

GROW

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ACTIVITY SHEET



People who hold on to hurt tend to encourage others to see their victimisation, thereby gathering public attention, rallying support and fuelling widespread feelings of injustice. Unless it's arrested, feelings of victimisation can develop into a victim mindset and negatively influence your mental health, your family or even society at large. Fortunately, there is a way to go from victim to victory. That pathway is to develop servant leadership qualities; displaying care and kindness towards others.



PROGRAM OBJECTIVES

This session is designed to help you:

- (a)** understand the role that kindness plays in bringing about liberty
- (b)** realise the test is not the test. The real test is the way you respond to the test
- (c)** learn the power of servant leadership and working together as a team

Three Modes of Victimhood

If you have been hard done by, marginalised, abused, abandoned, betrayed, or wounded in some way, you may well have been victimised. But just because you may have been victimised in some way, doesn't mean you need to stay a victim. However, if you nurse, curse and rehearse your wounds (whether physically, psychologically, emotionally or even spiritually), you may get stuck in a toxic mindset - where you end up seeing your entire life through the lens of your victimhood.

01 ENTITLEMENT MENTALITY

01. ENTITLEMENT MENTALITY

People who hold on to their hurt tend to become dissatisfied with themselves and others (expecting and demanding more). Over time, hurting people become increasingly ungrateful, selfish and disinterested in serving others. Even helpfulness and kindness from others can very quickly turn into expectations (a perception that it is their right to receive help, be cared for, or be served).

02. MULTIPLY AND MUTATE

People who hold on to hurt tend to encourage others to see their own victimisation, thereby gathering public attention, rallying support and fuelling widespread feelings of injustice. Unless it's arrested, feelings of victimisation can mutate and multiply like bacteria, negatively influencing everything and everyone.

03. HURTFUL BEHAVIOUR

People who hold on to hurt may end up disrespecting, bullying or insulting anyone who doesn't give in to their demands. Those who have no ground to stand on may forcibly take the territory of others and claim it as their own. Even when others are helpful or kind, hurting people may eventually take advantage of them. As the saying goes, 'hurting people may end up hurting people'.

From Victim to Victory

One of the most effective ways of transitioning from victimhood into victory is to develop servant leadership qualities. By taking the focus off yourself and working together to bring blessing, value and benefit to others, you fast-track the development of courage and confidence. 'Care and kindness' is the key that frees you from a toxic victim-mindset.



From the following statements, identify the represented mindset:	VICTIM	VICTORY
"IT'S NOT FAIR! I deserve more. If they won't give it to me, I'm just going to take it for myself."	✓	
"IT'S NOT FAIR! We deserve more. If they won't give it, I will. I'm going to do something to help those who have been affected."		✓
"The situation is so overwhelming; I don't think there's anything I can do on my own to change it. However, if we work together, maybe we can collectively do something to bring about change."		
"The situation is so overwhelming; I don't think there's anything I can do on my own to change it. Someone else is going to need to change the situation. Until then, there's no point in trying."		
"I have been through so much and no one seems to care. I deserve more than this. They say they are helping me, but they are not doing enough. I want to protest and demand my rights."		
"I have been through so much and no one seems to care. They say they are helping, but really, we all need to be helping. I want to actively get involved to help improve conditions for everyone."		



**The problem is not
the real problem.
The real problem
is typically our
attitude towards
the problem.**

**The test is not the
test. The real test
is how we respond
to the test (with
selfishness or
kindness).**

Obligation versus Opportunity

Bringing benefit to others is a powerful way of going from Victim to Victory. However, there are two different ways of looking at this responsibility. You can either (a) see your responsibility as an opportunity or (b) as an obligation. One is positive, the other is negative. One motivates you to be successful (helping both yourself and others), whereas the other discourages you from being successful (failing to help yourself while trying to help others).

Twin brothers grew up in a poor family, where their family could not afford much. The brothers were both intelligent students, enjoyed learning and performed very well in their junior schooling years. However, when it came time to enrol into secondary school, their family was financially strained. There was no secondary school in the town where the boys lived and so they had to attend boarding school in a far distant town. School fees, uniforms, books and living conditions (away from home) were all expensive. Despite the financial pressure this put on the family, the boys' parents were committed to their education and sought extra work to help pay for the additional expenses. No one in the boys' family had ever graduated from secondary school before. One of the twin boys made the most of the opportunity. He studied really hard, and in the end, he graduated from secondary school as the top student in his class. The other twin, however, rarely attended his classes. He received poor grades and ended up dropping out of school altogether. Curious as to why the twin boys had such different outcomes, the school principal interviewed each of them separately. To the principal's surprise, both of the boys gave the exact same two reasons for their failure or success. "Firstly, my family is so poor, and I have been a financial burden to them. Secondly, no one in my family has ever graduated from secondary school." The twin who dropped out of school, said: "I have felt guilty that my family had to work hard to support me, when I should have been working hard to help support my family. Also, if no one in my family has finished their schooling, what would make me think I could do it? I didn't drop out of school just for myself, but also for my family - because who am I to deserve this? I am no better than them." The twin who graduated top of his class said: "My family had to work hard to support me, so I was motivated to work hard at school so that in the future I could get a good job and help support my family more effectively. Also, no one in my family has finished their schooling, so this was a chance to show that it could be done. I didn't do it just for myself, but also for my family - because everyone deserves this. We are all as good as each other."



IN THIS STORY THE TWO BROTHERS WERE EQUALLY INTELLIGENT, THEY BOTH ENJOYED LEARNING, AND BOTH PERFORMED WELL IN JUNIOR SCHOOL. THEY CAME FROM THE SAME IMPOVERISHED FAMILY AND WERE GIVEN THE SAME OPPORTUNITY TO ATTEND SECONDARY SCHOOL. BOTH BROTHERS HAD THE SAME SENSE OF RESPONSIBILITY TO BE KIND (WANTING TO HELP THEIR IMPOVERISHED FAMILY), YET ONLY ONE BROTHER SUCCEEDED ACADEMICALLY. WHY?

There are two different ways of looking at 'responsibility' – positively or negatively.

One brother dropped out of school because he felt obligated to help his family (negative responsibility), whereas the other brother excelled at school because he saw an opportunity to help his family (positive responsibility).

Q: The brother who succeeded at school did so because he saw it as an opportunity. He was not only motivated to help his family but ended up helping himself at the same time (becoming well educated). **Was he driven by positive or negative responsibility, and why?**

HINT: Positive motivation typically results in positive outcomes. People driven by opportunity tend to strive and serve with excellence. Consequently, being kind towards others involves being kind to yourself at the same time. Respecting others involves respecting oneself.

Q: The brother who dropped out of school did so because he felt guilty and obligated to serve his family. As a result, he failed to help himself while trying to help his family. **Was he driven by positive or negative responsibility, and why?**

HINT: Negative motivation typically results in negative outcomes. Doing something good for someone out of obligation tends to reduce the motivation to strive or serve with excellence. It's difficult to be kind to others when you're not being kind to yourself. It's hard to respect others if you don't respect yourself.



Adjust your focus.

**FOCUSING ON PROBLEMS,
LIMITATIONS, OR FEELINGS OF
VICTIMISATION, NEVER EVER LEAD
ANYONE CLOSER TO A SOLUTION.**

Problem Solving

When it comes to problem solving, there's a secret. The problem we are presented with is not the real problem. 'The real problem' is typically our attitude towards the problem. All too often, we respond to the problem with a victim mindset (feeling sorry for ourselves because we have a problem), which in turn, can lead to selfishness. If we realise the test is not really the test, but the true test is the way in which we respond to the test, we become empowered instead of disabled.

Three people have been injured in an accident.



The first has been blinded by the flash of the explosion. They cannot see.



The second, has sustained an injury to their back. They cannot move.



The third burned their hands and inhaled smoke. They cannot touch or talk.

The good news is that the ambulance is on its way to treat their injuries. However, the bad news is that ambulance is coming from a far distant town and may not reach them in time to save them. The only way for the three to stay alive is to remain well hydrated. Situated in the middle of the three injured people is a jug of water and three cups. However, the blind person cannot see the water, the disabled person cannot get to the water, and the burned vocally restricted person cannot use their hands to serve or sip the water nor offer instructions. In order to survive, each of the injured people will need to rely on, trust, and assist one another. The only way for all three to stay alive, is for each person to figure out how to overcome their various disabilities by working with and for the others.

SOLUTION:



The physically disabled person has to verbally communicate to the blind person where the jug of water and cups are located, and where the injured people lay.



The visually impaired person has to carefully follow these instructions to locate the jug and cups, pour the water and deliver a drink to each of the injured parties.



Because the burned person cannot use their hands or voice, the physically disabled person will have to guide the visually impaired person on how to carefully lift the cup to the burned person's mouth to drink.

THIS IS A SYMPHONY OF SERVICE. EVERY INSTRUMENT IN THE ORCHESTRA PLAYS THEIR PART TO MAKE MUSIC AND MELODY TOGETHER.



**Kindness
towards others
is the key that
empowers
change and
helps free us
from our own
bondage.**

**WHEN WE SHIFT THE
FOCUS FROM JUST HELPING
OURSELVES TO ALSO HELPING
OTHERS, WE ACHIEVE A
COMMON GOOD, THAT BY
DEFAULT HELPS EVERYONE.**

When a group of individuals work together for the common good (serving one another), community is strengthened, assistance is provided and everyone (both those serving and those who are served) reap the rewards.

Q: **This coming week**, what's one act of kindness that you could engage to assist either an individual, family or group of people in need?

Q: What gifts, skills, talents, resources or opportunities **do you currently possess** that you could use to bless someone else?

Q: Rather than do it in your own strength, or be hampered by limitations, who else could you **invite to get involved** in this act of kindness?

Q: Now that you know **WHO** you want to serve and **HOW** you want to bless them; **WHAT** abilities and resources do you have to serve them, **WHO ELSE** can assist you, and now consider **WHEN** you will execute your plan?

MAKE IT EVEN MORE MEMORABLE:

Doing something kind for someone for no specific reason at all, is indeed the best reason. By all means, use your gifts, skills, talents and resources. However, don't spend or give money. The best way to care is to be "creative" in being kind. Deliver your act of kindness as a surprise and go above and beyond. In order for the full benefit to be reaped (by both the recipient and giver), the act of kindness should be performed with a sense of joy (an opportunity to bless someone) and not out of obligation. You don't have to do something kind, you get to.