

FROM VICTIM TO POWER

You are not a victim of your life. You create the situations you are in. You first need to accept accountability for your life. If you don't, you will misjudge what the problem is and therefore not find correct solutions. Look at top issues in your life and use these questions to dig for your role in creating them – then you can start to see how you can start to solve them.

Did I ignore any warning signs?

Did I fail to do something?

What did I do to set up the result that I did not want?

Did I fail to treat myself with dignity?

Did I fail to be assertive?

Did I pick the wrong person or people?

Did I fail to say NO?

Did I trust foolishly?

Did I ignore my feelings?

What was my role in creating this?

Did I fail to be clear?

Did I push it because I wanted it to be true?

Did I fail to stand up for myself?

Did I fail to ask?

Did I fail to be more convincing?

Did I point out incongruence's that I noticed?

Did I ignore my feelings?

Did I give value to my time?

How was I in fact accountable for what happened?