

Mary Reynolds' FROM VICTIM TO VICTOR *Never be a victim again!*

COMPLETE SENTENCE

If I were a victim I would _____.

List **all** the things you would be doing to put yourself in a VICTIM position. Write as many as you can.



COMPLETE SENTENCE

If I weren't a victim I would _____.

List **all** the things you would be doing to put yourself in a VICTOR position. Write as many as you can.



MAKE A PLAN!

Based on what you just found out and have listed, make a plan for the next time you find yourself starting to repeat your pattern of being a victim. Role play it out.

