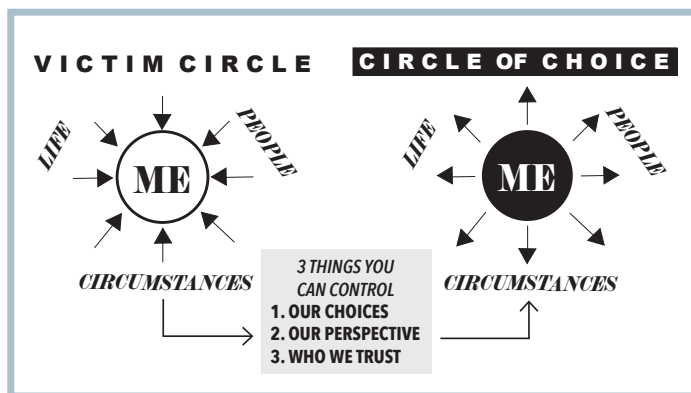


HERE TOOL

THE

TWO

CIRCLES



The Two Circles are about perspective and posture, the way you see the world and your place in it. It is a tool for teaching and encouraging ownership, helping you break free from the shackles of a limiting perspective.

VICTIM CIRCLE: We take the 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: We take the posture of focusing on how my actions/decisions have an affect on 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 truth and values

HOW DO WE MOVE FROM THE VICTIM CIRCLE TO THE FREEDOM CIRCLE?

- There are only **3 Things You Can Control**. Moving from the Victim Circle to the Freedom Circle means acknowledging this reality and changing one of these three things.

1. CHOICES:

You have the opportunity and power to make decisions. This includes your behavior. What you are going to do is up to you.

2. PERSPECTIVE:

You can control how you view the world, those around you, and yourself. Your attitude is a decision you get to choose.

3. WHOM WE TRUST

You decide where you place your trust, no one else can do that for you. Ultimately, the question is, do you trust God in all circumstances?

THE TWO CIRCLES WITHIN THE MOOD CURVE

- You can be in the Victim Circle in all four phases of the Mood Curve. Victim mentality is sacrificing your ability to choose and relying fully on others/your circumstances.
 - 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 are able to take ownership of the three things you can control. You carry influence and are in control of yourself 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 the world 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, 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.

See page 29 for more on Proper Use of Emotions.



QUESTIONS TO CONSIDER:

***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?
What are some things you can do to be more intentional about recognizing the Two Circles at play in your life?***