

# **23 WAYS TO MOVE FROM BEING A VICTIM TO BEING IN CHARGE**

**By Charlie Smith**

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- 1. Tell the truth about your experience**
- 2. Ask forbidden questions**
- 3. Make forbidden statements**
- 4. Make what you are afraid of the goal**
- 5. Take advice from an expert or a coach**
- 6. Write down all of your intentions and goals**
- 7. Bless everyone involved**
- 8. Forgive the difficult people**
- 9. Set and commit to one or more specific breakthroughs**
- 10. Reframe\change the decisive context**
- 11. Identify where you are not being 100 percent responsible for what happened and take this responsibility**
- 12. Go for a walk with a friend**
- 13. Sit by a river and after a while, ask the river what you should do with your life...then listen...**
- 14 Sit alone and breathe, meditate**
- 15. Commit to someone else's success**
- 16. Take an important problem and co-invent solutions with others in a dialogue**
- 17. List the costs and the payoffs to you of the way you are being about the situation**
- 18. Write a letter to the person(s) involved saying everything that is and has been true for you**
- 19. List and admit all of the ways you are being a victim**
- 20. Make unreasonable requests**
- 21. Get in touch with what you are really committed to**
- 22. Surrender to a higher power and ask for help**
- 23. Communicate in an uncharacteristic way**