

## Victim vs Creator Language

### From On Course by Skip Downing

<p><b>Victims Focus on their Weaknesses</b>  <i>I'm terrible in this subject.</i></p>	<p><b>Creators Focus on How to Improve</b>  <i>I find this course challenging, so I'll start a study group and ask more questions in class.</i></p>
<p><b>Victims Make Excuses</b>  <i>The instructor is so boring he puts me to sleep.</i></p>	<p><b>Creator Seek Solutions</b>  <i>I'm having difficulty staying awake in this class, so I'm going to ask permission to record the lectures. Then I'll listen to them a little at a time and take detailed notes. Or I'll sit up front.</i></p>
<p><b>Victims Complain</b>  <i>This course is a stupid requirement.</i></p>	<p><b>Creators Turn Complaints into Requests</b>  <i>I don't understand why this course is required, so I'm going to ask my instructor to help me see how it will benefit me in the future.</i></p>
<p><b>Victims Compare Themselves Unfavorably to Others</b>  <i>I'll never do as well as so-and-so, S/he's a genius.</i></p>	<p><b>Creators Seek Help from Those More Skilled</b>  <i>I need help in this course, so I'm going to get a tutor or go to the tutoring center.</i></p>
<p><b>Victims Blame</b>  <i>The tests are ridiculous. I got an F because the professor didn't even give us a review and tested us on things we didn't even go over in class.</i></p>	<p><b>Creators Accept Responsibility</b>  <i>I got an F on the test because I didn't read the assignments carefully and I waited until the last minute to study. From now on I'll take detailed notes and study in advance.</i></p>
<p><b>Victims See Problems as Permanent</b>  <i>I'll never understand this subject. It's a waste of time to study.</i></p>	<p><b>Creators Treat Problems as Temporary</b>  <i>Studying one night a week for this subject isn't working. I'll experiment with studying a little bit every day and see if I learn it better.</i></p>
<p><b>Victims Repeat Ineffective Behaviors</b>  <i>Going to the tutoring center is no help. There aren't enough tutors.</i></p>	<p><b>Creators do Something New</b>  <i>I've been going to the tutoring center right after lunch when it's really busy. I'll start going in the morning to see if more tutors are available then.</i></p>
<p><b>Victims Try</b>  <i>I'll try to do better but it's no use.</i></p>	<p><b>Creators Do</b>  <i>To do better, I'll do the following: Attend class regularly, take good notes, ask questions in class, start a study group, and make an appointment with the teacher.</i></p>
<p><b>Victims Predict Defeat and Give Up</b>  <i>I'll probably fail. There's nothing I can do. I can't...I have to...I should....I quit</i></p>	<p><b>Creators Think Positively and Look for a Better Choice</b>  <i>I'll find a way. There's always something I can do. I can....I choose to...I will....I'll keep going</i></p>