



## Own your creative power by being a non-victim

1 February 2022

This newsletter continues our theme for this year of “Own your Creative Power”. We have all been through two years that have shaken our lives upside down and got many of us to feel so uncertain about the coming years, and indeed our futures. I want to help you realise that no matter what happens around us, we can own our creative power and make our life what we want it to be.

In order to own your creative power you need to stop thinking and acting like a victim. Many people understand a victim to be someone who is on the receiving end of some criminal action. And, yes, this is a victim. However, you can be a victim in so many more ways. Without even realising it society, governments, the media, family, friends, and educational institutions can victimise us. We, of course, can also victimise ourselves. So, read through the statements below and see if they apply to you.

1. The comparison trap. Lots of people will compare you to others. Perhaps you were compared to siblings, classmates, friends, etc. You may even compare yourself to others and find yourself not up to scratch. If you are involved in comparisons you are acting like a victim. If someone compares you to another person then let it go. No two people are alike and meant to be in the same place. Comparing yourself to others will never give you an idea of your worth or even if you are on the right path in life.
2. Living your life according to others. If you are living your life according to what others want for you and not following what you know is right for you, you are being a victim.
3. Allowing others to determine your feelings. If you get cut up for days about something someone said to you (even if it was truly horrible), you are allowing yourself to be a victim. Just don't take in what they say. Why should their comments be more important than what you think and know about yourself? Non-victims choose how they will feel, regardless of how badly others behave around them.
4. Not taking any risks in life. If you are a perfectionist, or just a very nervous person, who will try nothing new unless you are guaranteed it will work, you are being a victim. Non-victims take calculated risks and put themselves out there. Sometimes it works

and sometimes it doesn't. However, if you never take any risks at all, you are holding yourself back from having a lot of good come into your life.

5. Media messages. If you take everything you hear in the media and from other people in society, and start thinking your life is doomed, and things are just getting worse for people, you are victimising yourself. Media messages tend to be negative. They go along the lines of how the economy is not doing well, how interest rates are going up, how inflation is eating salary increases. They don't portray how well many people are doing, and all the things that are going right. So, if you let yourself get down and upset and feel hopeless because of what you read or watch in the media, then you are victimising yourself.
6. When you spend your time with people who are negative about most things, who drag you down, or who belittle you and your capabilities, you victimise yourself.
7. When one thing doesn't go right for you, and you let yourself get upset about it and think nothing is going right for you, you victimise yourself. Generalisations about a single negative event cause us to victimise ourselves.
8. When you give up on a goal too easily because things are difficult, you victimise yourself. Everything takes time to achieve. No path to goal attainment is easy.
9. When you know what your bad habits are but refuse to do anything about them you victimise yourself. When you know how you self-sabotage your life, yet refuse to seek help to fix things, you are playing the victim.
10. When you have a self-image of yourself as a helpless person, unworthy of good in life, you victimise yourself.

You cannot control another person's behaviour. So being a non-victim is not about how the other person behaves. It is about how you think and act. You don't have to buy-in to what other people say. They don't own your mind and they can't make you believe things if you don't want to. You can decide what you want to think and how you want to act.

Owning your creative power does not mean being a horrible person. You can be a non-victim and still treat others well. Owning your creative power does not mean being mean or cruel to other people. Essentially, being a non-victim is about being your own person. It is about putting yourself in the driver's seat of your life, realising there are so many opportunities out there for you to create the life you want, and then going after them.