



THE INSTITUTE FOR HEALTHY FAMILIES OF NORTH TEXAS

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Victim or Victor: Own Your Choices

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Directions: Honest answers to the following questions determine your *choices* of becoming a victim or choosing to be a victor. Your *choices* require courage, determination, commitment and personal ownership. This exercise helps you *examine* what has happened (the past); *emphasize* what you want (the present); and *express* what can be (the future).

When faced with a painful experience or a big change in your life, own your *choices*!

1. Describe a painful experience or a big change in your life.
2. How has this painful experience or change affected your well being? What do you want to happen?
3. Which path will you choose to deal with the painful experience or to manage change for the long term?
 - (a) Re-live past experiences over and over
 - (b) "Stay the course" by living in the present
 - (c) "Move on" to build a new life for the future
4. Which path is best for your intimate partner or spouse for the long term?
5. Which path is best for others in your care? (Children? Dependent parents?)
6. If you and your close family choose to re-live past painful experiences or changes what do you think will happen to your lives?
7. What do you expect to gain by "staying the course" and living in the present?
8. What do you hope to gain if you choose to "move on" to build a new life for a better future?
9. Visualize and describe what you must do to choose the path that leads to growth and new life?
10. If you choose to "move on", how will you free yourself of thoughts and fears from your past painful experience(s) or the big changes in your life?

If you or anyone in your family needs marriage and family counseling or personal counseling to address changes in your life, check out our web site at www.texasicounselors.com. Our rates are affordable.