

NO LONGER A VICTIM



SURVIVING TO THRIVING

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Trauma creates change
you don't choose,
healing is about creating
change you do choose.

MICHELLE ROSENTHAL

Introduction

Do you ever tell yourself that the world is against you, has hurt you, and it's preventing you from living the life you want? Do you feel like what you have lived through is unfair and you will never heal and live a normal, healthy life?

If so, this guide might be the push you need to move from a life as a victim to a life of victory, peace, and happiness. The main point is to no longer just survive but to learn to **thrive**.

Understanding what it means to be a victim can be the first step toward changing and that truth will drastically alter your life. Knowing that you can heal and can have an abundant life will allow you to begin the process of healing.

The thief comes only to steal kill and destroy;
I have come that they may have life, and have it to the full.

~ **John 10:10 (NIV)** ~

I'm still here. I have a history of victory.

~ **Dr. Steve Maraoli** ~

Identifying personal choices that prevent you from moving ahead in life can also help. Getting in touch with your feelings and why they are there will clarify why your life is moving forward (or stalled out) the way it is.

It will also help identify where you could be headed in the future if nothing changes. Childhood experiences and past mistakes can confuse your emotional life and trigger feelings of negativity and helplessness during your adult years. We will look at how these moments impact our today and our future.

Those feelings often eat away at the very foundation of your sense of self and aggravate your ability to lead the life you want. How you respond or react to challenging situations also reveals a lot about the approach by which you live your life. Do you live it with responsibility and courage - or disdain and self-doubt?

The good news is that you possess the power to alter your path in life. For some of you, the truth is also that God has the power to help you in that healing process.

You no longer have to be a victim. You can survive whatever you've been through and even go beyond surviving to a life that is thriving.

This guide will tell you how to move from victim to survivor, and from there, learn to **thrive**.



Refuse to become a victim of your circumstances and give a lift to your potentials each and every day against the wish of any obstacle you encounter!

ISRAELMORE AYIVOR

Victim? Surviving? Thriving?

According to the Wordbook Dictionary, a “victim” is described as someone who is “unfortunate” and who “suffers from adverse circumstances.” If you take on the role of a victim in life, you may often erroneously assume that situations will have negative results.

Consider the following points to determine if you might be living life as a victim:

1. **Your thought life is infected.** A constant pattern of negative thinking follows you everywhere you go. It’s not unusual for you to think others have it out for you or that no one can be trusted.

2. **You often ask yourself “why?”** Why does everything in my life have to be so challenging? Why have bad things happened to me? Why can’t everyone just leave me alone? Why do others constantly make demands on me? Why doesn’t anyone understand me? Why me?

3. **You lament.** Rather than look for solutions and consider ways to change, you think, “Poor me! Nothing in my life ever works out.” Sometimes, your lamentations may come across as pouty or whiney. This type of thinking wastes a lot of your precious time and energy and adds no value to your life.

4. **Your feelings tell the story.** Do you walk around feeling like you’re less important or not as smart as others? Feeling like you’re damaged goods has probably crept into the dark corners of your mind. It’s likely your self-esteem is pretty low or non-existent.

5. **Anger and resentment have become the norm for you.** In fact, you experience these feelings more often than you don't.

- You resent that your neighbor got a huge promotion and raise at work. She already has a nice home, great car, and a respectable job.
- Your attitude is that the good stuff happens to others and only bad stuff happens to you.

6. **You feel jealousy and envy of others.** Most of us have experienced some type of jealousy or envy at some point in our lives - *but you live there.*

- Perhaps you've wished that you could live in that house across the street with its stunning entryway and beautiful landscaping.
- It bothers you to think that the Joneses get to pull into that driveway each day, walk through that lovely door, and live in the place you want.

7. **You blame yourself when things go differently than you hoped.** When others mistreat you, something tells you that it's because of something you did or that's "just the way it is."

8. **You blame others for challenging situations in your life.** Everyone faces difficult situations. The challenge is to accept responsibility and avoid blaming others for your decisions and actions.

- Isn't it time to abandon the mindset that when others do Behavior A, you have no choice but to do Behavior B?

9. **Feeling helpless is a way of life.** Perhaps you tend to watch what goes on around you as if you're uninvolved. Things just happen. The world seems like a cold, unsupportive place. You may falsely believe you're unable to do anything that will actually change your situation or better your life.

10. **You think God doesn't love you.** You live with a feeling that somehow God is disappointed in you. The thought of a loving father God is foreign to you. Shame surrounds your understanding of God because you feel you are not a "good" person.

Is helplessness the over-riding emotion in your life? If some of these points describe you, it's likely that you feel like a victim. But your thoughts and feelings aren't the only signs. Now we will explore additional signals that may indicate you're living life as a victim.



Over the years, I learned to smile or laugh when I was supposed to. I kept my true self hidden; I did not need to unleash my pain on the world around me. Instead, I taught myself to ignore it. I did not realize that the pain was eating away at my soul.

J.D. STROUBE

What Does Your Behavior Reveal About How You See Yourself?

How would others describe your behavior at home and work? What about in relationships and social situations? **Your behavior in different settings and situations often demonstrates to others how you feel about yourself.** Does your behavior indicate that you've assumed the role of a victim or that you are victorious?

Examine these actions to decide if you're living as a victim:

1. **You are unproductive at home.** As soon as you hit the door, you immediately go sit in your cushy chair. Even after dinner's done or when the weekend is here, you decide to ignore your home projects. You just don't feel like it. You'd rather be sitting in your easy chair, watching television.

- The "unfair circumstances" you've had recently hold you back from creating the life you want. You have a valid excuse to do nothing, or so you think.
- The hours, days, months, and maybe even years fly by and you still haven't completed your home project and other things on your "to do" list.

2. **You avoid social settings.** Meeting new people makes you tremble, or you feel unsure about what to say when in a group. ***Others seem to look better, speak more eloquently, and live more fulfilling lives than you.***

3. **At work, you may stay hidden from most of your co-workers.** You feel like nothing positive ever happens to you regarding your job. You believe that if you do the bare minimum, that's good enough.

Is getting by and just collecting a paycheck your mantra?

4. **You fade into the background when you're in social situations.** The goal is to avoid being noticed. You prefer to keep from becoming involved with others in any significant or meaningful way.

- For example, if you end up attending your office holiday party, you stake out one area where there's a co-worker you're comfortable with and stay there for the entire night.

5. **In relationships, you avoid speaking up.** Sharing real feelings with others scares you. You feel like what you say isn't important enough or you want to avoid making others feel hurt or angry. Going along to get along is your mantra.

I am not what happened to me,
I am what I choose to become."

~ **Carl Jung** ~

6. **Even if you are physically or emotionally abused, you stay.** When you're in a relationship, you remind yourself that you've been abused before and that others are rarely kind to you. So why expect anything different now? You married the alcoholic, workaholic, the "fixer-upper" and you blame yourself for their problems and issues. The helplessness is your anchor in the relationship.

7. **At church you remain on the fringes.** You don't volunteer to serve because you probably won't do it well. You don't join a small group because you probably aren't as spiritual as everyone else. You fear you are the only one who has these problems and no one will understand you.

Your inactions, as well as your actions, signal how you feel about yourself. When you believe the world happens **to** you and that you're powerless, you're living a victim role.

When you fail to know the positive impact you can make in the world, you are probably in the victim role. It is time to evaluate your actions, take responsibility, and choose to live the life you deserve.



Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

JAMES 1:12 (NIV)

Past Suffering in Your Life

We all emerge from the positive and negative influences of our pasts, and our sense of self is formed from our early experiences. Those experiences anchor us! Our identities are attached to those memories and happenings and are deeply embedded in our thinking.

If you're stuck in a victim role, you're likely suffering with memories of past experiences that were scary, hurtful, or negative. You've been marked in some way with a terrible, internal scar. Those scars are real but they don't have to steal the rest of your life from you.

Examine these points to help you figure out whether you've been psychologically damaged by your early life:

1. **Thoughts of past abuse haunt you.** Your childhood might have been extremely rough. Adults and others were physically or emotionally abusive to you. You frequently find yourself thinking about these circumstances and expecting the same.

2. **You feel wronged by prior events.** Even if others disagree with your interpretation of the events from your childhood, you still feel like you were damaged by your situation and no one else seems to care.

3. **You often wish your past could be re-written.** You wish you had lived in the house with the white picket fence and two perfect parents, or that you could have been an only child like your best friend. Things just didn't go the way you wanted.

- There's also the "why" question again: why did these things have to happen to you?

4. **Faulty beliefs result.** Since your past was so difficult, you might think that you can not live a happy life. You believe you've been tainted, ruined, and see no possibility for living an abundant, thriving existence.

- Those old tapes, filled with negativity, are playing over and over again in your head: "You won't amount to anything," "No one will ever love you," "I'm just destined to have a broken life," or "I won't ever have the life I hope for."
- Driven by your residual emotions from the troubling events, these messages repeating themselves in your head can make you feel exhausted, overwhelmed, and "heavy."
- Are you burdened by your old baggage from the past?

Historical experiences of neglect, abuse, and abandonment can lead you to develop an overall view of life that causes you to live as a victim. Your vulnerabilities may be exposed, and you might feel hopeless about the future. But it's time to get a grip on your life and find the power to put yourself on a more hopeful path. The God who created you for more also wants to give you the life He had designed for you before others affected things. He gives you the power today to create a new life!

After a while I looked in the mirror and realized.... Wow after all those hurts, scars and bruises, after all those trials, I really made it through. I did it. I survived what was supposed to kill me. So I straightened my crown... and walked away like a boss.

~ **Unknown** ~

After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you.

~ **1 Peter 5:10 (NASB)** ~

Changing Your Story From Victim to Survivor to Thriving!

You can take action and change things so that you no longer hear those old tapes playing in your mind. It's up to you to initiate self-corrective measures, allowing you to alter your outlook and change your opinion of yourself and your life.

Put these ideas into action today to begin to move your life from surviving to thriving:

1. **Open your mind.** You can change anything in your life if you choose to. Even by taking small steps, you can head down a different path.

2. **Find your confidence.** You've made it this far. Reflect on positive things you've achieved. Listing them will help you become more self-assured.

- Isn't it time you acknowledge that you've made some decent choices along the way or even that you made it this far?

3. **Make the decision to show your confidence to others.** Although that work project has stumped a couple of your co-workers, you know exactly what you'd do with it and how to tackle the troublesome parts. Step up and offer to help. **Although showing some self-assurance can be scary, you can do it and you need to do it.**

4. **Think positive.** Refuse to allow the old tapes from the past to keep playing in your head. Replace them with something positive. Instead of, "I won't

amount to anything because of my past,” think, “I survived my past so I can achieve anything I put my mind to.”

- Create an image in your mind of you burning all of those old, negative messages and abuses.

5. **Finish.** Regardless of what you’re doing, make every effort to finish the task. Use your calendar and prove to yourself that you complete what you begin. Schedule time to finish particular jobs. You’ll feel uplifted when you see that you finish what you start.

6. **Take responsibility. Own your own life. No one can make you feel a certain way or behave a certain way unless you consciously choose to go along with them and give them that power.**

- You can do anything you want to do. Create a happy life for yourself, one decision at a time.

7. **Avoid blaming others for your life today.** Maybe your parents lacked nurturing skills or were even abusive, but you are the one in control now. You’re an adult who can take steps to ensure you’re safe. Make your own life choices.

8. **Love yourself, starting now.** When you decide to love yourself, you can focus more intentionally on your own needs and grow in that love daily. Loving yourself will help you realize that you’re worth the time and effort it takes to build the life you have longed for.

9. **Adopt a new creed. Create short, motivational affirmations you can say to yourself that will help you become a survivor.** Consider these examples: “No excuses - I create the life I want,” “I can do whatever I want,” or “I will do more than just survive, I am going to Thrive.” Say your affirmations to yourself several times throughout the day.

- Place the creed in writing on your refrigerator, in your closet, on the dashboard of your car, and on the bathroom mirror. Get creative: paint the words of your creed and frame it for a special place in your living room, bedroom, or somewhere central in your home.
- Telling yourself you can do something increases your energy so you can and will do it.
- You might find it helpful to adopt your own special “anthem.” **Choose an anthem by thinking of a song from the past that energizes you and reminds you that you can make it or brings inspiration to you.** Some examples could include, “Rise”, “Stronger”, “Fight Song”, “Strong Enough”, “Overcomer”, “It’s My Life,” “True Colors,” “I’m a Survivor,” or “I Will Survive.” Spiritual songs can also be very effective as your anthem.
- Choose a song that speaks to you and carries an uplifting message you love to hear.
- The purpose of having a creed or anthem is that whenever your start heading back toward a negative place, you can say or sing it to yourself and take control of your thoughts.

10. **Remind yourself about what is and isn’t in your control.** It’s helpful to realize that you’re unable to control what others do, but you can control your emotional and behavioral reactions to them.

- Remember that 100% of the time, you have unlimited options in life. Allow yourself some time to find and act on them whenever a challenging situation develops.

11. **Keep a journal.** When you write down your thoughts and feelings, it provides insight about what's moving you. Then can you figure out how you can change your life. ***Journal daily at first to get comfortable and establish the habit of looking within yourself as often as you can.***

12. **Share “real” feelings when it’s appropriate.** Recognize that someone who cares about you is interested in hearing about your genuine feelings.

- If you’re unsure your partner wants to know how you really feel, talk with them about it. Let them know that you plan to share your feelings more often. Ask them to listen and make efforts to understand you better as you are learning to understand as well.
- You’ll want to mention that you’ll pay attention to their thoughts, feelings, and words as well, and that the goal is understanding both ways.

13. **Ask those you trust for feedback.** Inquire about what others have noticed about your emotions in the past. How do they see you? Listen carefully for any clues to how you’re coming across to others.

Feedback from others can help you figure out how you can alter your path to one that’s more positive and hopeful. We all have blind spots and struggle to see ourselves accurately.

14. **Tell yourself it's okay to experience some amount of discomfort.** When you venture from a predictable or safe place, physically or emotionally, it can be scary and intimidating.

- Making changes takes effort, but it will eventually be worth all of the initial discomfort.

15. **Focus.** When you stay centered on your options, choices, emotions, and behaviors, you'll find life gets much easier.

- When we remind ourselves to stay personally centered, we relieve ourselves of the need to control others, earn their permission, or seek their approval. Keep your focus where it counts. The power is within you!

16. **Consider seeking professional help.** Depending on your situation, you may have a lot of personal work to do. You have the options to work these things through on your own, attend support groups, find a therapy group, or locate a therapist, counselor, pastor or coach to assist you.

- Sorting out the details of your life and determining how to make changes will help you live a more conscious, fulfilling existence.

Use these “tools” to help you find and build a stronger sense of self and discover your desired journey in life. Commit to applying these techniques, finding new ones in your daily life, and unleashing the survivor that's inside of you. With God's help and your efforts, we pray that you will do far more than survive - that you would thrive and live the abundant life God has promised you.

You become a victim of the past, and your tormentor today is yourself left over from yesterday.

~ **Deepak Chopra** ~

Don't become a victim of yourself. Forget about the thief waiting in the alley; what about the thief in your mind.

~ **Jim Rohn** ~

Do not copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

~ **Romans 12:2 (NLT)** ~

Books That Can Inspire You to Thrive

Start seeking out inspiring stories and literature. ***Reading about how others persevered and rose above life's challenges can add fuel to your fire and turn you into a survivor. Read these inspiring books:***

1. Unashamed by Christine Caine
2. God Where Are You by John Bevere
3. Battlefield of the Mind by Joyce Meyers
4. The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams & Reaching Your Destiny by Robin S. Sharma
5. How to Win Friends and Influence People by Dale Carnegie
6. The 7 Habits of Highly Effective People by Stephen R. Covey
7. The Giving Tree by Shel Silverstein
8. Suffering is Never for Nothing by Elisabeth Elliot
9. Don't Sweat the Small Stuff ... and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life by Richard Carlson
10. I Know Why the Caged Bird Sings by Maya Angelou
11. The Obstacle Is The Way by Ryan Holiday

12. When I Love Myself Enough by Kim McMillen

13. The Things We Cannot Say by Kelly Rimmer

14. God Will Use This For Good by Max Lucado

15. Emotionally Healthy Spirituality by Peter Scazzaro

16. Rising Strong by Bren'e Brown

There is so much incredible literature that can light the fires of energy, motivation, and passion in you. Peruse your local or online library for inspirational works. Search for subjects online based on your story.

Invest in your healing, invest in transforming your mind, and find people who have been where you are, have made it through, and are now thriving. People who have made it love to turn around and help others get there. You'll be amazed at how much you can find to help you.



It takes but one positive thought when given a chance to survive and thrive, to overpower an entire army of negative thoughts.

ROBERT H. SCHULLER

Films with Powerful Messages on Thriving

Another way to pique your interest and provide you with ideas about how to change your approach to life is to see a film about how it's been done before.

Movies provide us with many great stories of how others changed the direction of their lives.

View some of these films to become inspired to live your best life:

1. "Tim" – Author's life story as seen on Amazon Prime or Thrive website <https://www.thrivecoaching.net/tim-video>
2. Overcomer
3. Life of Pi
4. Unbroken
5. The Blind Side
6. I Can Only Imagine
7. Eat, Pray, Love
8. Breakthrough
9. The Shawshank Redemption
10. Run The Race

11. On Golden Pond
12. Soul Surfer
13. Coalminer's Daughter
14. Stand and Deliver
15. Pursuit of "Happyness"
16. Searching for Bobbie Fischer

If you're a movie buff, you've probably already seen several of these films. ***Search for other movies that will fuel your motivation and help you become more confident, responsible, and inspired.*** Include documentaries and movies based on true stories, as well as fictional works. There are many well-written and well-produced Christian films today that may be of interest for you as well.



I am a survivor and not a victim. Life isn't perfect. When you get a knock, you have to get up, dust yourself down and get on with it.

PATSY KENSIT

Scriptures To Help You Thrive

There is no one who is more aware of your past than your heavenly father. No one wants you whole more than your loving God.

His word is living and breathing and full of life giving truth for you.

1. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. - **John 10:10 (NIV)**

2. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. - **Psalms 91:11-12 (NIV)**

3. Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.”
- **Psalms 71:20 (NIV)**

4. Praise be to the God and father of our Lord Jesus Christ, the Father of Compassion and the God of all comfort, who comforts us in all of our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” - **2 Corinthians 1:3-4 (NIV)**

5. Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. - **James 1:12 (NIV)**

6. Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes - **Psalm 17:7 (NIV)**

7. For the Lord is good and his love endures forever; his faithfulness continues through all generations. - **Psalm 100:5 (NIV)**

8. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.
- **2 Corinthians 4:8-9 (NIV)**

9. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. - **Philippians 4:6-7 (NIV)**

10. Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father. - **Hebrews 12:7 (NIV)**

11. Do not copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.
- **Romans 12:2 (NLT)**

Conclusion

*You have the opportunity to live an abundant life. **The power to stop living life as the victim is up to you.** The decision to move from merely surviving to a life that is thriving is also up to you.*

Doing so will be an ongoing process that requires daily effort, prayer, support from others, and potentially professional help. The start of this journey may seem overwhelming and impossible, but if you stay at it you will experience a life that most people only dream of.

Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim - letting go of the pain and transforming oneself from victim to survivor.

~ C.R. Strahan ~

My mission in life is not merely to survive, but to Thrive; and to do so with some passion, some compassion, some humor and some style.

~ Maya Angelou ~

About the Author

Pastor Tim / Coach Tim or whatever people choose to call him has a deep understanding of what it means to fight the urge to live life as a victim.

He was a child of rape, raised in hate without a father and experienced childhood emotional, physical and sexual abuse throughout his young life.

Tim turned to alcohol, drugs, sex, violence and crime to deal with the life he was given and he proceeded to further destroy his life.

Tim spent the first 18 years of his life in and out of jails, rehabs, and mental health facilities and only got sicker.

The moment Tim gave up and decided to end his life was interrupted when a Pastor going door to door knocked on Tim's door and gave him a mustard seed of faith that changed his trajectory forever.

That mustard seed grew into a fully mature faith and led him to healing at the deepest level.



Pastor Tim



The second part of Tim's life has been filled with more miraculous healing and transformation, and he now lives a dream life with his wife and 3 kids. He takes his experiences before that day and all of the learning and healing after that moment to inspire, transform, and help as many people as possible to find abundant life.



After spending a dozen years as a manager in a large international accounting firm, Tim's gifts and calling were grown as he spent another 12 years as a Pastor at a church. See Tim's life story here: <https://www.thrivecoaching.net/tim-video>

He loves to give away all that has been freely given to him and would love to have an opportunity to serve you in a more intimate and personal setting. Feel free to reach out to Tim and set up a free strategy session if you would like help moving from a victim to a victor and you would like to push past merely surviving and learn how to Thrive.

[Book a Free Strategy Session](#)



CONNECT WITH TIM

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