



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

Self-Pity

self-pit·y – *Pity for oneself; especially exaggerated or self-indulgent pity where you believe that you are the victim who has done no wrong and is deserving condolence from everyone.*

When you see yourself as a victim, you indulge in self-pity. You are a bottomless pit of misery, and you may find yourself crying endless victim tears. You might say things like:

- Why do bad things always happen to me?
- I'm a loser and I'll always be a loser!
- It's not fair!
- God is here for everyone but me!
- I'm just not one of the lucky ones!
- Everything is my fault. I'm not good enough!
- Self-pity might serve two purposes!

It gets you off the hook from having to take responsibility for yourself. If you see yourself as a loser or unlucky or not good enough, then you don't have to take loving action in your own behalf.

The hope of self-pity may be to make someone else feel guilty enough to take responsibility for you. Self-pity is a form of control — to avoid making mistakes and possibly failing, by getting someone else to feel sorry enough for you, or guilty enough, to take care of you.

Is self-pity working for you? Even if you do get someone to do for you what you need to be doing for yourself, is it making you feel joyful and secure? The price you pay for not taking responsibility for yourself might be huge.

When you are indulging in self-pity, you may be trying to get someone else to give you the compassion that you need to be giving to yourself. While compassion from others always feels great, if you are stuck in self-judgment and self-pity, it will have no lasting positive effect.

Self-Pity Is a Character We Play

"Self-pity becomes your oxygen. But you learned to breathe it without a gasp. So, nobody even notices you're hurting." — Paul Monette

Self-pity is an exaggerated sense of sorrow over one's own life, roles, or circumstance. We all experience it throughout our lives. Some occasionally, others turn it into a toxic habit. Like any self-defense mechanism, it can ease the pain and make us feel protected. However, the truth is, it causes more damage than the pain it's trying to alleviate.

Something went wrong yesterday. And, all of a sudden, I relieved being the victim. I lost control of things and started feeling sorry for myself as I haven't felt in decades.

What happened doesn't matter. Self-pity is not about what happens but about playing the victim. Not because we are the casualty of an attack but because we choose to.

“Self-pity is easily the most destructive of narcotics; it is addictive, gives momentary pleasure and separates the victim from reality.” – John Gardner

Self-pity generates the inability to achieve anything. We get stuck blaming others and lose control of our acts. Something external takes control of us. It pushes the ‘pause’ button, and we get paralyzed waiting for that same person or event to get us back into motion. But that won’t happen.

Through The Victim’s Eyes

“Take a drink because you pity yourself, and then the drink pities you and has a drink, and then two good drinks get together, and that calls for drinks all around.” – H. Beam Piper

When we pity ourselves, all we see are our problems. We become blind to other people and their issues. We believe that the world revolves around us.

Self-pity — unlike self-reflection — makes us invisible, our attention gets into others. We blame people for how we feel and expect them to be the cure too. When self-pity becomes dominant, we deny responsibility.

Playing the victim is a passive role, primarily related to anger and rumination. Reliving our “experience” as a victim, makes us feel stuck. When we play the victim, we hold on to a child’s mindset: we feel defenseless. We believe that playing that part will attract attention and make others love us more or want to protect us.

Those who play the victim wear many costumes. Don’t be deceived by the looks — even those who look happy can be experiencing self-pity. Take someone who normally exaggerates her/ his life stories, just to look good. Being the hero of our own narrative is another way to seek attention and care. Indulging in self-pity is like being at war – reluctance to confronting oneself yet expecting reality to change rather than adapt to it.

Change happens from within and it’s on you to overcome that life hiatus called self-pity.

The Art of Emotional Composure

When you’re constantly feeling sorry for yourself and mired in self-pity – the answer to changing that about yourself is truly at your fingertips! Refer to the **BASIC POWER TAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions and you can develop a whole new way of looking at your life – and yourself!

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