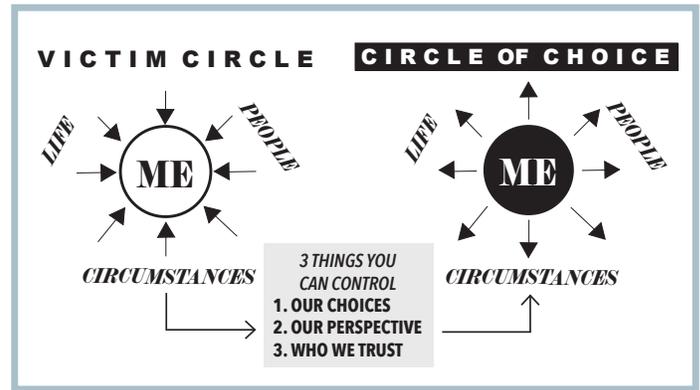


HERE TOOL

THE TWO CIRCLES



The Two Circles are about perspective and posture, the way you see the world. It is a tool for teaching and encouraging ownership.

VICTIM CIRCLE: posture of focusing on how circumstances, people, setting affect ME

- I am influenced by everything around me
- I am not okay unless something external changes
- No control; No choice; No ownership
- Often includes blame, personality-worship, or complacency
- Reactive - Driven by emotion

FREEDOM CIRCLE: posture of focusing on how my actions and decisions affect others

- I have the capacity to influence the world around me, regardless of what is happening externally
- Recognize choices; ability to take responsibility of oneself
- Responsive - emotionally informed but driven by values

MOVING FROM VICTIM CIRCLE TO FREEDOM CIRCLE

- There are only **3 Things You Can Control**. Moving from Victim Circle to Freedom Circle means acknowledging this reality and changing one of these three things.
 - **Choices:** You have the opportunity and the power to make decisions. This includes your behavior.
 - **Perspective:** You can control how you view the world, those around you, and yourself. Your attitude is a decision you must own.
 - **Whom We Trust:** You decide where you place your trust.

THE TWO CIRCLES WITHIN THE MOOD CURVE

- You can be in the Victim Circle in all four phases. Victim mentality is sacrificing your ability to choose and relying fully on external forces.
 - If you are only okay in particular settings (like the Performing phase) or when treated a certain way, you are still a victim of your circumstances
- You can be in the freedom circle in all phases
 - Even when in the Storming phase you get to take ownership of the three things you can control. You carry influence no matter what is happening around (or to) you.
- You can take ownership of the three things you can control in all of life's phases.
- Your circumstances are challenges, but no matter what you have the ability to make choices and those choices affect and influence people/circumstances around you. You have an impact and your choices matter.

THE TWO CIRCLES AND THE PROPER USE OF EMOTIONS

- Emotions let us know something valuable is at stake. They are not determinative, just suggestive. Being informed by emotions is a Freedom Circle activity, but being controlled by emotions is Victim Circle behavior.
 - A person's action or a specific circumstance can trigger an emotion in you, BUT it is your choice how to respond to that emotion.

NOTES

What are examples of the Victim Circle posture you see in your own life (ex: blame, defensiveness, etc.)? Which of the three things you can control do you most struggle to own?