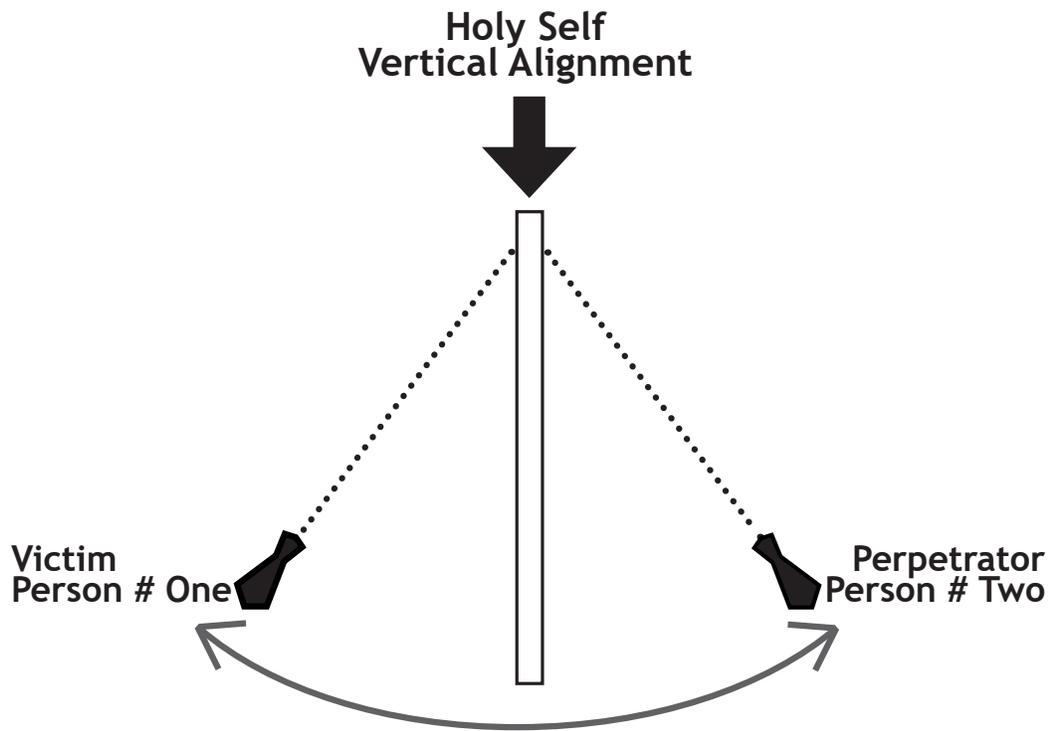




Victim or Perpetrator?



BOTH VICTIM AND THE PERPETRATOR ARE THE SAME

When we come to vertical alignment, through forgiveness, there is a welcomed appreciation for all involved. When we carry forgiveness right through to its final stage where we feel thankful for the person and the trigger, there is no more need to attract this form or pattern of attack any longer. When recalling a previously hurtful memory, there is no further emotion attached to that story. It simply disappears. And then we know it has been healed.

PERSON # ONE	PERSON # TWO
Person number one is perhaps empathic, super sensitive, feels easily victimized, over-caring, over-giving, self-effacing, emotional, moody and withdrawing, a compensator, people-pleaser, etc. This person may be an over-achiever too. This one hates conflict and always tries to keep the peace, and will even sacrifice themselves to do so. This type of personality can tend to view themselves as having been victimized.	Person number two appears to be the opposite. He or she is forthright, perhaps thoughtless and selfish at times, dominating, controlling or even aggressive at times, critical and judgmental, unemotional, insensitive, hard to please, expects their needs to be met by others, authoritative, demanding, intimidating. This type of personality has a tendency to be seen as a perpetrator or bully by those who see themselves as victims.