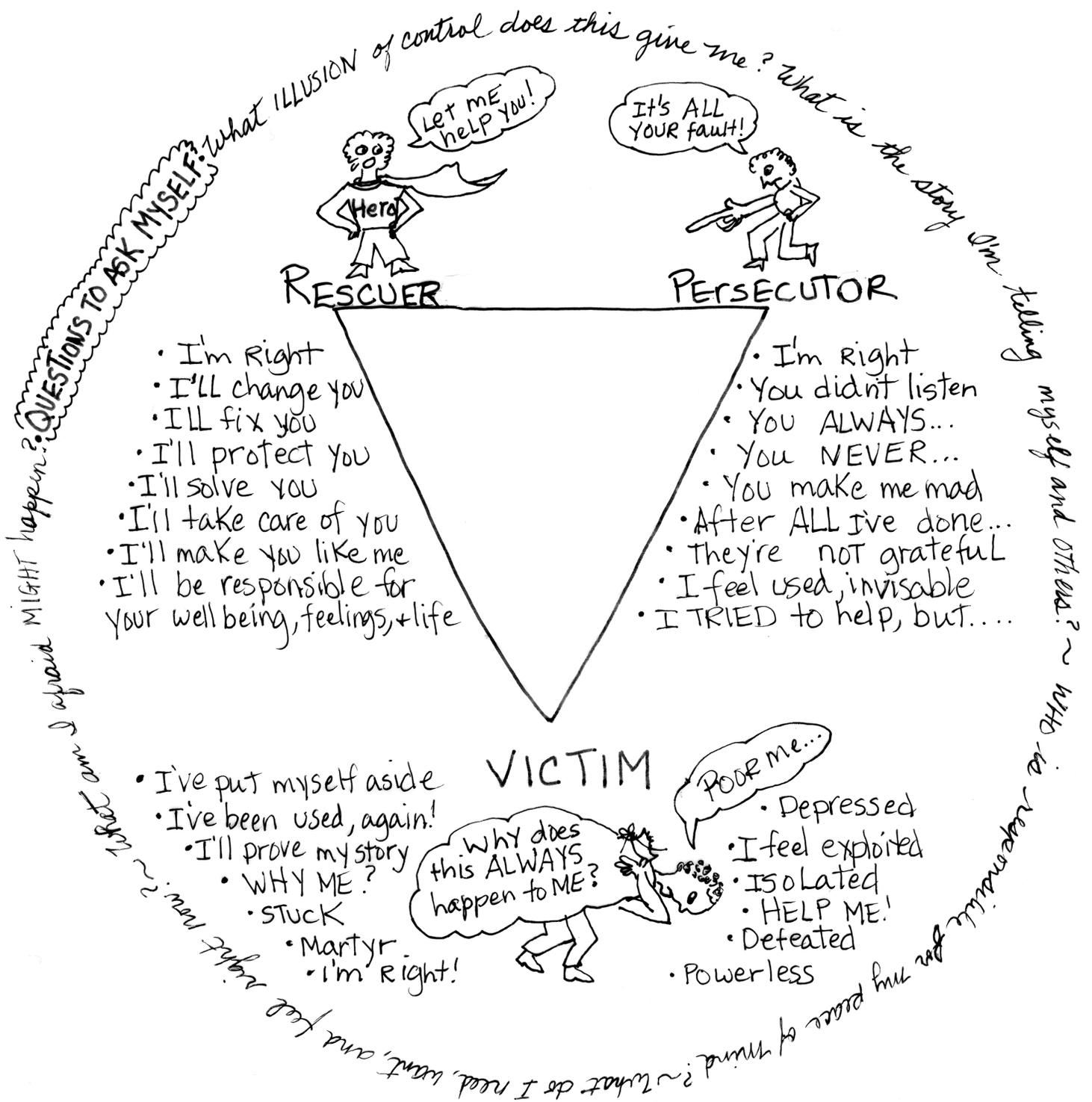


Victim Triangle



Getting Off The Victim Triangle

A few reasons to get off the triangle:

- To take my nose out of other people's business
- To take responsibility for creating my reality
- To free up my energy to attract what I want

- To enjoy a life with less judgment and resentment
- To take others off the hook of being my source of well being
- To give from the heart instead of giving from a place of need.

Tips for saying NO THANKS to the Victim Triangle:

- Awareness - notice where you are on the triangle without judging yourself
- Ask, "What is my intent? What is my *deepest intent*?"
- Ask yourself relevant questions (see other side)
- Ask, "What is my emotional experience right now, eg. sad/grief, fear, anger, joy?"
- Focus on your own needs, desires, and feelings
- Detach with love from those who you are rescuing or persecuting. You are not detaching from the person, but from the pain.
- Ask, "What is my Blame Story? Am I willing to drop it?"

- Ask, "How will I forgive others and myself?"
- Deepen your relationship with Spirit - Involve God in each step. Use your intuition and allow divine resolution, grace, clarity, wisdom, healing, and love
- Ask your Inner Knower, your God-self, to remove the ego's need to play the role of the victim
- Find ways to love yourself, e.g. increasing self-care through focusing on physical, mental, and emotional well being.
- Deepen your spiritual practice with meditation, prayer, time in nature, and whatever works for you
- We can't be a victim AND take responsibility for creating our reality

List of A Few Spiritual Principles

- We live in an abundant Universe
- The Law of Cause and Effect is always working
- In God all things are possible
- It is done unto you as you believe
- God expresses through us at our highest level of consciousness
- Nothing happens by chance or coincidence
- Love eliminates anything unlike Itself

- Principle is not bound by precedent
- We are a center of God consciousness
- Anything Mind thinks it can unthink
- We are surrounded by Infinite Intelligence
- All conditions manifest from a mental cause
- Limitation is not in Principle, but in the use of Principle
- No one and nothing can influence our consciousness unless we allow it