



11 Ways to Escape a **VICTIM MENTALITY**

How often do you say, “Other people have it easier,” “Why does this only happen to me?” or “I can’t do anything right.” Here are 11 ways to break out of a victim mentality:

OWN YOUR LIFE. Accept responsibility for your past, present, and future. Don’t outsource that responsibility to others.

BE POSITIVE. Focus on controlling your negative thinking. Mentally limit the times that you judge, complain, mistrust, or are jealous of others.

BELIEVE IN YOURSELF. Do things that foster confidence and self-esteem. That includes recognizing your strengths and being kind to yourself.

LOOK IN THE MIRROR. Don’t compare yourself to others. It only breeds envy and resentment.

COUNT YOUR BLESSINGS. Take inventory of the wonderful things in your life.

CREATE GOOD HABITS. Identify your bad habits and adjust your behavior accordingly.

HIT LOTS OF SINGLES. Strive for small wins. They offer confidence and momentum as you pursue your long-term goals.

MEET CHALLENGES HEAD-ON. Prove you can overcome tough obstacles. That will give you the strength and determination to face new ones.

FORGIVE YOURSELF. Don’t beat yourself up for mistakes or failures. Everyone is human — we prove that every day. Learn and move on.

LET GRUDGES GO. Seeking retaliation, rather than offering forgiveness, traps you in the anger. Let it go.

AVOID BECOMING DEPENDENT. Determine whether a “handout” helps you get back on your feet or enslaves you to a lifetime of dependency.

Don’t make yourself a victim. Winners make the effort while losers make excuses.

