

A Victim Self-Image

12-12-11

I put myself in a position of weakness when I cherish a grievance. When I hold onto resentment or bitterness, I can't help but see myself as a victim, because I have put someone else in control. And as long as I think of myself as a victim, I have nothing but weakness to extend to others. Thus a victim self-image is not only damaging to me but to the people I love.

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