

COVID GLOBAL PANDEMIC

PROCESS GROUP:
APRIL 30, 2020

POLARITY WORK: VICTIM & VICTIMIZERS



COMMENTS FROM ZOOM CHAT:

WHERE ON THE EMOTIONAL SCALE ARE YOU?

- 08:15:33 From Lisa: I am experiencing the extremes of that scale, the very highest with the very lowest. Can sound willy nilly, non-committal, yet it's the reality.
- 08:16:24 From Ayse: I was very low on the scale last night ... a lot of discouragement and insecurity; this morning back up to hopeful. lots of vacillating in this experience for me!
- 08:16:33 From Pat: I am dealing with trying to figure out 'reality' myself. But then I move from that to somewhat hopeful.
- 08:17:50 From Janice: The emotions I am feeling are not specifically on the scale...inertia, distraction, unfocused, lack of motivation....but I feel it's a mid-scale emotional state
- 08:18:50 From Janice: I like the term willy nilly...I am just nilly right now
- 08:19:39 From Giulia: I think I can choose Contentment... I am fine with myself, but I don't have the courage to feel hopeful
- 08:20:52 From Rhoda: I was reminded recently of a good word to describe sluggishness, fatigue, lack of motivation, etc... LASSITUDE.
- 08:21:08 From Jada: I can resonate w/being: irritation
- 08:21:10 From Sally: I have at least one emotion from each category going on at the same time
- 08:22:20 From Deborah: A couple of days ago I was deep into fear and grief and this morning I am feeling more contentment.
- 08:22:22 From Susana: I agree Sally, that is my experience too
- 08:26:09 From Deb: Lynn, thanks for speaking up, the P.S. Being bold and having courage is also a theme that is coming up for me right now.
- 08:28:10 From Sheri: I swing between optimism and overwhelm.

FEAR OF BEING VICTIM:

- 08:45:54 From Ayse: No options, no choices
- 08:46:02 From Wendy: not having control
- 08:48:35 From Kirsten: helplessness
- 08:48:56 From Susana: silenced
- 08:49:01 From Kirsten: body impacts: breathlessness, high pulse, discomfort
- 08:49:25 From Deb: Being seen by others as weak
- 08:49:26 From Kirsten: loss of choice & liberty
- 08:49:48 From Wendy: what did I do to deserve this
- 08:49:52 From Wendy: blame
- 08:50:17 From Iryna: Withdrawal of love
- 08:50:32 From Sheri: treated like a child
- 08:51:15 From Peg: being labeled and stuck with that role

DESIRE OF BEING VICTIM:

- 08:51:51 From Ayse: laying into victimhood I'm no longer responsible
- 08:51:55 From Susana: then I can stop fighting
- 08:53:19 From Kirsten: yes: fear of the voices from the past
- 08:53:45 From Deb: Being able to blame someone else
- 08:54:59 From Lisa: injustice unfair
- 08:55:19 From Sheri: yes! being a child has its pros and cons. less responsibility but less choice.
- 08:56:51 From Peg: desire for victim allows us to observe ourselves and notice how we behave
- 08:56:57 From Rhoda: Desire to be victim is completely what TRUMP is doing!
- 08:57:43 From Iryna: Desire to be a victim can give us "credentials/status" — look what I've had to go through!
- 08:57:51 From Wendy: giving up
- 08:58:02 From Sally: Surrender
- 08:58:18 From Iryna: Bragging rights.
- 08:58:43 From Lisa: desire for: people leave me alone to be the odd / non-conforming / weird and deliciously unique sometimes being I am
- 09:00:27 From Lynn: Love the coffee table metaphor!

09:00:28 From Lisa: oh ya bragging rights... righteous
09:00:35 From Sally: regression to a less mature state

FEAR OF BEING VICTIMIZER:

09:02:00 From Wendy: wanting to destroy / wanting control
09:02:31 From Kirsten: being bulldozed over (admittedly often gender-related) by someone loud, selfish, insensitive, etc.
09:02:42 From Ayse: prey on others' weaknesses and vulnerabilities
09:02:45 From Lisa: shameful
09:02:56 From Sally: They project their needs and unhappiness on me
09:03:08 From Wendy: self-centered
09:03:11 From Sally: they treat me as an object
09:03:13 From Iryna: Insensitive
09:03:41 From Sally: They don't respect boundaries
09:04:41 From Sally: they can only hold their own perspective, no one else's
09:04:59 From Kirsten: so, agree! thanks for the concise term for this!
09:05:52 From Kirsten: power play counts, not contents, not quality, no soft skills
09:06:26 From Susana: fear of hurting others, causing pain
09:07:01 From Ayse: MEAN
09:07:23 From Iryna: Definitely not wanting to hurt others — especially if you're an empath.
09:07:25 From Deborah: clueless
09:08:04 From Susana: This is so what I needed to be here this morning, the polarity squares were exactly what I needed thank you everyone for your vulnerability.
09:11:21 From Sheri: the victimizer for me is the fear of ill-health. Illness causes life to pause, but/and it allows the victim to let go of non-essential life stuff.

DESIRE FOR BEING VICTIMIZER:

09:12:33 From Deborah: control
09:12:42 From Ayse: yes, Deborah ... control is what I was thinking too
09:13:05 From Wendy: one that thing "look at me" desire for the victimizer
09:13:12 From Ayse: being perceived as powerful
09:13:23 From Kirsten: a desire to follow in someone's big shadow

- 09:13:47 From Lisa: perceived safety and advantage
- 09:14:00 From Ayse: having the upper hand
- 09:14:04 From Iryna: Getting your way. Having it all — whatever you want, whenever you want.
- 09:16:56 From Ayse: hide my vulnerabilities
- 09:18:15 From Iryna: I deserve it!
- 09:24:36 From Lynn: We wound from our woundedness
- 09:24:51 From Lynn: Stanford Study: that was Dr. Philip Zimbardo
- 09:25:55 From Lynn: Stanley Milgram. Our relationship to authority.
- 09:26:15 From Lynn: The study when people were instructed to shock (electrical) others.
- 09:37:57 From Janice: I love the sailing metaphor!

RECOMMENDED READING FOR POLARITY WORK:

The Marriage of Spirit: Enlightened Living in Today's World. Leslie Temple-Thurston.

RESOURCE LINKS:

1. Registration for Process Groups plus access to Visual Tools and Recordings:

<https://www.shift-it-coach.com/communitysupport/>

2. How to book free one-to-one coaching sessions with Christina during Pandemic.

<https://www.shift-it-coach.com/free-coaching-covid/>