

Victim Mentality Quiz

Here's a quiz to help see if you've been carrying around a victim mentality that may be robbing you of your sense of personal power. Answer true or false to the following statements.

True	False	Statement
<input type="checkbox"/>	<input type="checkbox"/>	My first response to a setback is to blame someone else for what's happened.
<input type="checkbox"/>	<input type="checkbox"/>	No matter what I do, things are not really going to change for me.
<input type="checkbox"/>	<input type="checkbox"/>	I often find myself beginning thoughts with phrases like "I can't...", "I'm no good at...", "I've never been able to ...".
<input type="checkbox"/>	<input type="checkbox"/>	When things go wrong, I tend to beat myself up.
<input type="checkbox"/>	<input type="checkbox"/>	Sometimes I'm lucky, but when bad things happen they are because I mess up.
<input type="checkbox"/>	<input type="checkbox"/>	When angry, I rarely begin sentences with "I".
<input type="checkbox"/>	<input type="checkbox"/>	Conversations with friends are often about how hard my life is.
<input type="checkbox"/>	<input type="checkbox"/>	When friends offer advice, I usually counter it with a "Yes, but..." since they can't know how difficult my situation really is.
<input type="checkbox"/>	<input type="checkbox"/>	I spend a fair amount of my time thinking about past failures and mistakes.
<input type="checkbox"/>	<input type="checkbox"/>	Other people usually cause me to feel the way I do. I'd be more centered if it weren't for them.
<input type="checkbox"/>	<input type="checkbox"/>	I'm always so busy with work and the things I need to do to survive that I just don't have time to do things I want to do for myself.
<input type="checkbox"/>	<input type="checkbox"/>	I'd like to exercise more and eat in a healthier way, but I just can't right now.
<input type="checkbox"/>	<input type="checkbox"/>	If I weren't tied down to all these obligations, I could really do some of the things I always think about doing.
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<input type="checkbox"/>	<input type="checkbox"/>	I must have done something really horrible in a past life because nothing I do ever works out.
<input type="checkbox"/>	<input type="checkbox"/>	If only I had had more support, I could have ... (fill in the blank.)

The higher your score, more likely you are to think of yourself as a victim.