

LESSON 5: HELPLESS TRAP AKA VICTIM MENTALITY

Introduction

- Sometimes, we can have the answer in our hands.
- We know what to do, but we do not understand how to implement the changes needed. For example, if we have a chronic illness, there is so much new information that can help us naturally heal our bodies. But if we think of ourselves as chronically ill, we may give up and stop searching for answers.
- This creates a helpless trap.
- Hope brings healing within our grasp.
- I want you to fight for the answers to find your healing.
- The answers will become clear to us as we settle ourselves and slow down.
- Researching our problem for a hundred hours and trying a hundred things develops perseverance.
- If none of them work, more time may be needful, or a slower progress may be more realistic. We may have discovered a hundred things that don't work.
- The things that I tried years ago didn't work. Now with more information, teaching, dedication and perseverance, they are working.
- Just don't give up. Don't lose hope.

Lesson: Turn a helpless/victim mentality into a *life lesson of maturity*.

Victim mentality causes us suffering. Recognize this helpless thinking and refuse it. It only leads to more suffering.

<u>VICTIM THINKING</u>	<u>DISCIPLINED THINKING</u>
Victim mentality (whining, complaining)	Disciplining my mind to change thinking patterns
Poor planning	Plan and prepare for change
Unpredictable circumstances	Flexible, expect the unexpected and make allowances for it
Blaming	Accepting responsibility for my actions
Excuse making	No excuses
All or nothing thinking	Balance
Fainthearted (giving up too quickly)	Steadfast and diligent

Fearful	Courageous
Anxious	Confident
Stressed	Relaxed
Constant worry	Trusting
Insomnia	Resting
Overeating	Disciplined eating
Under eating/anorexic	Healthy meals
Self-abuse (cutting, mind altering behaviors, gaming, binge television, irresponsible actions, lacking self-care, etc.)	Self-care (exercise, healthy diet, healthy thinking, counseling if needed, community of caring friends)
I will never be better	I can do this!
Nothing will ever help me	I can be patient while I search for answers
I will never overcome this injury, illness, addiction or diagnosis	I can improve in many areas, and keep working and be hopeful with stubborn issues
I am hopeless	I am full of hope
I feel like giving up	No retreat
Frequently have feelings of depression	Empowered through disciplining my thinking and separating my identity from my irrational thinking
Suicidal thinking	Suicidal thinking isn't an option. I refuse to go there.

Exercise: Work my own recovery plan to empower myself not to be a victim. Name a victim behavior and exchange it for a discipline in your thinking you will incorporate today.

Application: It is a simple shift. Not easy, but simple. It is taking dominion over your thinking and forcing victim thinking out of your mind.

Principle: You can take authority over your thoughts.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:4-5

Conclusion: As much as we would like to do it, we cannot break through the mental blockage of someone else's *helpless trap*. We can help them develop a plan, but they must set up accountability. They may have to be sick of suffering to be motivated for lasting change.

If we give our loved ones the tools to change their thinking, we can wait for them to be sick of suffering and ready to do the work change requires. Sometimes, it takes a decade before they move towards change.

We can stop our whine. We can lead the way. If we show them health and emotional stability is within our grasp, our loved ones may follow and pursue health and well-being.

Enabling others to be comfortable in addiction or illness will not give them the hope to propel forward to seek improvement or change.

**The Lord is my Rock, and my fortress and my deliverer; my God,
my strength, in whom I trust... Psalm18:2**