

Victim to Victor

Part 4: Arm Yourself

The Pursuing Perspective Podcast Season 2

The Hero's Journey, Episode 27

June 22, 2020

Notes	
Summary	In this episode we review the victim triangle and the roles we play. We learn how to arm ourselves with practical tools to help us step out of, and stay out of, the victim triangle. We begin to consciously respond rather than unconsciously react. We claim our power and face our challenges. We become victorious.
Key Points:	<p>Cognitive distortions that drive the roles in the Victim Triangle:</p> <p>Rescuer:</p> <ul style="list-style-type: none">● Personalization● The Fallacy of Fairness● Heaven's reward fallacy● Confusing feelings with facts● Mistaking beliefs for what's true● Labeling● Generalizing and categorizing● Emotional reasoning● Blaming and irresponsibility <p>Persecutor:</p> <ul style="list-style-type: none">● Deletions● Mental Filter● Generalizing and categorizing● Rigid rule keeping● Confusing feelings with facts● Mistaking beliefs for what's true● Labeling● Personalization● Blaming and irresponsibility

Victim:

- Confusing feelings with facts
- Mistaking beliefs for what's true
- Labeling
- Deletions
- Generalizing and Categorizing
- Personalization
- Self-victimization
- Minimization
- Blaming and Irresponsibility

*Full Cognitive Distortions sheet available at www.meducos.com/library

How to shift cognitive distortions:

- Be aware that they exist.
- **Is there another way to look at this? (Shift perspective)**
- Is there substantial evidence for my thought?
- Is there any evidence that contradicts this thought?
- Am I trying to interpret this situation without all the evidence?
- If I look at the situation positively, how is it different?
(one-word e.g., uncertainty= worry OR
uncertainty=opportunity)

REAL-TIME TOOL: Shifting Cognitive Distortions (available at www.meducos.com/library)

- What happened? (the situation)
- What emotion are you feeling? (rate from 1-10)
- What did you think about/focus on? (the unhelpful thought leading to the negative emotions)
- What is the evidence for your thought?
- What is the evidence against your thought?
- Who is in control of this thought?
- Are you basing the thought on facts or feelings?
- Is this thought black and white when the reality is more complicated?
- Could you be misinterpreting the evidence?
- Are you making any assumptions? What are they?
- Might other people have a different interpretation of the same situation? What are they?
- Are you looking at all the evidence or just that which supports your thought?
- Could your thought be an exaggeration of what's true?
- Are you having this thought out of habit or do the facts

support it?

- Did someone pass on this thought/belief to you? If so, are they a reliable source?
- Is your thought a likely scenario, or is it a worst-case scenario?
- What are the costs of thinking this way?
- What is a more useful perspective?
- How will you prevent this happening again?

These thoughts over time become unconscious and if repeated and associated with strong emotions and perspective, will become beliefs.

Albert Ellis (psychologist) suggested that a small number of core beliefs underlie most unhelpful emotions and behaviours. Core beliefs are underlying rules that guide how we react to the events and circumstances in our lives.

Self-defeating core beliefs that drive the roles in the Victim Triangle:

Victim:

- I need everyone to approve of me
- It's not okay to make mistakes. If I do, I'm a bad person
- Other people should strive to ensure I'm always happy
- Events in my past are to blame for my attitudes and behaviors today
- Everyone needs to rely on someone stronger than them
- Someone somewhere should take responsibility for me

Rescuer:

- I need everyone to approve of me
- I must avoid being disliked by anyone
- I must succeed in everything I do to be valuable
- Things must work the way I want them to
- Everyone needs to rely on someone stronger than them
- Someone somewhere should take responsibility for me

Persecutor:

- I must succeed in everything I do to be valuable
- Other people should strive to ensure I am always happy
- People who do not make me happy should be punished
- Things must work the way I want them to
- Events in my past are to blame for my attitudes and behaviors today
- I shouldn't have to feel sadness, discomfort, or pain

REAL-TIME TOOL: Changing Beliefs available at www.meducos.com/library

(Utilizing all four aspects of self: mental, emotional, spiritual, physical)

- Be aware of them (that they exist)
- Identify the costs and pay-offs of holding those beliefs
(mental)
- Be prepared to create replacement beliefs and behaviors for the pay-offs (e.g., playing victim keeps me safe as it ensures I can ask for a rescuer—I don't have to do it myself and thus I won't fail. I have to find another way to feel safe.) **(emotional)**
- Go through a process of releasing the old self-defeating belief and replace it with the new bridge belief **(spiritual/energetic)** e.g. prayer, visualization, meditation,
- Creating the new beliefs: Bridge Beliefs (one that feels true) **(physical)**
 - Write it down
 - Repeat it 3 times a day (be prepared to respond with it if the old belief comes up)
 - Utilize the real-time tool

These distortions and beliefs are largely driven by fear and thus we react out of our automatic responses to fear:

- Fight - Persecutor (attack)
- Flight - Rescuor (avoid)
- Freeze - Victim (shut down—powerless)

There is a fourth, option:

- Face - Victor (tools and resources to defend)

Facing allows us to consciously respond rather than unconsciously react.

Our reactions are driven by our beliefs. This is why it is so important our beliefs are healthy and not coming from cognitive distortions. When we have tools that we work to become positive replacement behaviors, then we show up differently. We can come out of the triangle and move from victim to victor.

REAL-TIME TOOLS can be found at
www.meducos.com/library

Lesson Summary

1. When we are functioning from the drama triangle, we are

	<p>unconsciously reacting rather than consciously responding—we are fighting, fleeing, or freezing rather than facing. We are coming from fear rather than faith. There is another way.</p> <ol style="list-style-type: none"><li data-bbox="565 352 1409 491">2. Since our reactions are driven by our beliefs, which can be facilitated by cognitive distortions, it is important that we challenge and change cognitive distortions and self-defeating beliefs. There are real-time tools and resources to change.<li data-bbox="565 499 1409 705">3. Changing thoughts, beliefs, and behaviors is a practice. It is a work, but such a valuable work. Get the tools. A victor does not go into battle unarmed. They are armed emotionally, mentally, spiritually, and physically. Access and utilize the tools. They become your resources to step out of and stay out of the triangle. This is how we move from victim to victor.
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