

STOP
Living Life
as a

VICTIM

Worksheet



If you're currently haunted by hurtful experiences from the past and plagued with feelings of helplessness, negativity, and self-doubt, you may be living your life as if you're a victim of your circumstances.

This worksheet is designed to help you identify if you're living as a victim, and to learn new ways to live with consciousness and purpose. You can choose to be a survivor, starting now.

What Does it Mean to Live Like a Victim?

Circle the signs and symptoms below that could indicate you're taking the victim role in life:

Consistent negative thinking

Ask yourself many "why" questions

Lack feelings of self-importance

Feel like you're damaged goods

Often feel jealousy and envy towards others challenges

Blame others for your life

Often feel helpless

Write down what steps you can take to change each issue you circled.

Your Actions and Inactions Illustrate Your Life Approach and Sense of Self

How often do you waste time at home, rather than taking the time to accomplish the things that will bring you the life you want? How do you waste the time?

What things could you be doing to help you live the life you dream of?

What kind of persona do you project at work?

How will you go about showing you're a survivor at work? Be specific.

When you're in social situations, how do you feel and act? What are you thinking?

List what you'll do to show more self-assurance in social situations.

In relationships, how verbal and open are you about your feelings?

What steps can you take to increase your involvement in your key relationship or ensure it's the kind of relationship you truly want?

Historical Wrongs You May Have Suffered

List the events from your past that are on your mind and weighing you down.

“Old tapes” refer to the faulty beliefs you hear in your mind that may have developed because of going through scary or hurtful events in your past. Old tapes tend to be negative and pop into your head whenever you feel the least bit challenged. What do your tapes say?

For each negative self-message, write a corrective message that you’ll repeat instead. For example, if your old tape says, “My life won’t ever get better,” your corrective message could be something like, “I can create whatever type of life I want.”

Changing Your Script from Victim to Survivor

Circle the strategies below that you will put into place in an effort to become a survivor by finishing the sentence, “I will...”

Open my mind to new choices

Find my confidence and show it to others

Think positive

Finish tasks and projects I’ve started

Take responsibility for my own life

Stop blaming others for my life events

Love myself

Remember what I can and can’t control

Keep a daily journal

Share my real feelings when appropriate

Ask for feedback

Be okay with some discomfort at first

Focus on myself

Seek professional help if I require it

My new mantra (saying) or song (anthem) to keep me moving in a positive direction is:

Books to Read and Movies to Watch to Inspire You to Become a Survivor

I promise myself to read the following book to get inspired: _____

I will watch the following movie to motivate me: _____

Other books I plan to read: _____

Other movies I plan to view: _____

Conclusion

Here is my plan for becoming a survivor and making my life different by this time next year:

"Our lives are much too short to just focus on the hurtful times, and instead we should make great attempts to stay on the path towards greatness and reaching our dreams despite how much pain we may be in."

~Anurag Prakash Ray