

Victim Script Directions

1. Make a list of all the individuals or groups of people you have victimized.
2. On regular paper describe how each of them were or may have been affected. (one sheet for each victim:)
 - a. psychologically
 - b. emotionally
 - c. physically
 - d. financially
3. Discuss the Victim Script with your primary counselor before writing the list on large poster paper in marker.
4. Set a date to present the Victim Script during group. Ask the group facilitator for a presentation time at least one day before the group meets.

Possible follow up questions:

1. Have you made amends to the people you have victimized who are close to you? Make a plan to make amends.
2. What can you do to prevent further victimization?
3. What are the patterns in your victimizing?
4. How does it make you feel knowing that you have victimized so many people? What can you do to sustain these feelings of disgust?
5. What have you learned from doing this victim script? How will it help you from creating new victims?