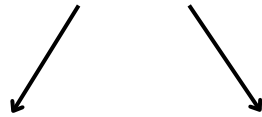


Redemptive Living

FOR WOMEN

TAKING THE BLAME

looks like



VICTIM

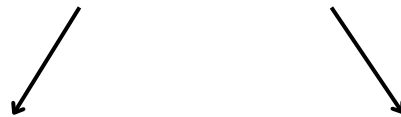
- Passive
- Underscored by injustice
- Doesn't even check the box + solicits pity

MARTYR

- Attacking
- Being punished due to his actions
- Checks the box but with the wrong heart attitude



HOW IT IMPACTS YOU



She knows where she stands but it breeds powerlessness + hopelessness for her

She feels stupid for making the request, causes more hurt and shuts her down



Redemptive Living

FOR WOMEN

OWNERSHIP

looks like



- Selfless love
- Humility
- Empathy
- Ultimately agency

OWNERSHIP

happens when



- There is something bigger than him to fall back on
- My eyes are on you, not on me (eyes on her, not on him)
- The wrong stands alone

LEARN MORE ON THE FIRST EPISODE OF SEASON FIVE



Redemptive Living

FOR WOMEN

EXAMPLES

Victim

- Related to doing a T-30 journal or a check-in: "I can't really do that at my job because I have other things to do and I can't make time for it."
- Can't win for losing.
- No good deed goes unpunished.
- Related to disclosure: "I don't know why you want me to rehash all my mistakes. This is just an exercise in shaming me."
- Couch: "How could I know that the vacuum cleaner isn't going to stop spinning when it's in the upright position?"

Martyr

- Related to doing a T-30 journal or a check-in: "I'll do the T-30 if that's what you need but I think it's ridiculous."
- "Can't you just see my intention? I did a triple back flip for you and you don't even see the work I've done."
- "What's being asked of me is absurd but I'll do it because I'm supposed to. If I don't I will look like the jerk so I'll do it."
- Related to disclosure: "I'll give you the information if you want it, I don't think it will help us but if I have to do it, I will do it."
- Couch: "From now on, I'm going to stick to exactly what you say. I'm not going to go beyond that. You don't even see that I took time out of my life to try to do something nice for you even though it didn't work out well."

Ownership

- Related to doing a T-30 journal or a check-in: "I can see where the T-30 will really help you. And I realize that me not doing it for the last 3 days has caused a lot of hurt. I desire to right this wrong and will get back to it starting"
- "I want to do everything I can to heal your heart from what I have done. I am committed to doing this until the day I die."
- Related to disclosure: If this is something I can do to help you make sense of all of this, I will gladly do it.
- Couch: "I messed up the couch again and I know it's disappointing because the furniture is important to you."

