



## **Coaching Tool:**

Who is a Victim Anyway?

DENIAL. Nothing really happened. Ignore the pain.	Vs.	Recognizing the brokenness and admitting to being a victim opens the door to healing
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## **Examples Of What The Enemy Wants You To Think:**

- Technically, nothing really happened to you.
- It wasn't that bad. You are over reacting to the situation.
- You cannot trust your feelings – you're too emotional.
- If you speak up, people will only blame you and judge you.

## **Definition of a Victim:**

### **1. You Were Harmed or Hurt as a Result:**

- a. If anyone has used their power, influence, authority, or relationship to do you harm or to hurt you, then you are a victim (regardless of how many times it happened, how severe it was, or what relationship that person has to you)
- b. If you are hurting as a result of the behavior of others, you are a victim (motivation is not the determining factor, the resulting pain is)
- c. If you are hurt as a result of your own behavior, you are a victim of yourself (self hatred and addictions can make you a victim of your own dysfunction)

### **2. The Threat of Being Harmed Can Cause You Harm**

- a. Fear is the primary weapon in the control/abuse game
- b. The threat of harm is as powerful as the harm, especially if the threatened harm has been done previously (If you've been punched in the face once, the threat of the punch causes harm)
- c. Restricting access to freedom causes all other threats to have more impact (take away money, transportation, and other avenues of escape and the victim is at the mercy of the abuser psychologically)



### **3. Watching Someone Else Being Harmed Can Cause You Harm**

- a. Fear of being harmed in the way you've seen someone else get harmed will keep a victim afraid and controlled
- b. The brain's response to the trauma of viewing brutality is similar to the damage of the actual trauma
- c. Once you know that someone is capable of abusive behavior, it is normal to be afraid that the harm may be done directly to you

### **Truth:**

Admitting you are a victim doesn't label you for life. When you admit to being a victim, you can ask God to begin the healing process so that the damage doesn't fester under the surface of denial. Like cancer, only a diagnosis and treatment will keep it from killing you over time.

Become an Ex-Victim:

- Admit you've been a victim,
- Ask God to start your healing journey with you,
- Be humble enough to ask for help,
- ask God to give you a supportive team to help you, and then
- do what God asks you to do on this new journey to heal.

This way you can become an Ex-Victim who shares hope and healing with others.

### **Watch This Video:**

[Bloom In The Dark Audio Book Teaser](#)



### Questions To Help You Process This Concept:

1. Have you ever been physically harmed, threatened, or been witness to violence? If so, what effect did it have on you?
2. Have you ever been left hurting as a result of someone else's words, accusations, or lies? Have you hurt yourself by repeatedly criticizing and/or devaluing your behavior or reactions?
3. Emotional abuse can be harder to identify due to it being a result of manipulation, many times by a narcissist. If you feel someone in your life has the power to yank you around emotionally, consider researching emotional abuse in any of the Christian resources available online.



4. Has anyone been sexually inappropriate with you? Have they touched you without your approval? Did they proceed to force sexual intimacy on you after you said no or pulled away? Did they imply through words or actions that they could force you to have sexual contact of any kind against your will? Have they verbally harassed you with suggestive sexual talk or requests?
  
5. Has anyone used God or the Bible to control you or do you harm? Have they coerced or manipulated you to do things against your will because of a “religious” rule or scripture? Has the “submit” scripture been used to control your actions or behaviors?
  
6. If you have answered yes to any of these questions, please consider getting help through a counselor, recovery program, pastor, or trusted friend. At least research any areas you feel might be a part of your story that might be doing you harm. Awareness is the first step toward health and healing.