



## Coaching Tool:

Was It My Fault?

It was my fault that someone hurt me. There must be something wrong with me.	Vs.	It is always the perpetrators fault. A victim can't make a perpetrator hurt them. It's NOT the victim's fault.
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## Examples Of What The Enemy Wants You To Think:

- It was my fault.
- I should have known better.
- If I had just been better, I wouldn't have been hurt.
- It was my fault because I didn't stop it from happening.
- It was my fault because I didn't fight it hard enough.
- I was the one who made them angry, so it's my fault.
- My body responded, so I must have wanted it to happen.
- I must have done something wrong, dressed wrong, or acted wrong for this abuse to have happened to me.
- The abuser said I made them do this to me, so it must be my fault.

## God's Truth Says:

"He (the Devil) was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language for he is a liar and the father of lies." - John 8:44

"The thief comes only to steal, kill and destroy" - John 10:10

Every victim can stop blaming themselves by identifying these lies:

1. I set myself up for it.
  - a. Even if you make decisions that put you in a potentially vulnerable position, the responsibility rests solely upon the person who violated you.



- b. How you dressed is never a valid reason for a perpetrator to hurt you. Neither is your level of sobriety or intoxication. Neither is your past sexual history.
  - c. Victims are not responsible even if the perpetrator blames them.
  - d. Children are never at fault in abuse situations. It is the older person or adult's responsibility to not hurt nor harm the child regardless of the child's actions or words.
  - e. Loving discipline is not abusive, it is instructive and redemptive with consequences that are appropriate and wrapped in love and kindness.
2. I didn't say no.
- a. Coercion and threats make it impossible to say no in too many circumstances.
  - b. If you were not willingly and gladly participating, you were a victim. If the person threatened to leave you, not love you, hurt you or someone else, hurt themselves, or any other threats—you were a victim.
3. I enjoyed it.
- a. If your body has a pleasurable sexual response, even when you did not want to be in the situation, the response was not a sin and it did not mean that you wanted the experience.
  - b. Physical pleasure alone is not love.
  - c. A pleasurable physical response during unwanted abuse is not healthy joy nor connection nor love. It is a chemical response, a reflex, that has been hard wired into your body.

### **Listen To This Song:**

Listen to Everlasting Love by CeCe Winans.

### **Questions To Help You Process This Concept:**

1. Has anyone ever hurt you and then blamed you for it? Who and when?



2. Have you ever blamed yourself for someone else abusing you?
3. What lies have you believed about yourself as a victim of abuse? Did you take the perpetrator's blame onto yourself?
4. Have you ever felt you were at fault because you froze and didn't know how to say no?
5. Did you somehow have positive physical or emotional feelings or get something out of an abusive situation? (pleasure, money, benefits) Did this make you feel more guilt or shame? (It's still never your fault. No matter what. Especially if you are a child or triggered into a child trauma freeze.)



**Exercise:**

1. Write "my fault" in the center of a sheet of paper.
2. Brainstorm anything that you believe to be your fault and write it on the sheet.
3. Ask God to show you any place that was actually your fault. Circle
4. Repent and ask God for forgiveness for each circled item.
5. Accept your complete forgiveness for each area you repented for.
6. Now, scribble out everything on the page including the circled and un-circled items.
7. Then destroy the page.
8. Thank God for His forgiveness and freedom from fault, guilt, and shame for every item written and destroyed.