

## Hidden victim language

Almost all words, which end in “-ed”—for example trapped, overwhelmed, confused—describe conditions about ourselves which we are actually doing to ourselves—things which we have control over and can stop.

Using “-ed” words robs us of our power, and makes feelings and circumstances seem to victimize us. When we change those same “-ed” words to words ending in “ing,” we take charge of our feelings and circumstances.

For example:

- I feel scared. = I am scaring myself by imagining...
- I feel trapped. = I am trapping myself by inaction and by believing things about myself that are not true.
- I feel depressed. = I am depressing myself by not fully expressing my anger or my sadness about something.
- I feel overwhelmed. = I am overwhelming myself by not saying “no,” by not setting priorities, by not deciding, or by not acting on something.
- I feel confused. = I am confusing myself, usually by having two ideas about myself or something else.

One is usually how I or it should be; the other is how I really am or it really is.

(To stop confusing yourself, accept what is really true.)

- I feel frustrated. = I am frustrating myself by thinking people, or things, should be different from the way they are, or that I should be different from the way I am.

Can you feel the difference?

What "I CAN'Ts" do I need to eliminate?

| <b>WEAKENS YOU</b>        | <b>STRENGTHENS YOU</b>        |
|---------------------------|-------------------------------|
| I CAN'T                   | I CAN...                      |
| FOCUSING ON YOUR FAILURES | FOCUSING ON YOUR SUCCESSES    |
| CRITICISM AND JUDGEMENT   | SUPPORT AND APPRECIATION      |
| FOCUSING ON SELF          | FOCUSING ON SERVICE TO OTHERS |

If you want to be successful, you have to eliminate the phrase, "I can't..."

What I Can'ts Do I need to eliminate in my life?

- 1.
- 2.
- 3.