

Victim: victimized. one that is acted on and usually adversely affected by a force or agent; one that is injured, destroyed, or sacrificed under any of various conditions; one that is subjected to oppression, hardship, or mistreatment

Implies passivity(allowing others to do things to you without complaining or pushing back), acceptance of one's circumstances, and casualty. Robs individuals of their ability to fight back. Powerless, at the mercy of others. Diminishes strength and resilience. Keeps focus on their traumatic experiences instead of everything they've accomplished since then. Contributes to the feeling that they are irreparably damaged. Violated, vulnerable, helpless.

Need to heal mentally, physically, and emotionally from the assault. Move forward.

Body, emotions, thoughts, behaviors, spirituality and relationships.

Somebody with a "victim mentality" is simply lacking power and is in need of help. Asking for help isn't a sign of weakness. Getting help is refusing to stay stuck.

Survivor: one who lives through affliction; one who continues to function or prosper in spite of opposition, hardship, or setbacks.

With growth and healing you become a survivor.

Has reclaimed their power. Helps them regain the power that was taken from them. It distinguishes them from people who did not survive.

Imparts a sense of movement, of moving on beyond the event, and of reclamation, taking back your life.

Displays the individual's ability to take action in the face of immense obstacles. For many survivors of trauma, making it to the next moment, minute, hour, day can involve immense strength and determination. Implies ingenuity, resourcefulness, and inner strength.

If you have been assaulted and live to tell the tale you are a survivor. If you are seeking support you are a survivor, no matter what your story is. Would be a victim and survivor of a crime.

It takes courage, bravery, and strength to tell your story. Support that journey every step of the way.

Recognize other survivors, recognize your positives, gain a fresh understanding, deal with it/cope/develop a toolbox of strategies that helped you get through, you have a choice, make it. Show creativity. Be introspective, caring, and strong, but recognize you are flawed.

Thrivor: truly moving forward, being mentally/physically/spiritually healthy, being able to enjoy a stable life financially, having healthy relationships, and being open to love. Having the opportunity to shape life the way you want it, to make the most of life, and to find joy in everyday life. Thriving centers us.

It is up to you to decide how you identify yourself.

Allies support decisions and use familiar language to show solidarity and support.

Identity: look inside and define yourself. Identity is a fluid thing. The way you see yourself has a massive impact on the way you make sense of your experiences. You are not limited because you are a survivor. Find new experiences, challenges, understanding.

Remember: "Those who have hurt me have no power except that which I give them." Do not let yourself or your life be defined by your assault.