

Victim vs. Survivor Statements

Empowering Yourself through Language!

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Language is a powerful and often overlooked tool. Read through the statements under the Victim/Passive side. If you find that you have a tendency to use the Victim/Passive type of statements on a regular basis you are making yourself vulnerable to negative emotional states. You are also slowing your trauma recovery down. Try switching your passive and reactive language to some of the statements under the Survivor and Proactive side. Try it, for even a day and watch what happens! There is healing in our language and it empowers us acting like a defibrillator in shocking our moods into a positive mood state!

Victim/Passive Statements	Survivor/Proactive Statements
<ul style="list-style-type: none"> ● Why me? ● I can't handle this! ● Things will never change! ● It doesn't matter what I do! ● What's the point, it will never get better. ● Why do I do this to myself? ● I'm worried about the future. ● Everyone says just get over it, but I am stuck! ● I wish I were dead rather than deal with this! ● No one can possibly understand me! ● Why bother with trying to change anything? ● Who cares? ● It's always my fault. ● I am weak! ● It's always their fault. ● I'll always be alone. ● No one will like me even if I try. ● Poor me! ● I can't take this pain anymore! It will never end! ● It will never work! ● I will never get through this pain! ● I'm not worth it. ● I don't want to bother anyone with my problems! ● These tools don't work for me! ● I'm too scared to change. ● This is too much to handle. ● I'm a failure! 	<ul style="list-style-type: none"> ● I have a problem, but it does not define me! ● I deserve to be well! ● I will look forward to the future! ● I will be honest with myself! ● I will make it through the day! ● I will get through this pain! It does have an end! ● I will survive this pain! ● I will be assertive and find my voice! ● I am a survivor and thriver! ● I can do this! ● I will be able to overcome any obstacle! ● I know I can ask for help! ● I know people are there to help support my healing! ● I accept the ups and downs, because after the valley there is always a peak! ● I will stay committed to taking care of myself! ● I know I have choices! ● Progress takes change and change takes time! ● I can manage my depression with tools! ● I can manage my PTSD with using my coping skills! ● I will develop more tools to help me heal from my trauma and learn to live in the present! ● I will stay grounded and take one day at a time! ● I am worth it! ● I am strong and courageous! ● I am brave and a fighter! ● I am lovable!