

CLAUDIA NELSON

Transforming Victims to Victors



1

Choose. Am I going to remain a victim of this problem or am I going to be victorious over it.

If you don't choose victor, there is no need to read further. You can't be helped.

2

Grieve your loss, but don't blame and don't stay stuck in your grief.

The "Do your duty and don't complain GI Generation" ideas are still around. It taught us to stuff our feelings. Grieving loss is necessary to stay emotionally healthy, but unhealthy if we get stuck in it.

Blaming is emotionally unhealthy and saps our energy making it difficult to accomplish the next steps.

3

Avoid focusing on the problem, or loss, and begin focusing on solutions.

4

Continue refining your solutions until they work.

And Most Importantly to Become a Victor

5

Evaluate your progress. If after much refining of your solutions they seem not to be working, you may not have correctly identified the problem. For example:

You have lost your husband to alcoholism and you have tried all kinds of solutions to make him stop drinking to no avail. This is a clue you have been focusing on the wrong problem as his drinking is only a symptom of his real problem which is this: Any addiction is a way to fill a black hole on the inside with something on the outside. The black hole is caused by one losing their connection with whom they really are. Groups like AA can help if they have been humbled enough to do the work it requires. This humbling usually does not take place until they have hit bottom.

But the real problem here is you trying to change another person. It is not possible. If and when they are ready, there is help available and they will find it. Your solution is to focus on you and get help for yourself perhaps through a group like ALANON.

This is an example of seeing that your solutions to your spouses drinking have not been working because you had not identified the correct problem. The real problem is you taking responsibility to fix his problem which can't be done.

See all of Claudia Nelson's award-winning books at:
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