

Victimland Worksheet

Name: _____ Date: _____ Worksheet #: _____

1. List the trigger behaviors your "Villain" used (from #2 on your Iceberg Worksheet).
 - a. _____
 - b. _____
 - c. _____

2. Based on "Villain's" actions, what I think "V" must be believing about themselves (from your Iceberg Beliefs list) is:
 - a. _____
 - b. _____
 - c. _____

3. What beliefs do you hold about yourself that your "Villain" holds (from your Iceberg Beliefs list) about themselves.
 - a. _____
 - b. _____
 - c. _____

4. How do you demonstrate or act out those beliefs with:
 - a. "V" _____
 - b. Others _____
 - c. Yourself _____

5. Are you Judging/Blaming "V" for being: _____ different than you? _____ just like you?

6. What beliefs could you replace the above beliefs with?

