

Self Pity Patterns

As you start understanding more about the power of reality creation, you will begin to notice the difference between thoughts, attitudes, beliefs, and actions that are based in self love versus those that are based in fear. And the most common and sneaky variety of fear is self pity. In fact if you look closely, you will discover that any negative reality creation has its roots in one of the seven patterns of self pity.

The only exception seems to be negative creations that flow out of self importance. When you look closely at self importance though, you will detect that underneath self importance lies a belief that unless you force other people to see it, they would not notice your real value. Poor me. It's really an attempt to deny self pity.

To fully understand the destructiveness of self pity, it helps to understand the seven different forms or patterns it comes in. There are four overt forms:

Victim:

The most obvious form of self pity. "Someone did something bad to me, and I was defenseless, powerless, or unaware. I may feel abused, traumatized, hopeless, overwhelmed, afraid or just unrecognized. To ease my pain I need to tell everybody about my pain. When other people feel sorry or badly for me, I may feel less alone, but I may not believe that anybody can really help me."

Martyr:

The second most obvious form. "Someone did something bad to me, and I endure it silently. Sometimes, nobly. As a martyr I also need to let other people know that I have been mistreated or wronged, but won't say it out loud. Instead I am masterful at sending non-verbal signals to make others feel guilty, uneasy or threatened in my presence."

Blamer:

Another overt form of self pity. "Something bad happened to me and I put all of my energy into whose fault it was. I get absorbed by proving people's mistakes, faults or weakness to them or others. Often loudly. I may get angry, indignant, cynical or verbally abusive. Underneath that emotion, I do feel sorry for myself, because I should not have been treated this way, or suffered from this experience."

Struggler:

On the surface strugglers doesn't seem to feel sorry for themselves. "Nobody did anything bad to me. But I still have a hard time in life. I always end up working extra hard, but the reward never quite seems to land. I tend to think I must be doing something wrong, not enough or not quite well enough. I always need to learn more, do more, or be more without ever really arriving or being at peace."

Then there are three covert forms of self pity:

Ego-Pamperer:

On the surface it looks like ego-pamperers take extra good care of themselves. They stay in bed when they don't feel well, call off appointments, break commitments, or pull out of plans. "I have to fend off other people or the world for demanding anything from me that threatens my health and wellbeing, my inner balance, or my personal goals. I refuse feeling responsible for others. Underneath I feel fragile, and expect that nobody watches out for me, or takes care of me, unless I do."

Silent Competitor:

"I often find myself next to other people who do something that I could have done just as well or even better. I see them get attention, recognition or rewards for it and I don't. I may feel resentful, jealous, or unimportant, but I really don't like to fight for my chance or my turn to prove myself in order to feel valued or appreciated."

Rescuer:

"There always seem to be people around me who need to be rescued or saved. While it gives me a sense of purpose and value to drop my own life to help them, I may feel drained by the sacrifices I make, because in the end I don't get enough recognition for it, and never get a turn in being supported by others. In truth I have a hard time asking for help."

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Even if you have never thought of yourself as someone inflicted by self pity, you may find you have been entangled in several of these patterns. Awareness is the first step in self transformation!

Whenever you notice one of these patterns, pause and remember that you are probably in the process of creating the opposite of what you really want.

Then remember that the most powerful remedy against self pity is self love!