

Title:

Beliefs and The 'Victim' Syndrome

Word Count:

766

Summary:

What do you want to be, a Victim or a Creator? This article discusses the process of becoming

Keywords:

belief systems, victim, creator, values, blaming

Article Body:

Who do you know that takes full responsibility for all their feelings and behaviours? What wo

Research findings by social scientists and psychologists have demonstrated that the belief sys

Beliefs are assumptions, prejudices, judgements, ideas, opinions, and attitudes through which

A belief system provides a core set of values on which we base everything we sense, interpret,

One of the pervasive beliefs in our society is the notion that we are victims. Victims feel h

Practical Steps To Move From Being A Victim To Being A Creator

1. Stop blaming others for what you are feeling. It is always your choice as to how you inte
2. Use affirmations such as 'I deserve the best life has to offer.'
3. Create 5 positive affirmations out of 5 of your negative thought patterns. Set aside time
4. Visualize what you want. The steps to successful visualization are: a) perceive yourself
5. Practice an 'attitude of gratitude.' Say thank you for all the blessings you receive thro
6. Start a Gratitude journal. Before you go to sleep each night, write down in your journal
7. Start a Joy journal. List things that make you feel happy. When you are having a 'bad' d
- journal to re-focus on the wonderful moments in your life.
8. Consciously monitor your thoughts changing them from fear-based to joy-based. Remember: T
- Law of Increase, whatever you focus your energy on expands.
9. Stand in front of a mirror, or whenever you see yourself in the reflection of a plate glas
10. Believe in yourself. Self-appreciation is the foundation for high self-esteem.

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