



# 8 signs you're in victim consciousness that explain why things feel stuck and frustrating

Start making sense out of your life

# 8 signs you're in victim consciousness that explain why things feel stuck and frustrating

Start making sense out of your life

## 1. Have To's and Can'ts

Our words are spells; there is so much power in them. So when you find yourself using phrases like “I have to” or “I had no choice,” or the most epically cringe-worthy of them all: “I should do \_\_\_\_\_?” recognize how this tricky form of victimhood keeps you trapped inside the belief that you’re being held captive by a malevolent universe, when in reality, you don’t have to do anything. Look at the areas of your life where you may feel like you have no choice, and shift your language around how you navigate those instances. Swap “have to” out for a more empowering “choose to” or “want to” and see how that shifts your energy, what you have to say, and your intention as you move through the world.

## 2. Eggs From The Hardware Store

When you insist that someone or something serve you, love you, or otherwise meet you in a way that they have clearly shown you they can’t—you’re trying to buy eggs from the hardware store. Which means you’re desperately trying to source something from a place where it’s just not available, thus setting yourself up for complete misery and suffering. This insistence that you can convert and coerce a situation to meet your needs is a victim trap, and it creates a petulant energy of “you owe me,” “how dare you,” and “give this to me.” It’s a cycle born from the unmet needs we experienced in childhood, a compensation for the experience of wanting something so deeply, knowing it’s not available, and continuing to attempt to source it there.

### 3. Needing To Fix

Often the sign of the immature masculine, the sense of needing to fix actually springs from an incapacity to allow things to not be the way you want them to be. The discomfort of needing to 'fix' things makes it very difficult to accept or even approve of a way that doesn't align with your vision of how it's supposed to be. This could harken back to a time when you were young and your sense of agency was challenged or overridden, and you couldn't leave or make changes that would bring you back to a sense of safety and ok-ness. Now, as an adult, your ok-ness depends on you being able to exert your agency by 'fixing' but it's a faulty coping mechanism. Instead of trying to reorder and micromanage what you deem wrong on the outside, try looking inside to remind yourself you have much more agency as an adult, and you have many more choices than you did as a child, including the choice of letting others be their own version of wrong—without you stepping in to 'fix' it.

### 4. Savior To The Rescue

Believe it or not, it's nobody's role to save the world and everyone on it. An extension of the fixing issue, saviorism is a way for a person to exert their will upon the reality around them, even though they can't possibly know what's right for someone else. For most of us it's a struggle to know what's best for ourselves, let alone understand the nuances of the needs of others. So instead of assuming you're the best solution to every problem, (and that others couldn't possibly be capable of doing hard things without you) consider that every time you present a solution to an unasked problem, you are, in fact, robbing others of their own agency and the opportunity to source their own power and ability. Focus on you: clean up your own life, evolve your own relationships, and develop a deeper intimacy with yourself.

## 5. The Currency Of Complaint

When you engage in commiseration, you're essentially complaining in service of connection to others through your strife, your 'poor me' stories, your tales of woe. Who doesn't love to complain about their body? Or the trials of your relationship, or your work grievances? It's a tradition passed down through family lines who find comfort in discomfort. But when your interactions with family and friends are predicated on complaint, you're sourcing energy from Victim Triangle dynamics rather than sharing it from within. Allowing your problems to become the focus of your attention keeps them front and center, constantly checking in with them like an obsessive lover. Offer your sacred attention to what's wonderful rather than what's wrong.

## 6. An Inflated Sense Of Superiority

In the new age world of spiritual awakening, even the best of us can be caught up in meritocracy. The awakening to new ideas and new understandings can lead you to look around at the less evolved and believe that you are now enlightened and therefore better than everyone else who hasn't traveled your road or experienced your lessons. They're muggles, and you're a wizard of high renown! Perhaps you weren't the best person before, but now you're in the hallowed halls of the "awakened."

This linear perspective that suggests you are better now than you were and better than someone who is like you were (or worse) is energetically expensive to maintain. The good/bad split of bad then, good now requires curation of your dimensions and it also requires that others acknowledge your hard work, and it makes change more dangerous. What if it's just a journey, all of it weird and wonderful, no one winning more than anyone else, including new you against old you.

## 7. The Covert Exchange

Disappointment and resentment are the emotional signatures of victim consciousness, often paraphrased as “what the fuck” when expectations aren’t met and the resulting let down feels personal and targeted. Indignant disappointment can actually be something you enjoy in a sick sort of way, as the first blush of disappointment and resentment can sometimes feel arousing and quite enjoyable. Until that enjoyment is recognized and owned, you can play a very active role in cultivating and co-creating the conditions that create disappointment and resentment. Hence, the covert exchange: you set yourself up through unclear, poorly communicated expectations, inevitably get let down, then you get to ride the high of righteous indignation.

Be careful when you offer kindness to others that you aren’t secretly hoping it will garner you appreciation and gratitude. If you don’t communicate what you want from an exchange, you just might be setting yourself up for a feel-good pity party for one. Focus on how you can be real about what you want and need from an experience, so you can break the ingrained habit of sourcing fulfillment through the subconscious co-creating of conditions that are going to result in disappointing energies.

## 8. Scarcity & Entitlement

Either you feel like there’s not enough, and other people get it while you’re unfairly left without, or you feel like you earned it fair and square, and the fact that you don’t get to have it is bullshit. Growing up, most of us were conditioned around limited resources – money, food, love, attention, water, energy, and more. We also experienced our parents taking from us (without consent) what suited them (called punishment). We experienced comparison to siblings and competition. When behavior was incentivized through the coupling of unrelated things (clean your room and you get ice cream), we disconnected from intrinsic motivation and self-sourcing. If, when I get something, there’s less of it for someone else, then I better strategize about how to get more. These are the origins of a rupture of trust in self that reverberates throughout a lifetime.

Consider no longer using the word “deserve.” If you deserve or don’t deserve something, it implies that you are owed something by a power outside of yourself. The thing is that no one owes anyone anything that hasn’t been explicitly agreed upon. And you don’t get spiritual cookies because you have worked hard or been a good girl. You get to generate the conditions for what it is that you want to be delivered to you. Demanding it from a source that has something you don’t only entrenches you further in the scarcity that birthed the demand.

Kelly Brogan, MD