

Journal Entry #3: Translating Victim Statements Into Creator Statements

In this activity you will practice the language of personal responsibility. By learning to translate Victim statements into Creator statements, you will master the language of successful people.

- 1. Draw a line down the middle of a journal page. On the left side of the line copy the ten Victim statements below.** (Landscape or portrait view is your choice.)
- 2. On the right hand side of the line, translate the Victim statements into the words of a Creator.**
The two keys to Creator language are taking ownership of a problem and taking positive actions to solve it. When you respond as if you are responsible for a bad situation, then you are empowered to do something about it.
- 3. Write what you have learned or relearned about how you use language: Is it your habit to speak as Victim or as a Creator? Do you find yourself more inclined to blame yourself, blame others, or seek solutions?**
Be sure to give examples. What is your goal for language usage from now on? How, specifically, will you accomplish this goal? Remember, to DIVE DEEP!

Victim Language:

1. If they do something about the parking on campus, I wouldn't be late so often.
2. I'm failing because no one in my family is good at math. I think we've got defective math genes.
3. I'm too shy to ask questions in class even when I'm confused.
4. She's a lousy instructor. That's why I failed the first test.
5. I hate group projects because people are lazy and I always end up doing most of the work.
6. I wish I could write better, but I just can't.
7. My friend got me so angry that I can't even study for the exam.
8. I'll try to do my best this semester.
9. The financial aid form is too complicated to fill out.
10. I work nights so I didn't have time to do the assignment.

Please remember to copy the directions for each step (printed in bold) into your journal before writing and use the 5 suggestions for creating a meaningful journal to receive your 5 points.

Examples:

Victim

- I'm terrible in this subject.
- The instructor is so boring she puts me to sleep.
- This course is a stupid requirement.
- The tests are ridiculous. The professor gave me an "F" on the first one.
- I'll never do as well as John; he's a genius.

Creator

- I find this course challenging, so I'll start a study group and ask more questions in class.
- I'm having difficulty staying awake in this class, so I'm going to ask permission to record the lectures. Then I'll listen to them a little at a time and take detailed notes.
- I don't understand why this course is required with the Bio 1410, so I'm going to ask my instructor to help me see how it will benefit me in the future.
- I got an "F" on the first test because I didn't read the assignments carefully. From now on I'll take detailed notes on everything I read.
- I need help in this course, so I'm going to ask John if he'll help me study for the exams.