

MIND MAPS



PART 2

Breaking Free from the Victim Trap

In order to break free from a mind trap, we need to adopt a new mindset. Our thoughts can become patterns of thinking similar to streams that carry water down a mountain. To create a new way of thinking, we have to chart a new course.

EVALUATING WHERE YOU ARE

Plan for time when you are free of distractions and consider the answers to these questions:

- Is there an area of your life where you may be entertaining thoughts that could lead to victim thinking (e.g., my boss has always hated me, nothing I do is ever good enough for my dad)?
- Can you identify any internal dialogues that may be leading to a victim mindset? Consider your thoughts involving words like “always” and “never.” Here are some examples:
 - I’m always at a disadvantage because of...
 - He/she has never...
 - It’s always been hard for me since I...
 - I’m never going to...

CREATING A NEW MIND MAP

Step 1: : Identify your victim thinking.

Be on alert for thoughts that lead to a victim mind trap.

- Are there key words or phrases that trigger your victim thinking?
- Is there a place or a time when you are most vulnerable?
- Is there a person who can be a trigger for you?

Step 2: Consider any underlying false benefits.

Be brutally honest with yourself.

- Has victim thinking given you someone or something to blame?
- Has a victim mentality allowed you to avoid having to take responsibility for something?
- Has viewing yourself as a victim provided an opportunity for attention?

Step 3: Reframe your narrative.

Consider how God may be at work in you or could work through you.

- Where can you find time each day to pray and ask God to help you trust him even though you can't see his bigger story?
- What is something for which you are grateful?
- Is there someone for whom you could do something?
- Decide ahead of time what you will tell yourself when victim thinking surfaces.

MOVING FORWARD

In your relationships with one another, have the same mindset as Christ Jesus:

Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. Philippians 2:5-7

ADDITIONAL RESOURCE

We all want to live life to the fullest, but when you feel trapped or hopeless, it can be hard to know what to do. That's why we created Counseling Referrals. With a quick search of our licensed professionals, you'll find a partner who can help you find freedom. To learn more, visit counselingreferrals.org.