



Are you a victim or a warrior?

There are situations that cause pain and you have to process them.

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In the constant swell of life, various situations arise in which we must respond with courage, intelligence, honesty, and maturity. However, in the world, there are different types of people, with different types of attitudes and different ways of facing challenges, problems, crises or tragedies.

We all have a sad story to tell about our lives. We all experience things that can cause us so much pain, that it is very difficult to assimilate them, process them, live them and overcome them. But we all have the responsibility to do so in order to move forward and continue to grow in moral stature.

In general, there are two groups of people: the victims and the warriors. In which of these can we classify ourselves? The victims are those who suffer damage, look for the guilty, identify them, and place themselves in a painful position, submitting their will to their emotions. Victims prolong their suffering and find pleasure in holding others responsible for it. They constantly seek the opportunity to come to the same point, live comfortably tied to the experiences of the past, and try to transfer these to the present.

The victims annul their resilience, cancel their faculties, delay their personal development and truncate their maturation process. They need someone to feel sorry for them. In that way, they feel valuable and imagine that in that position they will be safe. The victims do not renounce to suffer, they give control of their destiny to others, they submit to all circumstances, they surrender permanently and drown their will. Victims seek whoever abuses them and find pleasure in lamenting.

Warriors, on the other hand, suffer damage, identify the culprit, let their emotions surface, then process what happened, weigh the circumstances, take advantage of the opportunity to get out of themselves, use their intelligence, protect themselves, take the scissors, they cut the cord that binds them to the person or situation that caused them the damage, and as independent people, through a firm will and the strengthening of their faith, they decide to fight, forgive, learn, free themselves, then they walk without looking back, they stop lament and make an effort to smile.

The warriors take out something good from the bad, they take breath from their penury, they shake their rage and shame, they fill their lungs with air, their hands of strength, their mind with ideas, and they use all the creativity possible to find the way to survive, to run very fast, to leave everything behind and go for his freedom.

Victims love being victims of everyone and everything; Warriors can not stand being victims of anything or anyone. The victims cling to the pain; the warriors renounce pain. Victims create guilty and deliver their fate to them; the warriors take responsibility for their own destiny. The victims become their own pain.

Warriors use their pain to create something beautiful.

What do you want to be: victim or warrior?