

## SPIRITUAL DISCOVERY JOURNAL

### A VICTIM MINDSET



#### INTRODUCTION

Now that you have completed your study of *Spiritual Discovery – 7 Principles for Spiritual Growth*, you may find it helpful to write a Spiritual Discovery Journal. In this exercise, you will be taking another look at overcoming a victim mindset by considering events that have shaped your life. Because we are complex beings and our hearts are deep waters, there is often more to discover. Writing this journal is an opportunity to find more healing and freedom.

Writing this journal will require thoughtful reflection, and it may stir painful emotions. If you are tempted to stop writing, use the 7 Principles for Spiritual Growth to help you uncover what you believe and go to God for insight, wisdom and truth. Call a trusted friend, if needed.

#### PART 1 - PAST EVENTS

In your journal, include the following:

- Painful or unpleasant past events that have shaped your life;
  - What emotion(s) you felt during this event (primary and secondary); (See page 55.)
  - What emotion(s) you feel as you consider it now;
  - What you came to believe about yourself, others or God as a result of that event;
    - “I’m powerless.”
    - “I can’t trust anyone.”
    - “I don’t matter.”
    - “Everyone is against me.”
    - “I’m all alone.”
    - “God does not care about me.”
    - “\_\_\_\_\_.”
- Does this belief(s) still feel true today? If so...
  - What emotion(s) do you feel when this belief is triggered?
  - How do you move when this belief is triggered? (See page 74.)
  - Does this belief move you toward a victim mindset?
- After you uncover what feels true, ask God for insight, wisdom and truth.
  - “God, is it true that everyone is against me?”
  - “God, is it true that I’m powerless?”
  - “God, is it true that \_\_\_\_\_?”
- Take time to pray, meditate and listen to God. (See page 109.)
- Include any insight, wisdom or truth that you receive.

#### PART 2 - CURRENT EVENTS

In your journal, also include the following:

- Several recent examples of when you felt like a victim, including the following:
  - What triggered your thoughts of being a victim;
  - What you desired (relief, approval, to feel good about yourself, to avoid failure, to be rescued, to justify yourself, or \_\_\_\_\_);
  - Who was impacted and how it affected them;
  - How you felt afterwards.
- Is your victim mindset rooted in childhood pain? (See page 151)

- Is there an emotional “rule” from childhood that moves you toward a victim mindset?
  - “Mistakes are dangerous.”
  - “Mistakes mean you are stupid.”
  - “Expressing any unpleasant emotion is not allowed.”
  - (See pages 47b-48 for more examples.)
- Did you justify feeling like a victim?
  - Did you blame something or someone in order to take away your responsibility? If so, who or what? (See page 76.)
  - Did you claim helplessness? (See page 77.)
  - Did you minimize it or deny it was a problem? (See page 78.)
  - Did you compare yourself to others? If so, how did the comparison impact you? (See page 79.)
- As you consider your victim mindset, what do you believe about yourself, others or God?
  - “I can’t change.”
  - “I have no control.”
  - “I’m defective.”
  - “I’m helpless.”
  - “Bad things always happen to me.”
  - “I can’t forgive them.”
  - “Everyone is always against me.”
  - “God doesn’t care when I suffer.”
  - “\_\_\_\_\_.”
- After you uncover what you believe, go to God for insight, wisdom and truth.
  - “God, is it true that I can’t change?”
  - “God, is it true that I’m helpless?”
  - “God, is it true that everyone is always against me?”
  - “God, is it true that you don’t care when I suffer?”
  - “God is it true that \_\_\_\_\_?”
- Take time to meditate and listen to God. (See page 109.)
- Include any insight, wisdom or truth that you receive.

### PART 3 – REFLECTION

- What have you discovered about a victim mindset?
- What would it look like to “move toward God” when you feel like a victim?

