**LEVEL 1 – THE VICTIM**

When your thoughts, beliefs, emotions, and perceptions work against you, don’t serve you well or stop you from doing something or, when you feel an aspect of life is not in your control, then you are experiencing Level 1 energy -being a victim to those thoughts or circumstances.

**CORE THOUGHT = VICTIM**

**CORE EMOTION = APATHY**

**ACTION/RESULT = LETHARGY**

**Hopelessness – I hate myself- Fear-Worry – Guilt – I Lost – Doubt – Anxiety – Low Self-Esteem**

1. WHAT KIND OF LEVEL 1 THOUGHTS DO YOU HAVE?
2. WHAT KIND OF LEVEL 1 BEHAVIORS DO YOU DISPLAY?
3. WHEN DO EITHER OF THE ABOVE ARISE?
4. WHEN THOSE SITUATIONS OCCUR AGAIN, WHAT CHOICE WOULD YOU LIKE TO MAKE INSTEAD OF YOUR POSSIBLE LEVEL 1 DEFAULT?