



WHY DO MOST PEOPLE PLAY THE VICTIM THESE DAYS?

LEARN SUNDAY
HOW TO BECOME
VICTORIOUS AND
WIN!

1

By Charles E. Winburn, M.Ed.



VICTIMHOOD!

LEARN HOW
TO OVERCOME
AND HEAL FROM
THIS NEGATIVE
BEHAVIOR!

By Charles E. Winburn, M.Ed.



DO YOU HAVE A GROWTH MINDSET VS. A VICTIM MINDSET?

LEARN HOW TO
GROW AND WIN
THIS SUNDAY
MASTERMIND
CLASS AND
CLINIC!

3

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DID YOU KNOW 8 OUT OF 10 PEOPLE PLAY THE VICTIM?

LEARN HOW
TO BECOME A
VICTOR INSTEAD
OF A VICTIM
THIS SUNDAY!

By Charles E. Winburn, M.Ed.



**YOU DESTROYED YOUR
MARRIAGE OR RELATIONSHIP
BECAUSE YOU PLAYED THE
VICTIM FAR TOO LONG!**

**LEARN HOW
TO BUILD A
RELATIONSHIP
WITH OPTIMISTIC
AND VICTORIOUS
PEOPLE!**

by Charles E. Winburn, M.Ed.



25 RED FLAGS

SOMEONE YOU KNOW IS PLAYING THE VICTIM!

LEARN THIS
SUNDAY HOW
TO HEAL FROM
VICTIMHOOD!

6

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YOU CAN'T BUILD A RELATIONSHIP WITH A PERSON WHO PLAYS THE VICTIM!

LEARN HOW TO BUILD
A RELATIONSHIP WITH
OPTIMISTIC PEOPLE
IN THIS SUNDAY'S
MASTERMIND CLASS
AND CLINIC!

7

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HUSBANDS & WIVES WHO PLAY THE VICTIM ARE EMOTIONALLY UNHAPPY PEOPLE!

LEARN HOW TO
BE A VICTOR
INSTEAD OF A
VICTIM THIS
SUNDAY!

By Charles E. Winburn, M.Ed.

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
The Christ Hospital
513-791-5521

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and Functional Medicine***

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John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
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Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

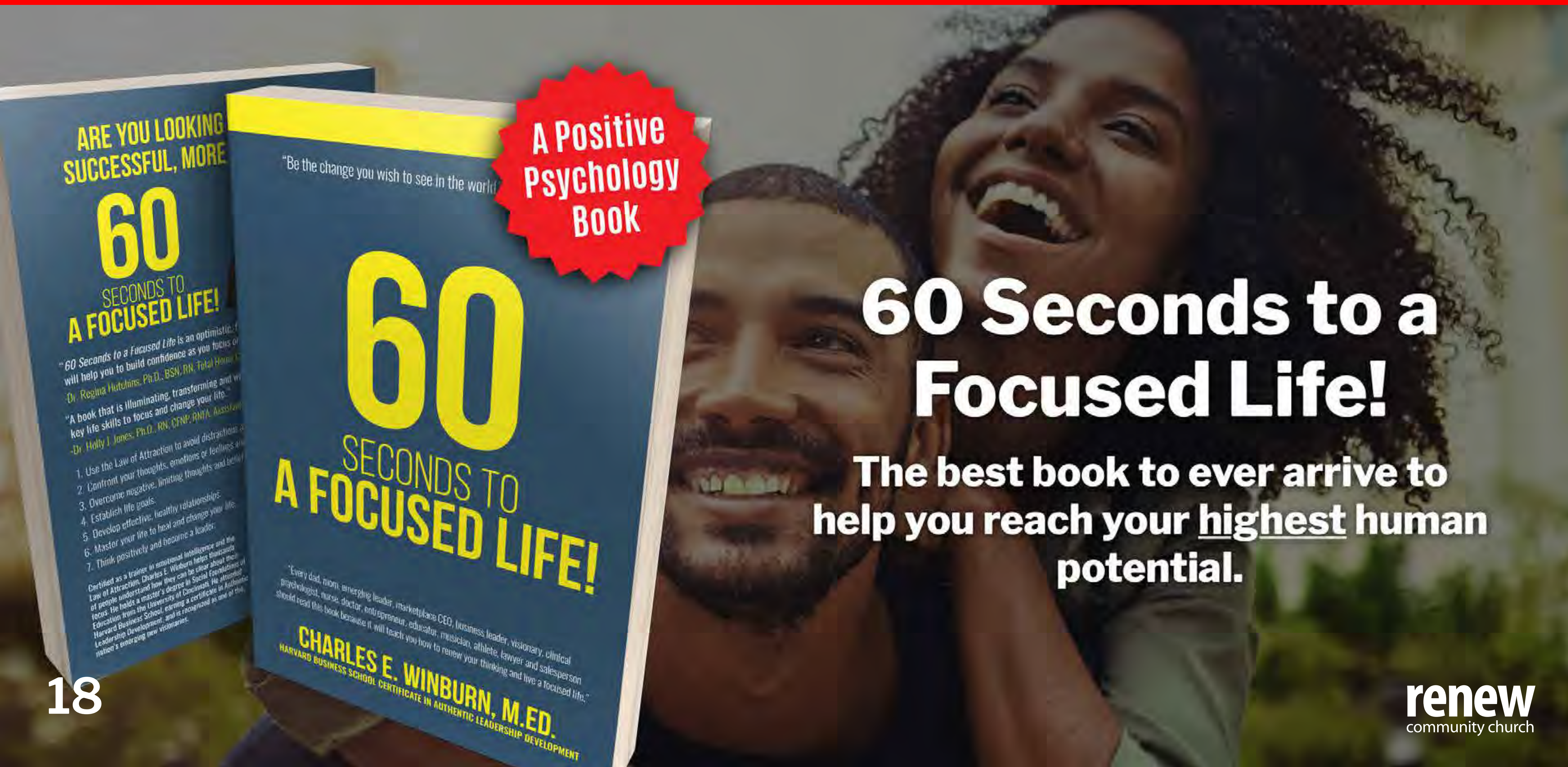
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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A Positive
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Book

60 Seconds to a Focused Life!

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help you reach your highest human
potential.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

**And be renewed in the spirit of
your mind; And that ye put on
the new man, which after God
is created in righteousness and
true holiness.**

Ephesians 4:23-24

**And have put on the new man,
which is renewed in knowledge
after the image of him that
created him.**

Colossians 3:10

**For which cause we faint not;
but though our outward man
perish, yet the inward man is
renewed day by day.**

2 Corinthians 4:16

**Create in me a clean heart,
O God; and renew a right
spirit within me.**

Psalm 51:10

25 red flags you are playing the victim

AI Research

- 1. Blaming others for everything is an untreated childhood trauma issue:** They consistently frame problems as caused by other people, not themselves.
- 2. Never taking responsibility:** They rarely own their part in conflicts or mistakes.

3. **Persistent self-pity:** Frequent statements like “why does this always happen to me?” or “no one understands.”
4. **Constant need for sympathy or validation:** They regularly seek reassurance and compliments to feel seen.

5. **Exaggerating hardship:** They amplify difficulties beyond what actually happened.
6. **Using absolutes about unfairness:** Phrases like “the world is against me” or “life is so unfair to me.”

- 7. Guilt-tripping others:** They imply or state that others owe them something because of their suffering.
- 8. Refusing to entertain other viewpoints:** They shut down or dismiss any perspective that doesn't align with their narrative.

- 9. Playing the martyr role:** They present themselves as the only one who endures and sacrifices.
- 10. Avoiding action or solutions:** They talk about problems but resist steps to fix them.
- 11. Shifting blame to systemic or external forces:** They attribute blame to “the system,” “society,” or “bad luck.”

- 12. Rewriting past events to look blameless:** They retell episodes to cast themselves as wronged or innocent.
- 13. Holding grudges and demanding apologies first:** They require others to apologize before they consider reconciliation.

- 14. Focusing on emotions over facts:** They emphasize how they felt rather than what actually happened or what could be done.
- 15. Passive-aggressive behavior:** Subtle digs, sarcasm, or withholding warmth as punishment.

- 16. Withdrawing or stonewalling when challenged:** They shut down conversations or give the silent treatment.
- 17. Gaslighting about impact:** They deny or minimize how their actions affect others, or insist others misinterpret them.

- 18. Seeking constant praise or rescue fantasies:** They imply others should “save” them or always fix their problems.
- 19. Minimal effort but big claims of exhaustion:** They say they’re overwhelmed yet avoid putting in effort to change.

- 20. Jealousy or resentment when others succeed:** They compare themselves unfavorably and imply others' success diminishes their own.
- 21. Presenting needs as universal rights:** They frame personal needs as non-negotiable that everyone should accommodate.

22. Controlling reactions or others' boundaries: They monitor how others respond and react to keep the attention on themselves.

23. Reframing problems as a toxic environment: They blame surroundings (work, relationships and resist personal accountability.

24. Invoking past trauma as a perpetual excuse: They frequently reference childhood or past traumas to excuse current behavior.

25. Repeatedly seeking “a break” or permission to vent: They declare a need to vent or pause as if it justifies avoiding responsibility.

14 ways people have a fixed mindset

AI Research

- 1. Scarcity of opportunities:** The belief that good chances or doors open for you are few and far between. Because opportunities are scarce, you feel you must protect what you have and don't take risks that could backfire.

2. Fixed talent: The belief that abilities and intelligence are static and cannot be developed much. You think you're born with a set amount of skill, so effort feels pointless if results don't come quickly.

3. All-or-nothing success: The view that success either happens fully or not at all. If you can't excel immediately, you conclude you're a total failure and give up.

4. Fear of failure: The belief that failing is disastrous and permanently damaging. You avoid challenges to prevent short-term embarrassment or long-term consequences.

5. Limited resources: The assumption that resources (money, time, support) are always in short supply. You prioritize protection over growth, resisting investments in learning or risk-taking.

6. People are competitors: The belief that everyone's success reduces your own chances. You hoard knowledge or avoid collaboration because you see others as threats.

- 7. Negative-focused self-talk:**
A internal narration that emphasizes risk, danger, and loss. Negative self-talk stops you from trying new things or pursuing chances.

8. Skill plateau mentality: The belief that you have reached your maximum ability in a domain. You stop practicing or learning after plateauing, assuming further growth is impossible.

9. Finality of outcomes: The assumption that early results determine long-term fate. You think one bad result seals your future, so you quit rather than iterate.

10. Labels over learning: The tendency to label yourself by a single outcome (e.g., “I’m not a math person”). Labels limit future experimentation and exploration of new domains.

11. Single-path thinking: The belief there is only one correct way to achieve goals. You resist alternate routes or creative approaches, fearing deviation from the “right” plan.

12. External validation dependence:
**Prioritizing others' approval
over your own growth. You
seek fixed metrics of success
(grades, titles rather than
meaningful learning.**

13. Risk aversion: A preference for safe, low-chance outcomes over potentially high-reward experiments. You miss chances to innovate or improve because risk feels overwhelming.

14. Resentment toward “talent gaps”: Frustration that others seem naturally skilled where you feel lacking. You compare yourself unfavorably and blame external factors rather than investing in development.

10 ways to have a growth mindset

AI Research

- 1. Belief that abilities can be developed:** You see talents and intelligence as starting points that can improve with practice and learning.

2. Embracing challenges: You actively seek difficult tasks because they're opportunities to grow, not threats to your self-worth.

3. Persistence through setbacks:
When you fail or stumble, you analyze what happened and keep trying.

4. Effort as the path to mastery: You value effort and practice as essential steps toward improvement, not as placeholders for talent.

5. Learning from feedback: You welcome constructive criticism and use it to refine your approach.

6. Learning from others: You study successful peers' methods and strategies to borrow best practices.

7. Focus on the process, not just outcomes: You pay attention to the steps, strategies, and habits that lead to improvement.

8. View talent as malleable:
You believe abilities can be expanded with time and deliberate practice, rather than being fixed traits.

9. Reflective practice: You regularly review what worked, what didn't, and why, then adjust your plan.

10. Curious and adaptive mindset:
**You seek new experiences,
experiments, and uncertainties
to continuously learn.**

15 practical ways to expand a growth mindset in daily life

AI Research

- 1. Embrace learning goals over performance goals:** Focus on mastering new skills or knowledge rather than just proving you're smart. Set process-based goals (e.g., "learn new strategies this week") instead of only outcome goals (e.g., "get an A").

2. Reframe failures as feedback:
When something goes wrong, ask: What can I learn? What would I do differently next time? Write down concrete takeaways.

3. Seek challenges intentionally:
Choose tasks that push you beyond your comfort zone, even if they come with risk of initial struggle. Growth happens outside comfort.

4. View effort as a path to mastery: Normalize effort as essential to progress. Praise yourself for the work you put in, not just the end result.

5. Learn from others' strategies:
When you see someone succeed, study their processes, habits, and mindsets. Adapt useful parts to your own context.

6. Use the “power of yet”: If you can’t do something now, remind yourself you’re not there yet. Add “yet” to statements about abilities (e.g., “I can’t do this yet.”) or I am in the process of doing this!

7. Reflect regularly on your learning: Keep a growth journal: what you learned, what challenged you, what you'd try next time. Review monthly to notice patterns.

8. Practice deliberate practice:
Break skills into sub-skills,
practice with specific goals,
get timely feedback, and
progressively increase
difficulty.

- 9. Seek constructive feedback:**
Ask for actionable input, not just praise. Create a feedback loop with peers, mentors, or coaches.

10. Cultivate curiosity: Schedule time for explorations outside your core area. Ask open-ended questions like, “What would I do differently if I approached this from a different angle?”

11. Normalize mistakes in your environment: Create a safe space for experimentation. Avoid blaming language and reinforce the idea that mistakes are part of learning.

12. Replace fixed-mindset statements: Notice phrases like “I’m not good at this” and convert them to growth-oriented ones like “I’m not good at this yet, but I can improve with practice.”

13. Develop a learning system:
Create routines: daily micro-learning, weekly skill drills, and monthly projects. Consistency beats intensity over time.

14. Practice resilience and adaptability: Build coping strategies for setbacks (breathing exercises, reframing, seeking alternatives). Adaptable minds grow faster.

15. Surround yourself with growth-minded people: Engage with mentors, colleagues, and friends who value learning and effort. Their mindset can rub off on you.

BONUS! Quick actions to start now:

- **Pick one skill you want to improve this month and outline a plan with specific practice tasks.**
- **When faced with a difficult task, write down: “What would I do differently next time?” and try one change tomorrow.**



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80

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