

SYMPTOMS OF A Victim Mentality

Negative habits produce negative results. Here are seven characteristics of a victim mentality:

Feeling powerless and helpless. Some people feel they don't have control over their situation. So they don't even try to affect the outcome.

Dwelling on negativity. Some folks complain about their tough life just to attract attention or to fill a void in conversation.

Generating self-abuse. Some people continually put themselves down.

Remaining stuck in the past. Some folks refuse to let go of disappointments.

Blaming the world. Some people blame scapegoats for their difficulties and setbacks.

Being consumed by problems. Some folks wear their problems as a badge of honor.

Feeling cheated. Some people are envious and resentful. They believe that "the world isn't fair."

