

Title:

You Are Not A Victim; You Are Not Alone

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Summary:

If you don't feel good about yourself, you have to fix it. There's no other way around it. You

Keywords:

victim,self help,acceptance,choices,loser,unfair,betrayal

Article Body:

If you don't feel good about yourself, you have to fix it. There's no other way around it. You

We all have varying degrees of self-doubt. A person can be wildly successful in their life, and

Here is where to begin. It's the Victim Thing. The most tragic or toxic aspect of victim hood

Some of us could and do spend many hours, years, in therapy or in our rooms trying to figure out

Life is about choices. I can feel trapped in my life, but I can choose to begin writing this.

Acceptance is central to the process of coming out from under our victimhood. I would say that

The key question in any adverse circumstance is, ^What do I do now and next?~ Sometimes all you

Acceptance is the bottom line. Good choices grow from acceptance. There will always be someone

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