

Do women “play” victim?

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SUMMARY

The discussion centers on the reasons women often adopt a victim mentality in relationships, rooted in societal conditioning and trauma. The speaker emphasizes the importance of recognizing cultural toxicity and the need for women to reclaim their power by acknowledging their experiences without being defined by them.

- *Women have historically faced oppression in a patriarchal society, leading to learned behaviors of silence and submission.*
- *The Me Too movement highlights the struggle of women to speak out due to societal pressures to conform and be "good."*
- *Recognizing and naming the cultural lies that have enslaved women is crucial for awakening and empowerment.*
- *The distinction between being a victim of abuse and living in victim consciousness is vital; the former acknowledges the trauma, while the latter can perpetuate a cycle of powerlessness.*
- *Women are encouraged to speak up about their victimization to break the silence and reclaim their narratives.*
- *The process of radical awakening involves taking ownership of one's role in the cultural matrix and redefining personal beliefs about beauty, relationships, and motherhood.*

Why do you think so many women play the victim in their relationships in general? [music] Wow, okay. Women have had a really raw deal >> [music] >> Of course. >> in this toxic patriarchy. I grew up, I was molested up the wazoo by the time I was 11 >> [music] >> and had to really learn how to protect myself, defend against predators lurking behind every corner. >> [music] >> We've been trained to be quiet, trained to muzzle our true self, [music] trained to play small, back of the line, after everybody's served on the table, [music] trained to allow violation of space and mind. So, we have to understand that if we want to awaken now we have to first name the toxicity for what it is. We have to name what's happened to us, but then the radical awakening, which is what my book is about, >> [music] >> is own how we now do it to ourselves.

The culture has given us a really hard time and has really put us [music] in a weak position. Uh-huh. And call it. The women in the Me Too movement took a long time to come out because culture told them they have to be the good ones. They have to be quiet, don't ruffle feathers, don't rock the boat. Culture has subjugated us with these messages and we have bought into them. >> Yes. >> So, the first step is to recognize the cultural BS. Okay. And that we are living in a toxic matrix >> [music] >> and we have to redefine everything we've been conditioned to believe. [music] Like what? The lies about beauty, the lies about being youthful, the lies about wanting to be in a relationship where we believe we should be owned and possessed, the lies around motherhood, the lies around love. You know, I talk about all these lies in the book. So, one by one I systematically deconstruct [music] and debunk these lies that have actually enslaved us. So, that's step number one is to recognize [music] you've been living in a cultural matrix that has lied to you. Mhm. Step number two, when you radically awaken though Yes. is when you take ownership for how you are part of that co-creation.

Okay.

So, when you talk about victimhood, we are victims. However, being and living in victim [music] consciousness is where we get stuck. So, victim consciousness versus victimhood, what is that? Well, if I'm raped tomorrow [music] I'm a victim of rape. Yes. >> If the man I'm with physically abuses me, that is called physical [music] abuse. We should not be afraid to muddy the waters. Abuse is abuse. There is no >> what it is. Call it. I've been a victim.

>> Don't hide from it, don't not talk about it, be silent, speak up. >> if you've been a victim, speak up. Empower your children to say, "I've been a victim." That's very different than living and being in victim >> [music] >> consciousness. >> What does that mean? Victim consciousness is when you hold on to the perpetration and you now perpetrate yourself and you keep the power with the other person.