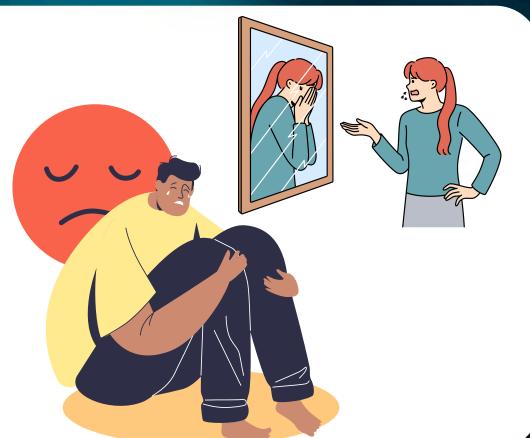
FROM VICTIM TO VICTOR ever be a victor again!

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.

