



Inner Wisdom Circle Class Activity

#3

The Vicious Victim



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“Viscous Victim”

This workbook is to accompany the “Viscous Victim” Wisdom Class. After viewing the class, complete the parts of this workbook that call to you or complete the whole workbook, it is all up to and for you.

These activities are intended to open you up to what is happening inside of you and should be completed without self-judgment, self-criticism or feeling bad in any way. Part of being in balance with both parts of your tree (higher self and earthly self) is to appreciate both of these aspects and move through your life lessons with gentleness and compassion toward yourself.

After hearing about the tree, where are you at in regard to living in the balanced center of your tree? Use these statements as a gauge for how you are doing:

- I have the courage to look at the experiences from my past that still cause me pain, or frustration or lower emotions like guilt, shame, sadness, regret, etc.

Notes:

- When I feel negative emotions I honor the feelings that have arisen and then let them pass through me without getting caught up in them or forcing them away.

Notes:

- I do not force away hard feelings and use love as an escape. I love and honor what I am feeling because I know my hard feelings are teaching me what is still broken within myself.

Notes:

- I understand that this life is intended to have me look at the ego part of myself and I accept the ego as my teacher.
- Ego = finding love and acceptance outside of yourself and importance through the eyes of others

Notes:

- I understand the stages of balancing my tree:
 1. Understand the human experience
 2. Acknowledge what human conditioning you are holding
 3. Forgive yourself and others
 4. Love and accept the human condition

Notes:



Take a moment and reflect upon the following:

What are your hardest textbooks (your hardest experiences here)?

What are those textbooks teaching you about yourself or what false conclusions have you drawn about yourself or others?

When have you felt like you were a victim?

Note: Before age 13 we are bringing in our human conditioning and after that we are reinforcing the human conditioning that was built before 13.

Throughout that victimhood, how did you point the finger, judge or project your hurt at the other person?

In what way did pointing the finger give your power away?

What are you learning or have learned through that victimhood?

Are you a victim?

