' working hard to help and caretaker others, needing to help others feel good about themselves in order to be validated whilst neglecting our own needs. We are co-dependent and enablers, the classic people pleaser who often cannot allow the victim to get better and use guilt to ensure the dynamic remains and we are still important for the other. We are frequently overworked, ill, over or under weight, and frazzled, caught up in meeting everybody's needs whilst a steady stream of resentment is building up under the surface.

Though these are the extreme examples of each archetype, we embody them all to a greater or lesser degree within all of our reactions whilst operating in the triangle. Don't let shame rob you of witnessing your roles... 😊

## The Empowerment Dynamic

The antidote to David Emerald's Drama Triangle is called "*The Empowerment Dynamic.*"



Where victims focus on problems, **creators** use their experiences to get clear on what they do want and move toward empowerment to create change in their lives. They learn to initiate self care and take responsibility for themselves, rather than looking outside for a saviour or pill or escape mechanism. The ingrained beliefs that they cannot take care of themselves and that they are powerless must be challenged, their innate problem solving and leadership capabilities must be recognised and embodied. They must assume complete responsibility for their own feelings, thoughts and reactions.

Persecutors become **challengers**, who help others to learn and grow in their journey of self exploration. They learn to be accountable for themselves, are able to see where they have been blaming and recognise their part. Through this breakthrough (which may have to come through crisis) they drop into a humble heart space and are able to motivate and encourage others to be all that they can be.

And finally, rescuers act as **coaches**, supporting creators to reach their desired outcomes freed of co-dependency. They recognise themselves and the importance of meeting their own needs before they step forward to support another. Authentically helping without the expectation or need for validation or the receive the same support. Instead of colluding with the victim, coaches encourage self responsibility and believe that the other can handle their own issues. They allow people to make mistakes, trusting their capacity to learn through their own consequences.

## Switching roles

In order to switch roles and step into our cocreative selves, we have to clear the energy from our subconscious that is keeping us stuck. Any idea's how? You guessed it, E to the F to the T.

Using the table below to list situations and behaviours from the past where you have been the **victim**, the **persecutor** and the **rescuer**.

	Description of event	Why I feel I reacted like that – what needs were not being met?	What does this reveal about my subconscious beliefs
<b>Victim</b>			
<b>Persecutor</b>			
<b>Rescuer</b>			

Then, get tapping on the juice that's there and let's switch these roles around!

