



# THE PSYCHOLOGY OF *Winning*



# “Overcoming the Victim’s Mentality”

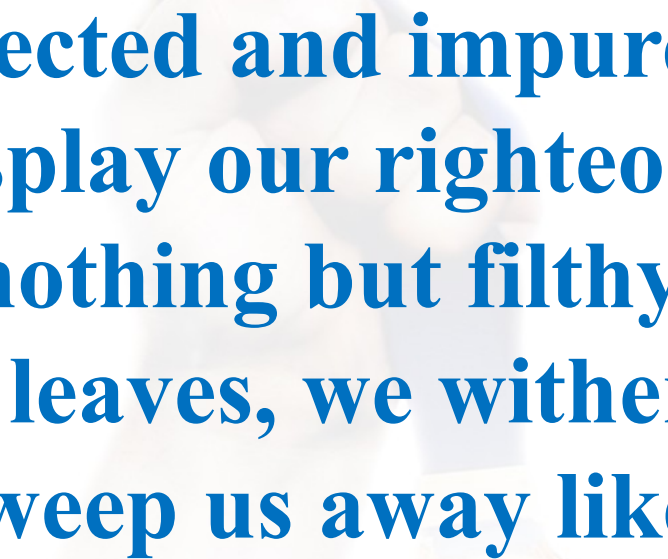


A faint background image of a hand holding a blue ribbon with a gold medal.

**For all have sinned, and come short of the glory  
of God...**

**Romans 3:23, KJV**

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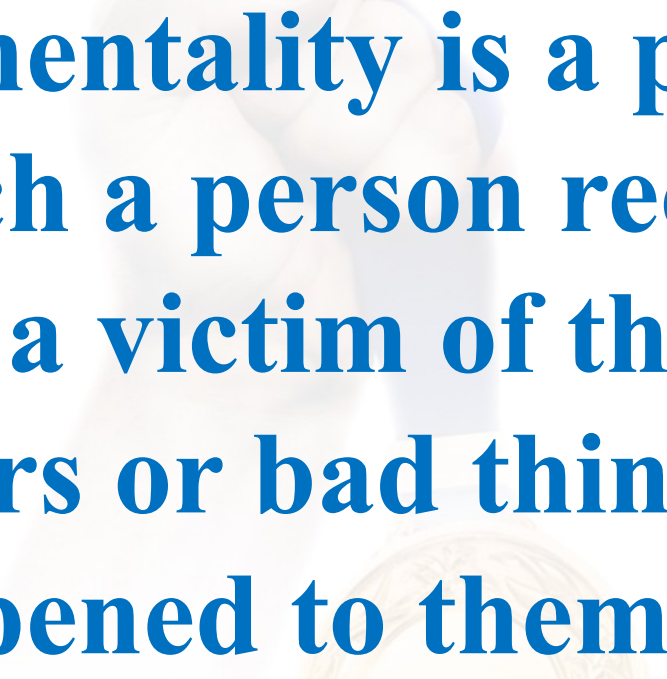


**We are all infected and impure with sin.  
When we display our righteous deeds,  
they are nothing but filthy rags.  
Like autumn leaves, we wither and fall,  
and our sins sweep us away like the wind.**

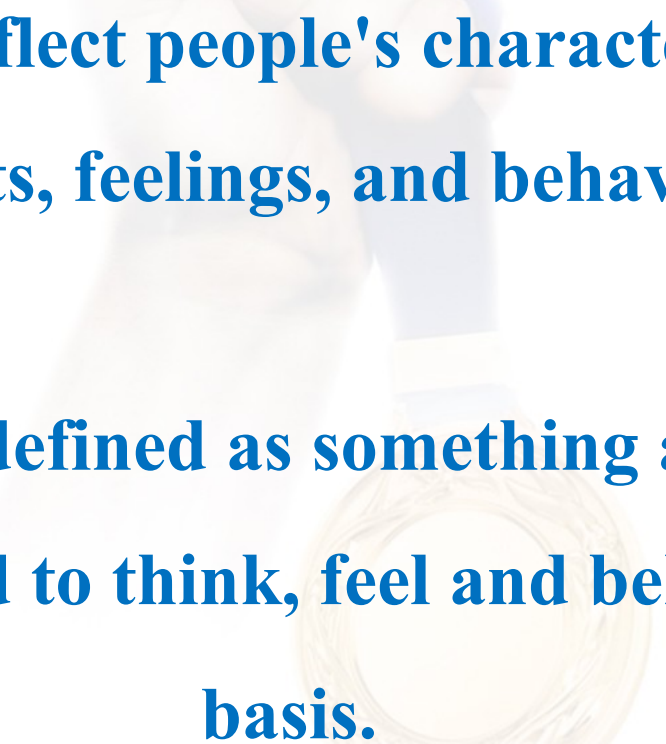
**Isaiah 64:6**

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**The victim's mentality is a personality trait in which a person recognizes themselves as a victim of the negative actions of others or bad things that has happened to them.**

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- A faint background image of a hand holding a gold medal. The hand is positioned at the top, holding the medal by its ribbon. The medal is circular and has a textured, laurel wreath-like border. The background is a light gray gradient.
- ❑ **Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviors.**
  - ❑ **A personality trait is defined as something about a person that impacts how they tend to think, feel and behave on an ongoing basis.**

**1 After this there was a feast of the Jews, and Jesus went up to Jerusalem.**

**2 Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches.**

**3 In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water.**

**John 5:1-3, NKJV**

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**4 For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had.**

**5 Now a certain man was there who had an infirmity thirty-eight years.**

**John 5:4-5, NKJV**

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**6 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?"**

**7 The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me."**

**John 5:6-7, NKJV**

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- ☐ Victims believe they have no control over life situations or outcomes, so they shed responsibility.
- ☐ People who adopt a victim mentality are a classic example of pessimists.
- ☐ Victims play the blame game and take no responsibility for what they are going through.



*“At the end of the day, you are solely responsible for your success and your failure. And the sooner you realize that, you accept that, and integrate that into your work ethic, you will start being successful.*

*As long as you blame others for the reason you aren't where you want to be, you will always be a failure.”*

*Erin Cummings*



*“All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you. The only thing the blame does is keep the focus off you when you are looking for reasons to explain your unhappiness or frustration.”*

*Casey Stengel*




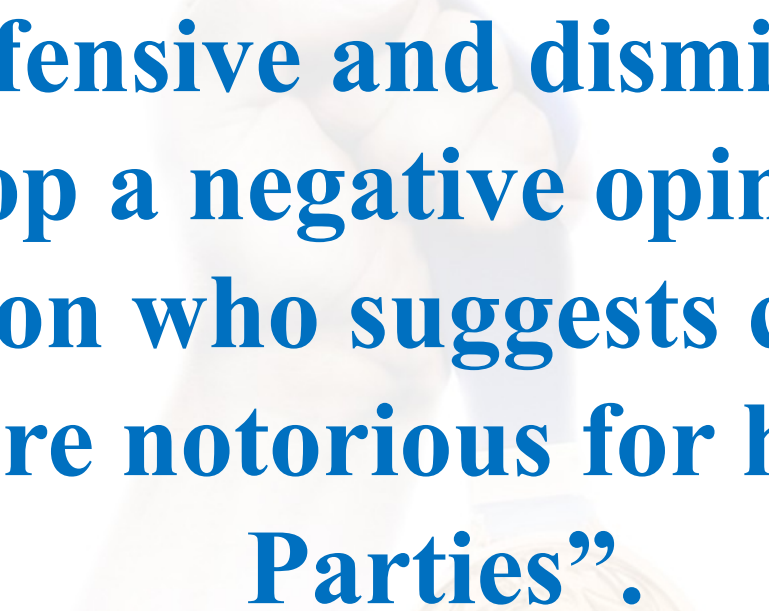
*“We are taught you must blame your father, your sisters, your brothers, the school, the teachers - but never blame yourself.  
It's never your fault.  
But it's always your fault, because if you wanted to change,  
you're the one who has got to change.”*

*Katharine*





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- A faint background image showing a hand holding a blue cloth and a gold medal.
- ❑ Victim's play a self-pity role.
  - ❑ Victims tend to demonstrate self-harming ways.
  - ❑ They refuse to analyze their actions.

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- ❑ They get defensive and dismiss suggestions.
  - ❑ They develop a negative opinion about any person who suggests change.
  - ❑ Victims are notorious for having “Pity Parties”.

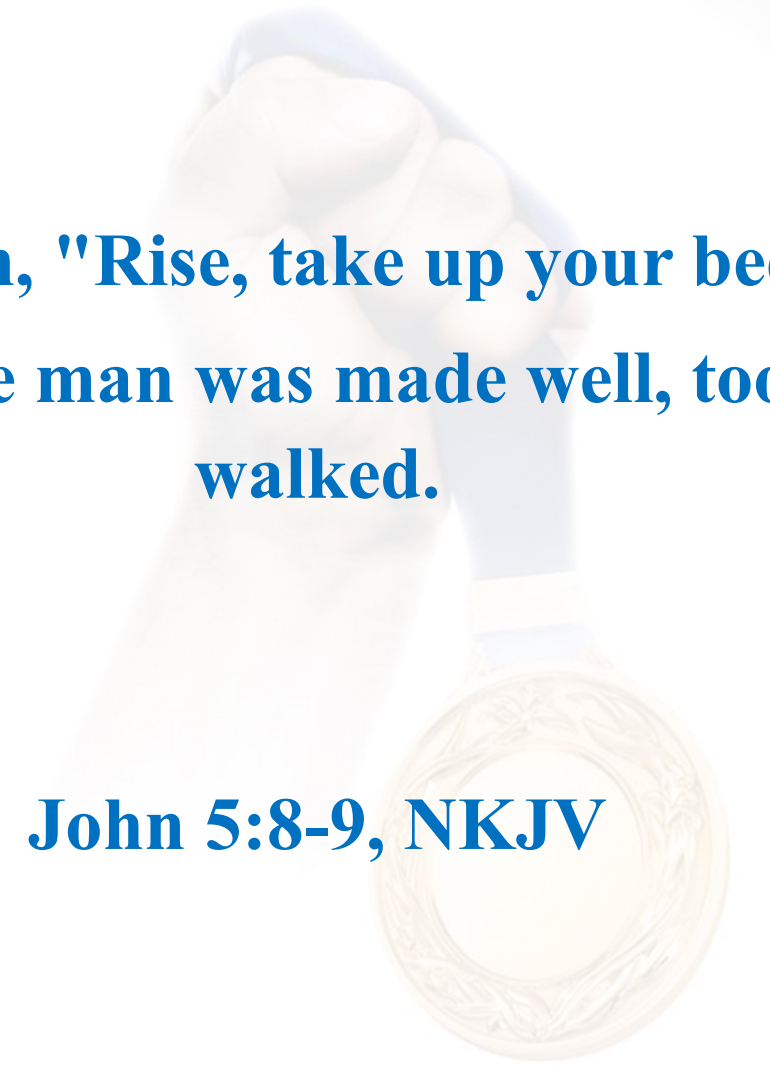


**12 Therefore, brethren, we are debtors — not to the flesh, to live according to the flesh.**

**13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.**

**Rom 8:12-13, NKJV**

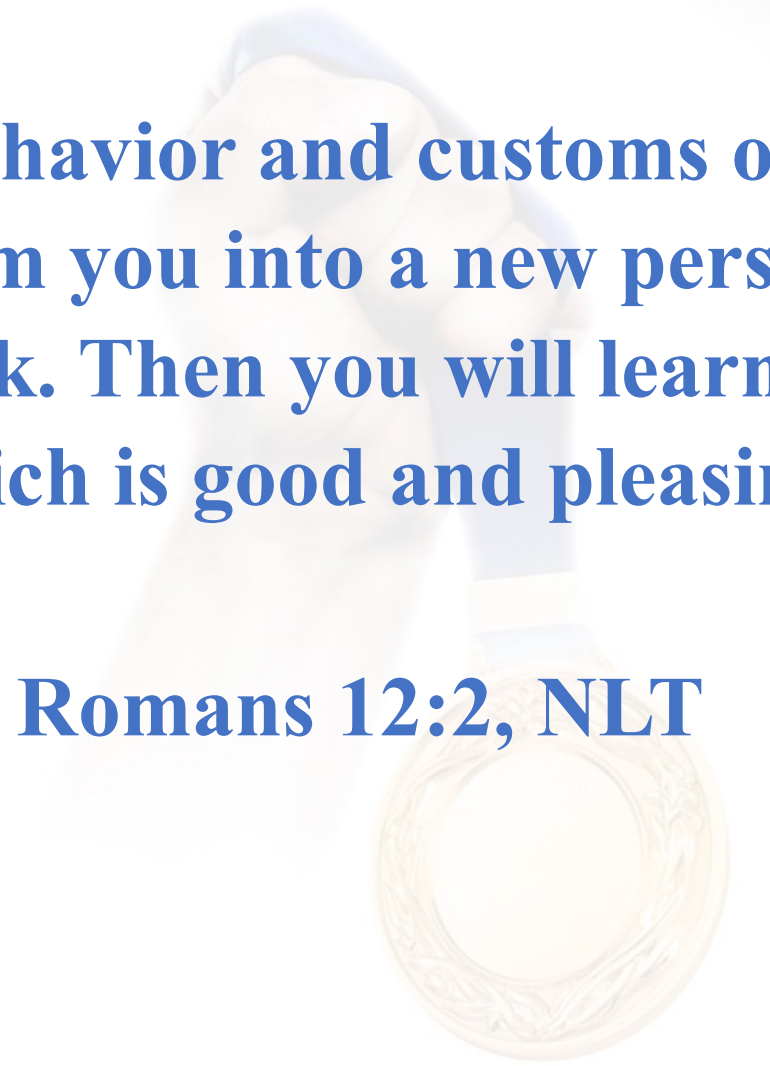
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A faint, artistic background image of a hand holding a gold medal. The hand is positioned vertically, with the thumb and index finger gripping a blue ribbon that is attached to a large, ornate gold medal. The medal has a circular face with intricate designs. The background is a soft, light blue gradient.

**8 Jesus said to him, "Rise, take up your bed and walk."  
9 And immediately the man was made well, took up his bed, and  
walked.**

**John 5:8-9, NKJV**

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A faint, artistic background image showing a hand holding a gold medal. The hand is positioned vertically, with the thumb and index finger holding the medal's ring. The medal is circular and has a textured, laurel wreath-like border. The background is a soft, out-of-focus grey.

**Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.**

**Romans 12:2, NLT**

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