

EMPOWERMENT QUIZ

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The opposite of being empowered, is being a victim. Being a victim requires a set of beliefs. There are benefits to being a victim. As a victim, you get to feel sorry for yourself and *try* to get others to feel sorry for you. You get to stay stuck (change can be scary), you get to “reward” yourself with overeating, over drinking, etc, you get to be physically and emotionally violent as you strike out trying to feel powerful. Check your beliefs. Answer the questions as to what is mostly true or mostly false; do not answer the questions as you would like to be.

True/False

1. ___ ___ Other people can make me angry or upset me.
2. ___ ___ My mate and children should make me happy. “They should know what makes me feel loved.” And, I should make my mate and children happy.
3. ___ ___ I spend a lot of time thinking about what I could have said or could have done differently.
4. ___ ___ I spend a lot of time thinking and worrying about the future.
5. ___ ___ Most the of time when I get blamed for something, it is because somebody did something or said something that pushed my buttons.
6. ___ ___ Fear stops me from doing many things that I would like to do.
7. ___ ___ I don’t get a lot of things done that I would like to do because I lack motivation.
8. ___ ___ I feel guilty much of the time because I don’t live up my expectations for myself. I have a lot of “I shoulds” for myself.
9. ___ ___ I don’t believe that anger is ever a good thing. You do not need to raise your voice to express your anger.
10. ___ ___ I get my feelings hurt easily.
11. ___ ___ I believe in positive thinking, such as, “Ask and ye shall receive.” “If I put it out there, it will come to me” and “Everyday in every way, I’m getting better and better.” “I’m waiting for my ship to come in.”
12. ___ ___ I tend to discount positive feedback. “If they really knew how bad I screw up, they would not say that.”
13. ___ ___ I will punish myself when I screw up by calling myself names. “I’m so dumb. I’m lazy. I can’t believe I’m that stupid.” Etc
14. ___ ___ I find that I can’t make a decision when I know I should and often end up feeling stuck.
15. ___ ___ I expect my mate/partner to know what makes me feel loved; if I have to tell them, it makes it no good.

16. ___ ___ I find myself using survival techniques that worked for me as a child, such as shutting down emotionally, whining, throwing temper tantrums, being passive, being aggressive, running away, etc.
17. ___ ___ I Hold onto expectations for people, then become angry and feel powerless and unloved when they don't live up to my expectations.
18. ___ ___ I tend to use negative self-talk and victim language, such as, "I can't, I'm so dumb, nothing good ever happens," etc. I tend to see the world in negative ways.
19. ___ ___ I believe the world owes me. "What have you done for me lately?" You/the Government owes it to me. "We should be living like the Joneses."
20. ___ ___ I tend to compare myself with others and see most people as being above me or below me.
21. ___ ___ I am a perfectionist.
22. ___ ___ I believe that if I want a job done right, it is easier to do it myself.
23. ___ ___ I believe in protecting others by lying or telling white lies so they will not get upset.
24. ___ ___ I would rather be nice than assertive and ask for what I want.
25. ___ ___ I would rather not want something than to want it and be disappointed.

The more statements you answered 'Yes' to, the more you will get to feel and act as a victim. It is your beliefs, your "kinky thinking," that allow you to be a victim.

- 1 to 7 True statements --- You **sometimes** feel used and not very loved.
 8 to 15 True statements --- You **often** feel used and not loved most of the time.
 16 to 20 True statements --- I am feeling powerless, like a doormat that people use.
 21 to 25 True statements --- I am powerless, I am a doormat, I am a victim.
 I have thought about suicide.

The only person you can change is yourself, therefore, you cannot, not be powerful. You can only create the illusion of powerlessness AND VICTIM-HOOD.

Now read the article, BORN TO BE EMPOWERED.

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