

Shift from Seeing Yourself as a Victim to Knowing Yourself as a Person of True Creative Power

By Marlene and Bob Neufeld

“You can make a quantum jump in your well-being and success by getting nimble at one simple shift: From thinking and acting as a Victim to thinking and acting from True Creative Power. When we think of ourselves as Victims, we put ourselves in a powerless position. Then we try to manipulate other people into giving us what we think we want, using strategies such as whining, being aggressive or becoming needy through sickness and accidents. From thirty years of therapy experience with twenty thousand people, we have never seen a single instance when thinking and acting as a victim made anybody happy....

“Here’s the choice:

I choose to experience life as a victim.

Or

I choose to experience life as a person with true creative power.

“Many people erroneously think they can wait and pick one [i.e. being a victim or a person of true creative power] depending on the situation. They think: ‘I’ll evaluate each situation to see if I’m actually being victimized, then if I don’t think I am, I’ll choose to feel powerful.’ That’s the same as choosing to experience life as a victim. The choice to experience life as a genuinely powerful person liberates a huge amount of creative energy, and most people are unwilling to enjoy that amount of energy.

“You may think ‘Hey, wait! Aren’t there real victims in the world? What about the Holocaust, civil rights injustices, etc.’ That’s a worthwhile philosophical discussion – you might enjoy getting a few people together to debate it – but debating any issue is not the same as choosing to become more creatively powerful. The important question is: How much of my creative energy am I wasting through thinking and acting as a victim?” (from Instant Enlightenment © 2000 The Hendricks Institute – www.hendricks.com - 800-688-0772; used with permission)

Our Experience

We were offered this choice at our first training with the Hendricks Institute in 2002. It wasn’t easy letting go of our victim stances. We had a lot invested in trying to convince ourselves and others that we had no choice, that we were wronged, that we were at the mercy of each other or someone else, or that others exploited us.

Once we made the choice and posted it on our refrigerator, we experienced a daily, and often minute-by-minute, opportunity to choose again and again. This has been one of the key choices in our personal growth over the last six years. Each time we choose to

experience life as people with true creative power, possibilities open up and the space around our constriction or conflict expands.

Victims think they want heroes, but energetically often require villains. In other words, when one of us is in victim mode, we are looking for someone or something to rescue us, but what often shows up instead is someone or something to blame us and make us wrong. Similarly, when we are in hero mode, we require someone to rescue, or when we are in villain mode, we require someone to vilify. With our clients we playfully explore the dynamic of the victim – villain – hero triangle. This triangle can occur between people as well as within oneself.

When we first learned about this concept, Marlene recognized that she was often moving quickly from feeling like a victim (why does this always happen to me?), to blaming Bob or herself (villain) and then trying to relieve the situation (hero). At other times, she tried very hard to please and placate Bob (hero) and then resented it (villain) and ended up that Bob had somehow wronged her (victim). This was exhausting. She can now use creative ways to remove herself from the victim-hero-villain triangle (or ‘get off the triangle’ as we like to say), to feel her feelings and to shift her consciousness. Loving herself wherever she is and allowing herself some time to make these shifts are essential. Bob has learned that pushing Marlene to shift will backfire.

The Experience of Others

Our clients tell us that shifting to true creative power is often easier said than done. We realize this from our own experience. Einstein said, *No problem can be solved from the same level of consciousness that created it.* It is helpful to find ways to shift into a different level of consciousness – to open up to greater problem solving.

Much of our work with clients is about how to get off the triangle. This can be done using simple breath and movement techniques, and other energetic processes that allow us to get out of the content and into creative space.

When you feel like you are a victim of the world around you, you are not able to access your full potential. We invite you to step fully into a moment-to-moment commitment to experiencing life as a person with true creative power.

Marlene & Bob Neufeld practice body-centered Coaching and Psychotherapy. They are a couple who help couples learn life-changing skills and create closer, more loving relationships with one another. To learn more, see www.marleneandbob.com or call 613-594-9248 to arrange a complimentary 1-hour introductory session.