

The Victim and its Impact

The Victim listens to the Judge and its pronouncements. It receives the judgments as the truth, and generates and carries the emotional baggage that is generated as a result of this. The Victim is the part of the self that feels helpless, hopeless or powerless. It is an enabling part of the Parasite.

In order to gain a better understanding of how your Victim operates, in your journal or on a separate page, respond to the following questions:

- What makes you feel ashamed of yourself?
- What makes you feel guilty?
- What makes you feel helpless or the victim?
- When do you feel unworthy in yourself, or unworthy of love?
- When do you feel regret or sadness?
- When do you feel betrayed?

Complete the following sentences:

- I am to blame for being ...
- I don't deserve to have.....
- I can't do what I really want to do because of
- I am powerless when it comes to
- I am not good enough to
- I am not intelligent enough to
- I am never going to be.....
- I am never going to have
- I am unworthy of self-love because of ..
- I am unworthy of self-respect because of....
- I am unworthy of being too happy because of ..
- I am unworthy of financial abundance because of ...

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The next step in this process is the check in with the ‘truth’ of all of this – but not with The Judge that thrives on emotions that come from fear, suffering and drama. In contrast the invitation is to focus on the heart as you ask yourself in response to each statement whether it is in fact true or false.

The trick to this process is to realise that any belief that generates fear or feelings of worthlessness is false, it’s a lie. Our authentic self would never practice abuse – as it comes fully from love. In order to review what we have written the first step is to ‘open the heart’. We do this by practicing what is called the ‘Freeze Frame Technique’. This technique uses heart focussed breathing to consciously shift our state, and from that broader and more expansive perspective consider the truth or otherwise of what we have written.

To practice this process prior to undertaking your scan of the material you generated in response to the questions on the previous page of this pack. Please click on the [Link to Heartmath Practice Audio: Freeze Frame](#)

Welcome back. Now as you review the list, practice the process of inhaling and exhaling through placing attention on the heart and taking each response you have written one at a time, ask yourself the question:

“Is this statement true or false” ... listen for the answer as it arises from the heart. Make a note of the response.

Re-centre yourself in your breath and positive disposition, and then move onto the next response. Repeat this process until you have completed the list. Review and notice what comes up for you emotionally when you read your heart based knowing about the self and how it differs from The Judge which is from the external programming you received.

Finally, much like you did with The Judge. Take some time to stand back and reflect on how the Victim operates.

- Describe in detail what your Victim is like.
- When does it believe The Judge?
- Why does it believe The Judge?
- Give your Victim a name that is more descriptive or personal so you can name it when you hear it in your head.

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On a scale of one to ten, with one being a life that is governed by The Judge, The Victim and the Book of Law, and ten being a life completely free of such programming and living from the authentic.

- On the Parasite scale, I live my life at number

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Now take the next 10-15 minutes to consider how your life would be if you were not under the control of the Parasite. If The Book of Law was not present in its current form, if The Judge and The Victim didn't have 'power over' but that you lived your life based on the principles of love, joy and freedom. This is really the act of imaging your life being lived from The Four Agreements.

Is there any resistance as you think about this possibility? If so, complete the following sentences:

- I can't live my life without the Judge because
- I can't live my life without the Victim because
- I cannot rule my own life the way I really want to because.....
- I cannot live my life in accordance with The Four Agreements because....

Your Parasite is very good at providing excuses. Write them down so you can respond to them with your heartfelt truth. To do this, review each rationalisation (rational-lies) with a counter reason as to why it IS and WOULD be possible for you to do it. As you counter each, imagine yourself moving up the Parasite scale toward the number 10. Examples of how to do this are shown on the next page.

Once you have completed your response to each limiting belief, take another look at the scale and ask yourself where you life would now reside.

This practice is useful in any area of your life where you feel challenged. Consider all the reasons you can't have or do what you want and then counter each with a statement that negates each excuse.

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Examples

I cannot live without my Judge because ...

1. I would be completely irresponsible and out of control
2. I would do bad things
3. I would be lazy and never get anything done

Answers to the above statements might be ... (in the form of positive affirmations)

1. I would never be irresponsible or out of control. I am a responsible person and if I praised myself more, and judged myself less, I would be happier and more capable of assuming responsibility.
2. I would never do anything bad. In fact, if the Judge wasn't always judging me, I would do greater things than I do now. If I accepted myself without judgement, I would accept others without judgment also.
3. I am not a lazy person. I like to take it easy sometimes for a while, but then I would enjoy doing what I need to do and would accomplish even more without the Judge always criticising me.