

Victim Language: The Sneaky Words That Keep You Stuck

Words That Keep You Stuck | theresafood.com

THE BIG IDEA

Victim language is not about whether something hard happened to you. It is about the words that quietly remove you from the equation and hand your power to someone or something else. Even highly accountable people fall into these patterns. The good news: you learned this language, which means you can unlearn it.

COMMON VICTIM LANGUAGE PATTERNS

<p>They _____ me.</p> <p><i>Puts responsibility for how you respond into someone else's hands.</i></p>	<p>I didn't have a _____.</p> <p><i>Even great decisions deserve your ownership. You did have a choice.</i></p>	<p>I didn't _____ / Nobody told me.</p> <p><i>Dismisses your opportunity to be resourceful and ask better questions.</i></p>
<p>That's just how I _____.</p> <p><i>Using identity as an excuse removes the possibility of growth.</i></p>	<p>Nothing ever _____ for me.</p> <p><i>Becomes a self-fulfilling prophecy when repeated as a pattern.</i></p>	<p>Why _____ / It is how it is.</p> <p><i>Passive resignation when the situation is still within your power to change.</i></p>

WHY WE DO IT

Victim language protects our ego from the pain of failure. It feels like relief in the short term but creates paralysis over time. When you hand the pen to someone else, you give them the power to write your story. **Ownership feels like freedom.** The more freedom you want, the more accountable you have to become.

REFLECTION QUESTIONS

1. Where does victim language show up most in your daily vocabulary? _____
2. Think of a hard decision you described as having no choice. How does reframing it as a choice change how you feel about it? _____
3. Which sneaky pattern do you recognize most in yourself? _____
4. Where are you handing the pen to someone else right now? _____
5. What is one area where shifting from "I have to" to "I choose to" would change how you show up? _____

THIS WEEK'S CHALLENGE

Catch yourself this week. When is your language putting you out of the driver's seat? Re-ask: What is the version of this where I am fully accountable? Ownership of the problem means ownership of the solution.

TEAM DISCUSSION

What shared language patterns keep your team in a passive posture? Where do you collectively say "we had no choice" when the truth is you made a decision, possibly a great one?

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