

[1] Before We Start...

A person with a victim mentality is a person who blames everyone else for what happens in his or her world. Some examples:

- A. My family is poor so that's why....
- B. The economy is bad so that's why...
- C. I live too far from school so that's why...
- D. My parents don't understand so that's why...

[2] Definitions:

resentment

effectiveness

achievement

attention

deny

constantly

blind (blind you to~)

accept

arguing

invest

encouraging

circumstance

despair

awareness

unconditionally

[3] Watch the presentation**[4] Read the text**

RESPONSIBILITY FOR LIFE'S POSSIBILITIES

What if you took full responsibility for all your experiences? Yes, shift your thinking and realize that it's your choice, your responsibility.

If you see yourself as a victim, you'll feel resentment. Who likes to feel resentment? No one for sure! It's not a good feeling for anyone. Step up and take responsibility and you'll feel effectiveness instead of resentment.

Focusing on what you can't control leads to frustration. Achievement comes from focusing on all the valuable and useful things that you can do about the things that you can control. Feeling frustration or achievement depends on what you choose to point your attention towards.

Life is unfair. Sure, there are times when there is no denying that. Will constantly complaining about the unfairness of something help you? That will only blind you to all the opportunities out there, just waiting to be seen. Accept what you see or things that have happened, and simply make the most of it, remembering to keep an open mind.

Are you arguing and fighting with life? How about trying another approach-- invest your time and ability in encouraging and inspiring the best in yourself and in the people around you. You can if you decided to do so.

There is value to be lived in every single day. There is value to be lived in every single circumstance. Choose to be someone who shines a beautiful light on things. Choose to be that person who sees the potential good in everything. Bring that value to life!

Now is the time to take responsibility for your thoughts. Let go of being the victim, feeling resentment, despairing over the unfairness of life. Instead, fill yourself up with the awareness of the positive possibilities that comes your way by taking complete responsibility, unconditionally, for all you experience in life.

Think about: Is it wise to blame people or situations for our unhappiness?

[5] Circle True or False:

- My life experiences are my responsibility. [*true / false*]
- To feel effective, I should believe that my life is up to me. [*true / false*]
- What I put my attention on becomes my life experiences. [*true / false*].
- Life might be unfair but there are many opportunities. [*true / false*]
- Arguing and fighting with life will make you happy and strong. [*true / false*]
- Unconditional responsibility is important to live a good life. [*true / false*]

[6] Listen and fill in the blanks:

There is _____ to be lived in every single day. There is _____ to be lived in every single _____. Choose to be someone who _____ on things. Choose to be that person who sees the potential _____ everything. Bring that value to life! Now is the time to _____ for your thoughts. Let go of being the _____, feeling resentment, _____ over the unfairness of life.

[7] Individual Task

"I will stop blaming ____ for ____ and start taking responsibility for my thoughts regarding this."

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Think about your lives. Write three external situations have you blamed for something. For example, "I blame my low blood pressure for being late for first period class."

2. Focusing on things that you cannot control leads to frustration. What are some things that you cannot control?

3. Focusing on things that you can control leads to achievement. What are some things that you can control?

4. Fill in the chart below:

Argue/Fight with Life	Another approach
<i>My boyfriend values his university sports team more than me.</i>	

STUDENT NAMES & CLASS NUMBERS: