

SPARK 039

(Matrix Code: **SPARK039.00** for StartOver.xyz game.)

DISTINCTION: The most devious victim story is the responsible victim story.

NOTES: One of the basic understandings of Possibility Management is that it is impossible to be a victim. Such an idea is heard with one ear. The other ear listens to the standard internal Gremlin channel continuously chanting, “Oh, I am being hurt. I can’t do this. I don’t know how. It is too much for me. Somebody is harming me. The evidence is too clear to be denied. I am a victim! I must complain about it! I must blame the perpetrators, feel righteous, and maybe sneak in a little revenge besides. I am totally justified.”

In every case that you feel like a victim you are actually being duped into playing an unconscious theatrical role in a low drama. Of the three roles in a low drama: victim, persecutor and rescuer, the most powerful role is the victim. If you refuse to be a victim there can be no low drama.

The victim starts the low drama by creating a “victim story” that explains when, where and how he is being victimized. A skilled victim can find evidence to make a persecutor or a rescuer out of anybody! (You know what I am talking about.) A low drama deceives you because no matter how big or loud the low drama is, it is only low drama. Nothing will actually change. During a low drama your Gremlin enters a feeding frenzy and gorges itself on life energy with all the other Gremlins until it can’t eat anymore. This is the only result created through low drama: fat Gremlins. When your Gremlin is stuffed full it falls asleep and the low drama comes to an end. Peace reigns until your Gremlin wakes up again, hungry for its next low drama.

Without special training your life will be shaped by your Gremlin’s food cravings. This SPARK is part of your special training. Start thinking like a Possibility Manager: Any time you feel like a victim make it immediately set off red blinking lights and loud alarm bells in your mind. If you feel like a victim it is Gremlin trying to avoid responsibility. Gremlin frames you into a victim story using Is-Glue to assemble such phrases as, “He *is* a jerk!” “This *is* overwhelming!” “She *is* doing it again!” “This *is* always happening to me!” You automatically believe your self-made victim story because how could it be wrong? You found the evidence! How could it be a deception? You created the story yourself! You walk into your fresh hot story playing your role like a Thespian as if the victim story were solid and real as a mountain.

There are two kinds of victim stories. The first kind appoints a persecutor. Your Gremlin chooses a specific “enemy” and enters the feeding frenzy with righteous resentment. Self-generated chemicals surge through your adrenal glands. The whole thing is quite satisfactory from the Gremlin’s perspective. Paying attention so as to avoid this first kind of victim story is relatively easy compared to the second kind of victim story where there is no specific perpetrator of the crime.

This second sort of victim story makes you a “responsible victim.” Circumstances seem to innocently or accidentally arise that “force” you to “take responsibility”

against your wishes, and then you have to do a job that is not really your job to do but no one else is doing it. The story may go something like this: “Here I am, the only one ‘taking responsibility’ for cleaning up this mess. Everyone else gets to relax or to do what they want, and I have to stay behind at the office and work late, or stay at home and watch the children, or fold the laundry, or pay the bills – everyone else gets to go play.”

It is quite interesting to pretend as if you were a little bird who could flutter unnoticed from shoulder to shoulder around a village. Sitting on the mother’s shoulder you hear her muttering, “If only I could work at the knitting-goods store, I could chat with the customers and knit wonderful sweaters. Instead I am stuck here alone wiping up after the children. As soon as I am done washing dishes from one meal I have to start cooking the next one.” Sitting on the knitting store lady’s shoulder you hear, “Every day the customers tell me the same complaints, the same gossip, and I am stuck inside with this fluorescent light and foul air. If only I could work as a gardener.” You hear the gardener say, “If only I could work in a warm office with a soft chair behind a clean computer. Instead I am out here in the rain getting scratched by rose bushes. My hands look like old cracked leather.” Sitting on the office worker’s shoulder you would hear, “Oh, god! Another stressful day behind the computer. Add these numbers. Type this letter. It’s like being stuck in solitary confinement, totally lifeless work. If only I could be a simple house-wife cooking meals for a family of happy children.” Being stuck is how a responsible victim feels.

When you are living in the “responsible victim” story, responsibility itself is the persecutor. You are the victim of responsibility. You act as if you are responsible but you are not really being responsible, you are being a victim and using false responsibility as the excuse. It takes tremendous courage to see your Box’s motivations for playing you as a responsible victim.

EXPERIMENTS:

SPARK039.01 This experiment has two parts.

Part 1: You start paying particular attention to the kinds of stories that you generate to justify or explain why you are doing or not doing a certain thing. For example, when you are driving over the speed limit, notice what you say to yourself to permit yourself to do that. Notice what you say to yourself when you do not get to do what you wanted to do or things are not fair. Are you giving away your responsibility as a victim or are you taking responsibility?

Part 2: After tracking your stories for a few days try this radical experiment. In the next uncomfortable, intense, or unexpected situation that you encounter, try one of these simple statements:

- “I choose this.”
- “I get to experience this.”

Make your statement either out loud to someone else, or simply out loud to yourself.

If your car gets a flat tire in the rain on the way to work and you get wet and arrive late, declare, "I choose this," accepting the situation as if you custom designed it for your own evolution, and then do not change your mind. If you find yourself carrying more than your fair share of the weight on any project, rather than creating a "responsible victim" story, declare, "I choose this." If you start feeling scared, sad or angry about something, declare, "I get to experience this." Notice what changes.