



I AM NO  
VICTIM....



SELAH SUNDAY

# I AM NO VICTIM

## QUESTIONS:

1. How do you protect yourself from walking in offense with repeat offenders?
2. In what ways can I reframe my thoughts when I start to feel like “life is happening **to** me?”
3. How do I pursue resolution in conflict when the other person refuses to take responsibility or apologize?
4. How can I ensure that my sad feelings about a situation don’t become a victim mentality?
5. Why is it immature to need to be understood by others?  
How can I grow in emotional maturity in this area?