

# EMPOWERED MINDSET COACHING MINI-TUTORIAL VIDEO TRAINING SERIES WITH LOUISE ANNE MAURICE



HOW TO COACH A

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# VICTIM MINDSET



# **WHEN PEOPLE HAVE VICTIM MINDSET MISHAPS, HOW DOES IT SHOW UP?**

- 1. LISTEN TO THE DETAILS OF THE CASE-STUDY**
- 2. WHAT IS THEIR ATTITUDE?**
- 3. WHAT IS THEIR POINT OF VIEW OR PERSPECTIVE?**
- 4. WHAT LANGUAGE ARE THEY USING?**
- 5. DO YOU RECOGNIZE THIS PERSON?**



# WHAT WAS THEIR ATTITUDE LIKE?

- In psychology, an attitude refers to a **set of emotions, beliefs, and behaviors toward a particular object, person, thing, or event**. Attitudes are often the result of experience or upbringing, and they can have a powerful influence over behavior.

# WHAT WAS THEIR POINT OF VIEW OR PERSPECTIVE?

- Perspective or Point of View – How they SEE everything.

# WHAT LANGUAGE DID THEY USE?

- What words did they use and what meaning did they give those words?

# DID YOU RECOGNIZE THAT PERSON?

- Describe this person

# VICTIM DEFINITION

## Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)

Search for a word



vic·tim

*/ˈvɪktəm/*

*noun*

a person harmed, injured, or killed as a result of a crime, accident, or other event or action.  
"victims of domestic violence"

Similar: [sufferer](#) [injured party](#) [casualty](#) [injured person](#) [wounded person](#)

- a person who is tricked or duped.  
"the victim of a hoax"

Similar: [dupe](#) [easy target](#) [easy prey](#) [fair game](#) [sitting target](#)

- a living creature killed as a religious sacrifice.  
"sacrificial victims for the ritual festivals"

Similar: [sacrifice](#) [offering](#) [burnt offering](#) [scapegoat](#)



# USE ABNORMAL PSYCHOLOGY

EMPOWERED MINDSET SOLUTIONS

TO CHANGE A VICTIM MINDSET

- 1. How can you use Abnormal Psychology to develop a Changes in Mindset Technique.**
- 2. What Mindset Coaching Questions can you develop?**



# HOW TO USE ABNORMAL PSYCHOLOGY TO DEVELOP MINDSET COACHING QUESTIONS

- **STEP #1** – THINK ABOUT THE PEOPLE YOU COACH, CONSULT OR LEAD. WHAT GOALS DO THEY WANT TO ACHIEVE?
- **STEP #2** – WITH THIS INSIGHT, REVIEW THE WIKI SITE
- **STEP #3** – WHAT APPROACH PROVIDES A STARTING PLACE TO PROVIDE A DEEPER AWARENESS ABOUT SELF-AWARENESS BLOCKS?
- **STEP #4** - UNRAVEL THIS APPROACH AND FOCUS ON ONE ASPECT THAT COULD BE THE NEXT STEP TO DEEPER AWARENESS.
- **STEP #5** – FROM THIS INSIGHT, DEVELOP 2 QUESTIONS; THE FIRST TO START THE SESSION AND THE SECOND TO MOVE INTO USING THE TECHNIQUE.

# HOW TO USE ABNORMAL PSYCHOLOGY TO DEVELOP A CHANGES IN MINDSET TECHNIQUE

- **STEP #1** – REVIEW THE WIKI SITE
- **STEP #2** – THINK ABOUT THE PEOPLE YOU COACH, CONSULT OR LEAD
- **STEP #3** – WHEN THEY DON'T HAVE A VICTIM MINDSET, WHAT SELF-AWARENESS BENEFITS DO THEY EXPERIENCE?
- **STEP #4** – WHEN THEY DO HAVE A VICTIM MINDSET, WHAT SELF-AWARENESS CHALLENGES WILL THEY EXPERIENCE?
- **STEP #5** – TAKE ONE OF THE THEORIES AND ADAPT TO DEVELOP YOUR UNIQUE TECHNIQUE TO ADDRESS THE CHALLENGE OR SUPPORT THE BENEFIT.

If you want in-depth Victim Mindset Solutions + Done-For-You Mindfulness Techniques + Ready-To-Use Mindset Questions for Improved Self-Awareness, then click on the title to learn more about [Self-Awareness Life Coach Certification Training](#)



- *"This course is a masterclass that is abundant with insights into the human psyche of how high-achievers stop themselves. It is loaded with a proven framework that generates confidence and helps you to get results. In today's environment, understanding your client is key to your success. With step-by-step learning that is cutting-edge, this course is a "must-do" if you want the essential tools that will move you towards harnessing your power and to becoming a master life coach in self-awareness"*



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