

From Victim to Victor: Unmasking Cancel Culture, Gang Stalking, and the Power of Perception

Written by Michaela Sorrentino aka the o.m.



Original rendering with AI by Michaela Sorrentino

Introduction

What does it mean to be a victim? Is it the hand you've been dealt, the story others write about you, or the way you respond to life's challenges? In a world consumed by cancel culture, gang stalking, and the endless noise of societal judgment, it's easy to feel like

life is happening *to* us. But what if that's an illusion—a lens we've been conditioned to see through?

Victim consciousness is a powerful mindset, and it thrives on fear, isolation, and disempowerment. It's reinforced by systems that have evolved over centuries: tribal shunning, mobbing, smear campaigns. Today, cancel culture and online harassment serve the same function, weaponizing social connection for control. But here's the truth: no one can keep you in the role of a victim unless you agree to stay there.

To transcend the mindset of victim consciousness, we must first understand it. This is not about denying pain or injustice—it's about reclaiming the power that lies within us, no matter the story. And that journey begins with courage and a *willingness* to see life differently.

The Evolution of Social Control – From Shunning to Cancel Culture

For as long as humans have existed, social systems have shaped our lives. Ancient tribes used shunning to enforce conformity; later, excommunication became a powerful tool for religious institutions. Today, these mechanisms persist in modern forms like cancel culture and online harassment.

These systems rely on fear—the fear of exclusion, rejection, and loss of identity. Fear drives people to conform or retaliate, perpetuating cycles of division. But fear, when examined, is also a teacher. It asks us to confront our own beliefs, question the narratives we accept, and ultimately choose a different path.

Victim Consciousness vs. Victimization – A Crucial Distinction

Let's get one thing clear: being victimized is real. Life can be cruel, unfair, and downright brutal. But victim *consciousness* is different. It's a state of mind where we surrender our power, believing the world is happening *to* us instead of *for* us.

I've been there. Growing up as the scapegoat in a family fractured by generational trauma, I carried the weight of stories that weren't mine. I believed the narrative for years—until I didn't. The first step in escaping victim consciousness isn't denying the pain. It's facing it with radical self-truth.

Radical Self-Truth – Awareness as the First Step

The first step in breaking free from victim consciousness is self-*awareness*. Ask yourself: *What story am I telling about my life? Where am I giving away my power?* This

isn't about self-criticism—it's about clarity. Start by observing your reactions to challenges. Write them down, and reflect: *What am I feeling? What is this feeling trying to show me?* Mood tracking is foundational and a critical step in knowing what makes you tick versus explode! When you track your moods, that data over time tells you the truth.

Self-truth is the foundation of empowerment. When we see ourselves honestly, we can begin to rewrite the narrative—not by denying what happened, but by choosing how we respond to it. ***It is the one thing you AND only you have the power to do.***

The journey begins with looking inward. Take a moment to ask yourself: *What stories am I telling about my life? Where have I surrendered my power?* Start a journal, not to dwell on the pain, but to understand it. To do that, first, you need to acknowledge it. This is what I call the *victim narrative journal*. Take note every moment you feel powerless, and then ask: What is it I am supposed to be learning to master here? *My inner fear program, or the story out there?*

Awareness is the first step. It's not about blame—it's about truth. And truth, as I've learned, is the most liberating force there is.

Shifting Perspective – Reframing the Story

Albert Einstein famously said, “You can't solve a problem with the same mindset that created it.” This is the essence of perspective. Challenges often feel overwhelming because we see them through a narrow lens. But what if those challenges are opportunities in disguise?

Try this: Take one difficult situation in your life and reframe it. Ask yourself: *What could this experience be teaching me? How might it be helping me grow?* This simple shift can open the door to possibilities you hadn't seen before.

Emotional Independence – Reclaiming Inner Power

When we live in victim consciousness, we often look outward for validation or control. Breaking free means turning inward and building emotional independence—the ability to stay grounded, no matter what's happening around us.

Begin with small daily practices. Take a few moments throughout your day to affirm:

I am not my thoughts. I am not my feelings. My story does not define me, only how I handle it does. I am in charge of my emotions they are not in charge of me. My power is

within me. I am the captain of my Soul and the master of my destiny. Nothing and no one can stand in my way -you get the gist.

Breathwork or mindfulness practices are also an excellent way to centre yourself when external events feel overwhelming. These are a few examples of practices anyone can do to build resilience and remind themselves that true strength and belonging comes from within.

Unity Through Light – Choosing Connection Over Division

Victim consciousness also isolates us. *'Misery loves company'* they say, but in the end, no one really *wants* to commit to misery do they? Toxic emotions like misery only serves to further isolate and create barriers between us and others. Self healing and seeking ways to personal empowerment on the other hand, brings connection—it reminds us that we are part of something greater. To have a purpose and meaning in life is the one thing we all seek, even if we don't know it.

Connection begins with showing up and communication. It can also be made through selfless and small acts of kindness. A smile, a word of encouragement, a moment of empathy—these ripple outward in ways we can't always see. And when we meditate on unity, we align ourselves with a force that transcends division: the light of shared humanity.

Conclusion – A Call to Action

Life doesn't happen *to* us; it happens *for* us. The challenges we face are invitations to grow, to learn, and to choose empowerment over fear. This isn't an easy journey, but it is a transformative one. It begins with a single step towards a willingness to see life ever so slightly differently to begin to understand that perception does not reality make, but a change in your perspective certainly can influence it.

So, what story are you ready to rewrite? How might you shift your perspective today? Let's continue this conversation—share your thoughts, ask your questions, and let's explore the light together. Because the power to change your story is, and always has been, within you.