

The Counselee with a Persistent Victim Mentality

2

Characteristics of Victim Mentality

- I am irreparably defined by my circumstances. John 5:7
- Other people are to blame for my sin. 1 Samuel 15:10-26
- I am justified in my sinful behavior because of the sinful behavior of others. Genesis 3:12
- The opportunities present in the world to do wrong are to blame for my sin. Genesis 3:13

3

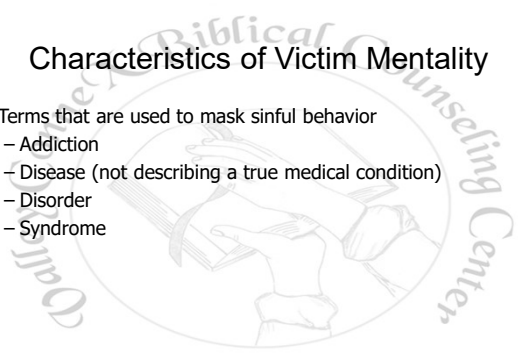
Characteristics of Victim Mentality

- I feel I have been treated unfairly so I am justified in exacting vengeance. Genesis 4:1-12

4

Characteristics of Victim Mentality

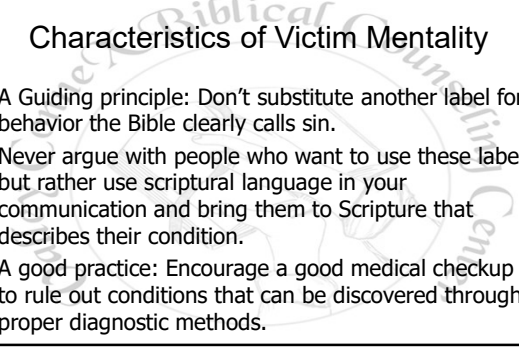
- Terms that are used to mask sinful behavior
 - Addiction
 - Disease (not describing a true medical condition)
 - Disorder
 - Syndrome



5

Characteristics of Victim Mentality

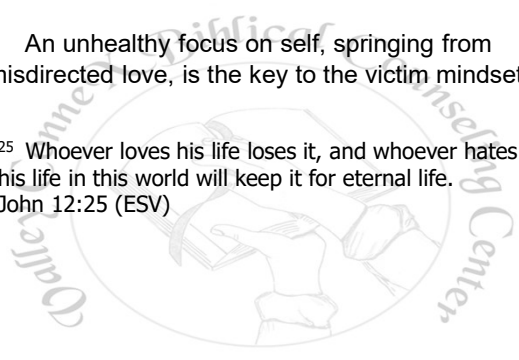
- A Guiding principle: Don't substitute another label for behavior the Bible clearly calls sin.
- Never argue with people who want to use these labels but rather use scriptural language in your communication and bring them to Scripture that describes their condition.
- A good practice: Encourage a good medical checkup to rule out conditions that can be discovered through proper diagnostic methods.



6

An unhealthy focus on self, springing from misdirected love, is the key to the victim mindset.

- ²⁵ Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life. John 12:25 (ESV)



7

The path out of the victim mindset.

- Make sure to listen to gain a good understanding of this person's history.
 - There probably has been some real trauma in his or her life.
 - Note carefully the sinful behaviors or patterns of behavior in response to these events.
- Avoid the temptation to apply correction too quickly
- Be compassionate but avoid the tendency to play into their victim mentality.

8

The path out of the victim mindset.

- Embrace God's love extended through salvation. John 3:16; Romans 5:8
 - Thoroughly probe the question of salvation.
 - What is your understanding of your need for God's forgiveness?
 - What is your understanding of the forgiveness God has extended to you? On what basis are you forgiven?

9

The path out of the victim mindset.

- Embrace God's love extended through salvation. John 3:16; Romans 5:8
 - Thoroughly probe the question of salvation.
 - How are you extending forgiveness to those who have wronged you?
 - Do you desire people who have wronged you to experience God's grace and mercy?
 - Carefully observe how he or she responds to Scripture

10

The path out of the victim mindset.

- Grow as a disciple of our Lord Jesus Christ. John 13:35
 - Thoroughly probe the question of discipleship.
 - How have you seen the fruit of the Spirit formed and growing in you since you have committed your life to Christ? Galatians 5:22-23
 - What has hindered this growth and development?

11

The path out of the victim mindset.

- Grow as a disciple of our Lord Jesus Christ. John 13:35
 - Thoroughly probe the question of discipleship.
 - How does your relationship with Jesus Christ impact your interaction with the world?
 - How does your relationship with the Lord Jesus Christ impact the relationship you have with the people around you?

12

Knowing, experiencing and extending God's love is the key to overcoming the victim mindset.

- Knowing
 - God's love is distinctively characterized by being inwardly generated and outwardly focused.
 - 1 Corinthians 13:4-6
 - John 3:16 Comprehensive
 - Romans 5:8 Undeserved
 - Ephesians 3:17-19 Incomprehensible
 - Hebrews 12:6 Appropriate
 - 1 John 4:7,19 Available

13

Knowing, experiencing and extending God's love is the key to overcoming the victim mindset.

- Experiencing
 - We experience God's love in salvation and walking in relationship with Him.
 - John 15:9,10
 - Romans 5:3-5
 - Ephesians 2:4-7
 - 2 Thessalonians 2:16,17
 - Revelation 1:4-6

14

Knowing, experiencing and extending God's love is the key to overcoming the victim mindset.

- Extending
 - Matthew 5:44 To our enemies
 - Matthew 22:37-39 To God and others
 - John 13:34,35; 15:12 To brothers and sisters in Christ
 - Ephesians 4:1,2,15,16 To contribute to the unity in the body of Christ.

15

The path out of the victim mindset.

- ³⁷ And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the great and first commandment. ³⁹ And a second is like it: You shall love your neighbor as yourself. ⁴⁰ On these two commandments depend all the Law and the Prophets." Matthew 22:37-40 (ESV)

16