

EPISODE III: HOW TO DEAL WITH A VICTIM MENTALITY

1. KNOW WHAT A VICTIM MENTALITY IS

- Engrained mindset. Disposition. Way of viewing the world. Deeply held belief system. Not open to change.
- Five common denominators:
 - Feel stuck and helpless against the forces of life.
 - Not a player in the game of life. A victim of life's unkindness. There's nothing they can do about it.
 - Feel an internal powerlessness against the external world.
 - Simmering internal anger or fear at the external world (circumstances or people.)
 - Less obvious component: entitled to be assisted or rescued.

2. KNOW THE COSTS AND BENEFITS OF A VICTIM MENTALITY

- Benefits:
 - The ultimate "no fault" life insurance policy.
 - Abdicate responsibility and avoid blame. Every event or problem is blamed on other people or circumstances.
 - Excused from risk, responsibility, blame, or being tainted by failure.
 - When angry at outer world, don't have to look at inner world (blame everyone but yourself.)
- Costs:
 - A Faustian bargain. Hidden expenses. Prevents achievement.
 - Kills the ability to savor success. Normal is failure.
 - Keeps them raw, angry, defensive, or accusatory.
 - Keeps them a stranger to the source and impact of their beliefs. No inner awareness.
 - Live with the exhausting expectation of always being hurt, misunderstood, or under appreciated.
 - Steals power, hope, joy, and any sense of control over life.
 - Few people want to be around them for any period of time.

3. KNOW HOW TO MANAGE A VICTIM MENTALITY

- Wear a Hazmat suit.
"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they look for a place to dump it. And if you let them, they'll dump it right on you. So when someone wants to dump on you, don't take it personally. Just smile, wave, wish them well, and move on. Believe me. You'll be happier." David Pollay *The Law of the Garbage Truck*

- Don't make their problems YOUR problems. You are not responsible to adopt their life view, to commiserate at all times, to listen indefinitely, or to adopt their poisonous perspective.
- Avoid getting sucked into their world view; they want you to commiserate, agree, affirm or wallow with them. Separate yourself: *If life looked to me, like it does to you, that would suck.*" (I see how you feel but I'm not stepping into that mindset as my OWN view of life.)
- Limit length of time and frequency of time with them. Have a reason to excuse yourself.
- Get a life apart from them that you find fulfilling, uplifting. Something that gives you a break, relief, and a fresh perspective.

4. KNOW SOME QUESTIONS TO CONSIDER ASKING

- Two choices with these questions: Ponder them for yourself or ask the person with the victim mentality to consider them.
 - Is it okay if I view life differently than you?
 - When did you conclude that life is not just difficult, but that life is out to get YOU specifically?
 - When did you conclude that it's best to stay bitter?
 - Why do you like your current belief system? What is the ROI for you?
 - Do you ever consider the cost of your mindset?
 - Are you aware that being around you is a little less than exhilarating?
- Exercise grace, kindness, and compassion.

5. KNOW WHEN TO GET HELP FOR YOURSELF

- Get some help to improve your understanding, protect your own health, and find strategies for "managing" life in the presence of someone with a victim mentality.

Are there other communication-related topics you'd like to hear the Communication Guys address? Let us know on our [Facebook page](#).