

# **VICTIMIZED BY A LOSS**



**And no one tells you how to go on!**

**Adriaan de Rijk**

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You can do this by referring to my website <https://vitalinformationsources.com/free-e-books>. There are other free e-books on my site that I refer to in this e-book in case you want a deeper understanding of things explained in this one.

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## Foreword

The words losing and gaining are being associated with everything people experience. The reason for this is that we think in periods of time. Just as in bookkeeping we make up a balance sheet, so to speak.

A time period has a beginning and an end. We start off in a certain condition or circumstance and after a certain period we end in a different condition or circumstance. When we are close to the completion of a certain time period we tend to think in terms potential gain or potential loss. When the time period has come to an end we look at it from the perspective of gain or loss that has become a reality. What we gained or lost is what remained or is gone. We compare the opening balance sheet with the closing balance sheet.

Now we can say that this time period is behind us and a new time period has begun. The game starts again. Are we going to win or are we going to lose? Are we going to have a good time or a bad time? Are we going to be happy or are we going to be sad? Those are the open questions when a new period of time begins.

Each and every win or loss is in fact a win or loss in experience. In case of a loss we have experienced something that isn't there anymore or it isn't there anymore in an adequate proportion. This includes of course living beings like people or animals.

Did we see the experience as a positive one than losing this experience, like a holiday that just ended, we might consider as negative. When we see an experience as negative, like having to go to school again, than losing that experience due to an upcoming holiday, might be interpreted as a positive one.

Even losing a positive experience could be interpreted as positive and the other way around losing a negative experience could be interpreted as negative. In the first case think of a vacation that still brings positive memories to the surface. When a negative experience comes to an end and we experience it as a negative than it usually is all about a loss of attention.

For example: you were sick (negative) but you got a lot of attention and was taken care of in loving manner (positive) and as soon as you sickness disappeared the loving care falls away too. (negative). This may sound strange at first hand but it happens more often than you might think.

Winning in a tennis match means losing for the other contestant. Of course this is true for every form of competition. We are constantly winning or losing. We win or lose in all aspects of life.

We, humans, are complex beings who continually want to take stock. It is our thinking that can become really complex.

The way we deal with winning or losing is determined by our thinking. The way we think about things is the way we look at them and the way we feel about them. With your ability to think and feel you can become stuck in a win or a loss. It starts to occupy your mind to a point where you cannot let go of it anymore. The only way to break through this is to change the way you think about it.

### **The most important ability we humans have is to change our opinion about things.**

This is how we can expand our consciousness very quickly. We can look at things in a different way and thus come to new insights. To the degree that this ability is blocked we cannot grow in consciousness.

The entire universe is all about change. What we can observe happening all around us is basically 4 things.

- Creation
- Decay
- Survival
- Destruction

Creation and survival we interpret mostly as gain whereas decay and destruction is often seen as a loss.

When we grow old we experience a loss of physical beauty and bodily function. When we are young we experience a gain in physical beauty and bodily function. As soon as the process of growing is completed (creation) decay sets in. Survival is just an intermediary state of existence where decay is happening but not yet showing its ugly head.

Our thoughts can also freeze. What I mean is that you don't want them to be changed. When your thoughts about winning or losing freeze it can happen that your feelings regarding winning or losing freeze as well.

When you feel depressed because you lost and this feeling is frozen, so to speak, than you can be sure that every time you lose you will feel depressed. As soon as you decide to think differently about losing your thoughts will become more flexible again.

In most cases we never give this a second thought. We don't notice that we hold on to certain thoughts with all our might. We are not willing to look at it in a different way. This stagnates our evolution and is the cause for lingering far too long in gains or losses.

When your thoughts generate negative emotions you should realize that you can change your thoughts. You can always look at it in a different way. Only then you can assume a different viewpoint on it. This is not as simple as it seems but it is the only way to release a frozen thought. The best way to do this is what I will cover in the first chapter of this e-book.

## Chapter 1

### Helplessly and hopelessly lost

As a victim of a loss you often have a feeling of helplessness. This is because you don't think you will be able to deal with the situation you find yourself in. You think there is nothing you can do about it.

A loss or the threat of losing is what causes the feeling of helplessness. There is nothing more detrimental to life and livingness than a loss or the threat of losing.

When we talk about victims we always think in terms of a loss and the perpetrator of that loss. Without a perpetrator there is no loss and without a loss there cannot be a victim.

The cause of a loss doesn't always have to be a perpetrator. Certain circumstances, like a natural disaster, can also be the cause of a loss. In that case we could see the natural disaster as the perpetrator. Looking at it this way there is always a perpetrator.

You can also be the perpetrator of your own loss. When you try to commit suicide you are both the perpetrator and the victim. If you try to starve yourself to death, or you hurt yourself or put yourself down you are the perpetrator of your own victimhood. There are countless examples of this.

Unless you see yourself as the perpetrator, you will place the cause of your situation outside of yourself. Even when you are both the perpetrator and the victim it can still be difficult to recognize this by yourself. Most victims will be inclined to point to a perpetrator outside of them so they can put the blame on another person or circumstance.

When you as a victim are not the perpetrator or you don't want to see yourself as the cause of your own trouble than you have to be the effect of it. This is why it can be so difficult to look at your situation in a causal manner.

Victimhood is always accompanied with the feeling of loss. Losing someone or something gives a feeling of helplessness or hopelessness.

You don't have to feel helpless when something bad happens to you. The feeling of helplessness only starts when your ability to decide on things pertaining to the situation is impeded. Only then you will surrender to it.

Due to pressure from your surroundings or due to feelings of injustice you will tend to revolt against the situation that might translate into anger.

At this point the feeling of helplessness is accompanied by the emotion of anger. The emotion grief can also be generated by the feeling of helplessness and will make you accept your fate. The emotion of anger will often generate a condition of fruitless resistance.

As soon as you decide to do something about the situation the feeling of helplessness will decrease. It can even disappear entirely but that is usually only for a while.

You can of course decide to do something about your condition but than your decision has to be an effective one. If your decision isn't helpful you will soon convince yourself again that your situation is hopeless. Now your inclination to not take any decisions will be strengthened. Decisions that you feel you have to take you will now tend to postpone until later.

Due to all this indecisiveness you might sink deeper into a state of helplessness. When this happens automatic solutions will come into play. You will be more inclined to allow yourself to be led by fixed, mental patterns.

These fixed thought patterns, also called fixed opinions, can help you to bring some more stability in your life. Also the fixed action patterns that will be forced on you due to these fixed thought patterns will assist you in stabilizing your feelings. All these fixed patterns are located in your subconscious mind. This is the mind that is not under your control. It can only come in action due to outside stimuli such as being victimized by a loss or a threat of losing someone or something.

This is why you will be very much inclined not to diverge from these fixed routines that have taken control over your life. It is all automatic behavior that is outside of your control.

At one hand this is in your advantage because it will give you the much needed mental stability. On the other hand it is a disadvantage as well, because it will make the condition of helplessness stick.

Another problem that might surface when feeling helpless is that people in your surrounding might want to force you to break through these fixed patterns of behavior. Usually this tends to happen because others are very often more able to see what is going on with you. It is easier to observe wrongness in others than to observe them in ourselves.

However when feeling helpless you won't allow change. Each diverging from fixed behavior you will interpret as a looming danger. It might threaten your gained stability. Others might want to persuade you into making a decision and you don't want that.

In the state of victimhood you can go in two directions. The right direction is that, in spite of the fact that it will make you feel less stable, you take certain decisions anyway. This can make you quit uneasy. You will have the feeling that you cannot oversee the consequences of whatever you decide and that is correct. In a condition of helplessness you are not able to have an overall view on what your decision will bring about.

The reason for this is that the emotions anger, despair and grief can influence your ability to observe and think logically. This is why people who feel helpless have such a hard time to accept help. To accept help means having to decide to accept help.

When you, in a state of helplessness, are put under pressure you might sink even deeper into that state. When your helplessness deepens the automatic behavior patterns will destabilize. Your inclination to hold on to them will change in letting them go. You might think this is a good thing but it is not.

You have reached the bottom of your feelings of helplessness. When your basic routines become unstable you become careless. You might even become unwilling to take responsibility for the most basic necessities. This state can even deteriorate in irrational behavior that leads toward insanity.

I see the state of helplessness as a level of awareness. On the awareness level of helplessness you have a totally different perspective in comparison with someone that functions on the awareness level of competence.

A person who quickly evaluates a situation, he finds himself in, and is able to draw correct conclusions from his observations and considers it normal to act on these conclusions is on the awareness level of competence.

You can imagine that such a person might have a hard time getting along with someone feeling helpless. There is a world of difference between those two levels of awareness.

My discovery about the different levels of awareness might be of aid to welfare workers. This is because I discovered an awareness scale that can be used to determine whether someone is increasing or decreasing in awareness. It shows you all the minute differences

Welfare workers who know this scale will be more able to determine whether their patients are improving. The awareness scale is fully explained in [this e-book](#).

To clarify what I mean with this awareness scale I will show a part of the scale named Helplessness and what level you might get into when you rise above the awareness level of Helplessness and what level you enter when you sink lower on the scale below Helplessness.

You will find these levels on the [Expanded Awareness Scale](#) in the e-book mentioned above. When you click this link you can download the scale and have a look at it.

### ***The Awareness Subscale of Helplessness \****

***Indecisive \****

***Basic Routines -***

***Dropping Basic Routines \****

The awareness level below “*Helplessness*” is “*Insanity*”. The scale of “*Insanity*” might not be complete but it gives an impression of what you might expect at that level. Looking at that scale it becomes clear that it goes from bad to worse.

### ***The Awareness subscale of Insanity -***

***Obsession -***

***Failure \****

***Delusion -***

It can be very hard to have a positive influence on someone at this level of awareness.

Also for a victim it can be of some importance to know the awareness levels above the level of “*Helplessness*” as these are the levels to work toward.

For a victim as well as a care taker or welfare worker it is good to know what the level of “*Indecisive*” transmutes to when awareness is heightened.

Below I show you again the sub awareness scale of “*Helplessness*” and a part of the sub awareness levels above it and also the sub awareness level “*Insanity*” below it.

### ***The lowest three levels of the Awareness Subscale of Fixed Reality.***

***No Understanding -***

***Confusion \****

***Assumption -***

## ***The Awareness Subscale of Helplessness \****

***Indecisive \****

***Basic Routines -***

***Dropping Basic Routines \****

## ***The Awareness subscale of Insanity -***

***Obsession -***

***Failure \****

***Delusion -***

Awareness levels can both have a stable and unstable character. Throughout the entire awareness scale when climbing up scale one level or descending down one level that level will change from stable to instable or the other way around.

This is of some importance to know because when awareness improves it could very well be that it will be accompanied with a feeling of instability. As you can see on the above chart this doesn't happen when you rise one level above the level of "*Helplessness*" as the level of "*Assumption*" is a stable one.

I indicated these fluctuations between stability and instability with a dash (-) and a star (\*) the dash showing that the level is stable and the star showing it is unstable. [The Expanded Awareness Scale](#) consists of the main levels and its different sublevels. It is quite a complex scale that needs a lot more explanation in order to comprehend it fully.

On the level of "*Assumption*" you will tend to accept any information they throw at you. You might even see it as arbitrary information but you will cling to it anyway as it will make you less uncertain. In fact it will give you some certainty even when your certainty isn't based on anything.

No matter how logical an advice given to a helpless person might be it will be looked at with great suspicion. However, as soon as you rise above Helplessness you will accept advice without a second thought.

To overcome your uncertainty you either need to rise above the level of "*Helplessness*" or decent to a lower level in "*Helplessness*". When you decent to a lower level you will disregard all information or advice that could get you out of it by sticking to your routines such as things you are used to doing or entertaining reoccurring thoughts you are most familiar with.

When you intent to rise above "*Helplessness*" you will be susceptible to any information that stabilizes your feelings.

By now you might understand that advising someone in a state of "*Helplessness*", or receiving advice from a care taker while in such a state, is a matter of great importance.

It requires great confidence for someone in "*Helplessness*" to accept help from another person as on this level of awareness it seems next to impossible to think in a logical manner.

It is as if you jump into a black hole. Even when you as a care taker think your advice is the sanest thing to do I can assure you that this is not how a helpless person will see it. When you know this as a care taker or welfare worker you might change your approach to make it easier for your patient or recipient to accept your advice.

The sublevel in the middle of "*Helplessness*" that is totally on automatic can block any attempt to rise above it. Whether a helpless victim accepts your advice remains to be seen.

I don't mean to degrade anyone by writing about victimhood or feeling helpless. Everyone will come across situations that will lower his or her awareness to this level. Loss or threat of loss can be devastating both mentally and physically.

## Chapter 2

### Recognizing Helplessness

How do I recognize being on the awareness level of “*Helplessness*” regarding a certain circumstance or how do I recognize it in others? That is what this chapter is about.

We all feel helpless sometimes. Usually this feeling doesn’t take long. We direct our attention away from the problem and go on with our lives. We overcome the obstacles that present themselves. In some cases this doesn’t work anymore. Too much bad luck can cause your attention to become stuck on it. You keep thinking about it. When it is really upsetting you might get difficulty sleeping at night.

A trauma is nothing but a loss where your intention is stuck on. Helplessness can take on traumatic proportions. When this is the case helplessness will influence not only your thinking but also your behavior. You are going to look at life in a different way. You start to experience life as gloom and doom. You are unable to notice anything as positive.

A loss that generates the awareness level of “*Helplessness*” in you might also cause you to feel grief. You can see this happen most clearly with small children. You take away their toys and immediately they start crying. The emotion of grief apparently is the most common way to express your helplessness.

A loss that has led to the awareness level of “*Helplessness*” usually happens in 5 stages.

Below you can see the 5 stages and how they correlate with the awareness scale of “*Helplessness*”:

1. ***Denial***
2. ***Anger***
3. ***Grief***
4. ***Doubt***
5. ***Despair***

**Denying (1)** that it happened and becoming **angry (2)** of what has happened are both characteristics that belong to the highest sub level in the awareness chart of “*Helplessness*”.

Take another look at the chart if you wish:

## ***The Awareness Subscale of Helplessness \****

### ***Indecisive \****

#### ***Basic Routines -***

#### ***Dropping Basic Routines \****

When you are angry and in denial you will not be inclined to take decisions. Both denial and anger are manifestations of protest. You can't accept the loss so you become indecisive. Decisions you do take are more impulsive responses that don't solve anything, on the contrary they might complicate things even further.

When the loss deepens you will experience **grief (3)**. This emotion corresponds with the middle, stable sub level "*Basic Routines*". Due to the more stable character of this awareness level we will tend to hold on to it.

We talk about coping with severe losses. You have to give it a place. You go to a period of mourning. When the period of mourning takes too long and you don't seem able to get yourself together it can start to dominate your life.

There are many degrees in feeling helpless. It is a level of awareness that can happen to you on any and all aspects of life. The emotional impact it will have on you can differ from mild to severe to devastating.

When we sink even deeper into grief we will enter the bottom of the "*Helplessness*" scale. Your feeling of helplessness will at that point transform in feelings of **doubt (4)**. You will start to doubt everything pertaining to the loss. Nothing seems to make sense anymore. The doubt will make you feel **desperate (5)**. The feelings **doubt (4)** and **despair (5)** correspond with the lowest level on this scale. On this level you can find the more serious cases such as borderline, burnout and depression and other similar conditions.

Grief is often suppressed. Many people don't want to show their grief as it is often associated with being weak or childish. Suppressing your grief isn't going to make things better. Letting your tears flow can give some relief but this is only temporary. You can only conquer your loss by transcending it. You have to rise on the awareness scale by taking a different viewpoint on it. You have to start looking at it in a different way. You have to think about it in a different way.

Maybe you remember what I wrote in the foreword. What is the most important ability of each and every human? It is the ability to change your mind. That is the key to rising in consciousness. That is how you become more aware.

Changing your mind is looking at things in a different way. No therapy or life coaching session can be considered successful if it doesn't result in seeing things in a different way or having a better insight of something.

The inability to take decisions is not only applicable to the highest sublevel from the awareness scale of "*Helplessness*". As you move lower on that scale it will become increasingly difficult to take decisions. On the lowest level it becomes next to impossible.

When you are forced to decide it will be a mechanical action. It is the one forcing a decision on you that is taking the decision. You sort of agree to it but not really.

Sometimes people will enforce themselves to take decisions because they think they have to do something about it or else. The fact of the matter is that you are in no condition to take decisions when you are operating on the level of "*Helplessness*". Even when you do take a reasonable decision you will doubt it from the moment you took it no matter how correct or justified the decision might be.

As you might understand be now on this awareness level we are locked in a vicious circle. On one hand we need to come to a decision to rise above helplessness and on the other hand we are utterly unable to do so. This can be a very tricky situation.

The main character traits of Helplessness are being indecisive, unwilling to change anything and finally dropping any and all responsibilities. In this state you are unable to take any steps that could improve your situation.

There is another aspect associated with helplessness that deserves some attention. This aspect can make the escape from victimhood even more difficult. This has to do with the fact that a loss that led to the state of helplessness could have offered you sympathy from friends or relatives. When you then try to rise on the scale you will lose the comforting feelings of sympathy from those around you.

When this is going on and you realize that it is going on it will have less effect on you. That is why I put this in here. So you know.

## Chapter 3

### Changing your mind while feeling helpless

When changing your mind is the solution how are we going to do this and to what should we direct our attention? The answer to this question is what this chapter is all about.

You change your mind through intention. Change can only happen when you want to change. This usually happens when you no longer can accept the situation you are in. You no longer want to be a helpless victim of your loss. You don't want to think about it any longer as the feelings that accompany your thinking are ruining your life. You will now direct your attention towards other things.

Due to the fact that your awareness is impeded you will be inclined to direct your attention on whatever comes your way. It doesn't matter what it is as long as it doesn't remind you of your loss.

As soon as you succeed in taking your attention away from your loss and on to something outside of yourself you rise above helplessness. This is just a temporary thing. As soon as you take your attention away from it you're back on the awareness level of "*Helplessness*".

It takes more than just taking your attention of your problem to rise in consciousness. It takes a decision and sometimes more than one. It makes no difference for a helpless person what decision it is and that is the danger escaping from helplessness brings about.

Above the awareness level of "*Helplessness*" we have the sublevel of "*Assumption*". On that level you will be inclined to accept random information. When looking at the chart you will notice that this is a stable level and that is how you will experience it when you compare it to the level you came from. Sometimes your decision doesn't go further than just not wanting to think about your loss anymore. You want to go on with your life so you accept what comes your way and hold on to it no matter what. It puts you at ease.

This is how people wind up in sects or convert to some religion. It doesn't really matter what they dive into as long as it eases their mind and as such makes them feel more stable.

You can probably see how important healthy advice for a helpless victim can be. The way out of victimhood can derail someone's life even further. The inclination to accept random information can be very strong. I should know as I have been there many times. I know what it feels like to feel helpless and how you can get trapped trying to escape from it. And I am not the only one. Every human being will at some point in his or her life experience helplessness.

Most addictions are an attempt to find relief from the feelings that accompany a loss or threat of loss.

We all feel helpless many times in our life. It is only when it starts to dominate our life that we have to do something about it. You cannot stay clear from it by only directing your attention away from it. That simply won't do.

You could take a holiday but when you come back you will soon sink back in the same routines that keep your helplessness in place. There is no solution in fleeing from your difficulties.

We need to get rid of helplessness as much as we possibly can and the only way to do that is by changing your perspective on your loss. Stop thinking in the same way as you have been thinking about it.

Everything starts with a thought. Thoughts at first have no consequences. Only when we start believing in those thoughts will they start to direct our thinking. Practically every thought we think has some emotional charge. No matter how light or how heavy this charge is it is there connected with our thoughts. When we start believing in what we think the emotion connected with our thoughts can increase in strength. This is how we can make our thoughts stick. We fixate our thoughts through believe and emotion.

Thought fixations will eventually form patterns in our subconscious mind that can result in automatic thinking and automatic action.

It is automatic thinking and automatic behavior patterns that play such a dominant role on the awareness level of "*Helplessness*". This is the real problem that has to be dealt with when you are stuck in a loss. You have to unstuck yourself from automatic thinking and automatic behavior patterns in order to get some more grip on your life again.

We have to look at the word loss in this context in a broadest possible way. Every situation that you associate with a loss or a treat of losing, no matter how subtle you might think it is, can lower your awareness to the level of "*Helplessness*". It doesn't even have to be your own loss. It can be the loss of your favorite football team or the loss of your political party. But these are losses that won't stick. They usually will come to pass very quickly.

It is only when a loss or too many losses or a constant threat of losing start to dominate your life that you need help and that you should accept help.

Helplessness dominates your life when it deprives you of your sleep or when it affects your health or when you can't think of nothing else anymore or when your behavior worsens or when you start to see everything as negative.

When this is the case with you this e-book can be of some assistance to you. After reading it you will know what to do. It might give you sufficient motivation to come to certain decisions.

You now know that when you do take decisions in an attempt to rise above Helplessness they might not be trustworthy. You took decisions to get rid of your losses. That is an impulsive decision. The first thing you now have to do is to question your decision(s). This will cause some confusion as the decisions you took gained you some stability.

Let us take another look at the three sublevels above the level of "*Helplessness*":

***No understanding*** -

***Confusion*** \*

***Assumption*** -

As you can see you go through the sublevel of "*Confusion*" until you realize you haven't gained a real understanding of the new road you are now traveling on.

On the sublevel of "*No Understanding*" you gain some more stability as you now know what to do. It is now a matter of gaining as much knowledge as you can so you can make rational decisions as to how to continue with your life. Help from competent people can play a very important role at this stage.

But the most important element needed for success has yet to come. You could make the mistake by thinking that when you have taken a rational decision about how to continue with your life everything will turn out just fine. I have to disappoint you. This is definitely not the case. Before you know it you will be back on the level of "*Helplessness*".

Why is this? It has to do with your thoughts that have to correspond with your actions.

For example: After the loss of your partner you decide to open yourself up to a new relationship. You think about it a lot and imagine yourself how your life would become more meaningful when you could share your life with a loved one.

If that is all you do, you will notice rather quickly that Helplessness will creep back into your life. You cannot hold on to a decision when you don't do anything to further a positive

outcome. At least not on this level of awareness. You have to start acting in such a way that your actions correspond with your thoughts.

Your thoughts must lead to certain actions that you think are necessary in order to accomplish what your thoughts are aiming at.

This seems obvious but is very often not understood by people who try to climb upwards on the awareness scale from the level of *"Helplessness"*. On the level of *"Helplessness"* you will have the conviction that things are just happening and that there is nothing you can do about it. When you take this train of thought with you on higher levels you will not get anywhere and automatically wind up on the level of *"Helplessness"* again.

In other words thinking yourself out of helplessness just won't do it. You have to act according to your thinking. You can only do this above the level of *"Helplessness"* and when helplessness is no longer dominating your life.

As long as you are dominated by helpless feelings you will not be able to act on a new way of thinking. What you are aiming at is without your reach only because you cannot act on it.

This is a problem that can be very hard to tackle. It is the well known vicious circle at play again. You would like to improve your life but at the same time you cannot do anything that could bring it about.

To get out of this trap you have to gain an understanding of how you hold yourself back. There is only one way out and nothing else will do. You will have to force your way out. Only you can do it. Nobody else can do this for you. Other people might be willing to help you and support you but you have to take the steps yourself.

You will keep falling back into helplessness until you start acting on the new thoughts you have formed. That is all you need to understand about this trap. There is nothing more to it.

Helplessness equals the unwillingness to take action. This is why you have to act fast when you decide to change things for the better for if you postpone what you need to do you will be sucked back onto the level of *"Helplessness"* in no time at all. When this happens it will become harder for you to rise above this level.

Don't underestimate this trap. It is not even enough to just do a couple things in order to prove that you can do it. This is a first step but if you don't persevere in doing what is necessary to accomplish what you want to accomplish you will fall back on the level you came from. So, don't just prove to yourself that you can do it but continue doing it all the way until the desired result is obtained. You have to go all the way or you will fall back. Don't take this lightly as failing is no option.

It is a very tricky point on the awareness scale. Sometimes professional help is the only solution. Guidance can be needed to determine whether the victim is demanding too much or too little of him or herself. People stuck in helplessness are often unable to determine this.

Helplessness dominating your life is a very serious matter that should not be taken lightly. Proper guidance can be life saving. Don't forget that helplessness dominating your life can lead to insanity.

There is a way to further support your chances to rise above the level of "*Helplessness*". How to do this I will explain in the next chapter.

## Chapter 4

### How your thoughts determine everything

The activity of thinking produces thoughts in your mind. At first it is just a thought form but when we hold on to it and we do what is needed the thought form might manifest in reality.

Victimhood ensues and persists through the way we think. Someone on the level of *"Helplessness"* thinks in unsolvable problems and looks at any solution offered as a new problem. This response is understandable as on the level of *"Helplessness"* one cannot decide and solutions ask for decisions.

In order to rise above the level of *"Helplessness"* one has to decide to accept solutions to ones problems. In order to not sink back into it one has to execute solutions or get them executed. In other words you have to take control over the situation.

Because Helplessness is caused by a loss it is understandable that you want to balance the imbalance. You want compensation for your loss.

On the level of *"Helplessness"* you cannot compensate for a loss. You will think that nothing can be a compensation for it. This is the way you think on such a level of awareness. You have to break free from these narrow minded thoughts and realize you can compensate for any loss no matter how severe you might think it is.

I am going to give you an example just to really drive this home:

Joseph lost his job. He felt helpless and was thinking that he would never again get another job. He was applying for a job almost daily and did all he possibly could to get another job. Nothing seems to work. After a month of applying daily for a job he was desperate. At this point he didn't care anymore it all seemed hopeless to him.

Now, let's analyze this example!

Do you remember the 5 stages you go through when on the level of *"Helplessness"*? We are going to apply them on Joseph. Here they are again:

**Denial**

**Anger**

**Grief**

## **Doubt**

## **Despair**

Joseph couldn't believe his boss had sacked him. It had made him very angry but to no avail. There simply was not enough work for him anymore so his boss had to lay him off. He could cry but he didn't. A man doesn't cry, isn't it?

Even suppressing his grief didn't make his loss more bearable. He loved his job had nice colleagues that really liked him. He was never going to find a job that would offer him these benefits. Losing all his friends at work was simply too much for him.

Joseph started applying for another job but he didn't want another job. He wanted his job back. He felt he couldn't miss his colleagues at work. Applying for another job was hard on him and didn't go anywhere. He kept trying but didn't change anything in his attitude. Applying for another job became a mechanical activity that he was holding on to as he felt he had to.

As time went by he began to doubt his ability to get another job and eventually became devastated. At this point he entered the lowest sublevel of "*Helplessness*". Going on with applying for another job seemed senseless to him. He was forced to keep applying for a new job but started to do it less and less.

From this example you can clearly see that the way you think is determining what happens in your life.

After Joseph lost his job he thought he couldn't live without it and that he would never get another job like the one he had.

At the level of "*Helplessness*" you can't solve anything.

Joseph couldn't decide that he would find another maybe even better job. Every time he thought of another job he felt the loss of his job again. Yet as we know by now taking a decision is the only way to go.

At the very moment Joseph decides to do something about his situation and actually does it, not like a mechanical action but by intending it, his chance to succeed will improve.

Mechanical thinking and mechanical acting just because you don't want to decide is simply keeping you on the level of "*Helplessness*". Life isn't always going the way we like it.

After a heavy loss you have a choice be it not an easy one. But you really do have a choice. Your choice is simple, you either let it all happen or you take a firm decision to do something

about it. If you don't your loss will become a burden for the rest of your life. It might even drive you insane.

Allowing to park yourself in a loss might give you endless doubt, endless grief, endless anger and endless despair. Your loss will fade but it can be brought back to life at any time.

Suppressing it is not a solution either. Directing your mind on other things has some workability but the loss is still there if you fail to deal with it and can come back to you in full force.

Important questions you can ask yourself are: 'What am I going to do with my life?' or 'How do I go one?'

If you cannot answer such questions ask someone else for his or her opinion. Ask what they would do if they were in your place. Many people will be willing to offer you some advice. Listen to them. You can do with some help.

By deciding on something your mind will change. You might look at things in a different way. Did you make a wrong decision? No problem. Change it!!! Find a better solution. Ask for professional help if you think you need it. Execute every decision you make at once. Work on it. Do everything you can to make it a success. Stay alert to see if what you are doing makes sense. Is it logical what you are doing? Does it bring you to what you desire? Is it doable? These are important question when you are rising above the level of "*Helplessness*".

There is a very effective way to support your attempt to rise above your loss and that is to be grateful.

A severe loss can bring about strong feelings of injustice. This can cause emotional feelings such as anger and hate. Gratefulness is a very effective weapon against these feelings.

Now you might think: 'How can I be thankful after what happened to me?' Of course you don't have to be grateful about what happened to you but you can be grateful for many things. You can be grateful for any help you might have gotten after your loss. Maybe you can be grateful for surviving your loss. You can be grateful for all the good things that happened in your life. There are many options when you look for them.

Gratefulness is love. It is showing love for someone. It can be a tremendous boost to rise above your situation. It has a profound effect on your thinking. When you try this and you notice that your negative emotions still dominate you try some more. Find some more things to be thankful for. Make it a habit. It won't be easy at the beginning but when you persist you will be amazed at how much it will help you in deciding for a better future.

People around you will appreciate your gratefulness. Very often you will get an exchange of love and love is the strongest medicine there is.

There is another thing you can do to boost your ability to rise above your loss. It is doing something for someone else. When you do it, do it unconditionally out of love for the other person. This will take your attention off your loss and wake up the feeling of love in you.

It is love that heals all our wounds.

## Chapter 5

### The scale of fixed reality

I have to make a disappointing statement here. There is no remedy to overcome a loss when it brought you down on the level of *"Helplessness"*. But maybe you knew this already. Others cannot help you because you are helpless and as long as you think you are, you are.

No matter what you undertake, it will not succeed. There is a simple reason for this. You are not behind it. You don't believe you can be successful. Others can try to lift your mood a bit but as soon as they are gone you sink back to your old level.

Escaping in drugs or alcohol gives the same effect. You experience some relief until the effects run out but it doesn't improve your level of awareness.

The solution is simple but not easy. It asks for a decision to rise above it and that is what you don't want.

I know, I keep repeating myself but it is necessary. I need to convince you.

Taking a decision is only the first step but it is what will make you rise above helplessness even if it is only for a brief moment. When you want to stay out of it for longer periods you have to take action. You need to act on your decision. But even that is not enough. Your actions need to give the expected results.

This all seems very obvious but it isn't for the helpless victims. When you have been on the level of *"Helplessness"* for a long time you will be inclined to take the wrong decisions. You want to cling to a solution and that might not be the best solution. In addition to that, when working on a solution that isn't getting anywhere frustration will be the result and before you know it you are back feeling helpless again.

You want your solution to work out so it becomes a fixed idea in your mind. You are afraid you have to take less comfortable decisions and as a result you will defend your decision against all odds.

This is why I called the awareness level above *"Helplessness"* *"Fixed Reality"*. It is not necessarily a negative level of awareness. It is more like a neutral level of awareness but that

might not be the right name for it either. I looked at it as neutral because it can be both positive and negative. I will explain this further later on in this chapter.

We all have circumstances in our life that we consider valuable. They give us certainty. We want to hold on to them and we definitely don't want them to be tempered with.

When, all of a sudden, your partner leaves you for someone else this might shatter your certainty. You thought you had a future with someone and the next moment it is all gone. It will most certainly lower your awareness from the level of "*Fixed Reality*" to the level of "*Helplessness*". Almost all intimate relationships are on the level of "*Fixed Reality*". That is why the loss of it causes most people to feel helpless.

Below you find the Fixed Reality scale as I see it. The zero (0) stands for neutral. Beside each awareness level and sub awareness level I indicated whether it is a stable level or an unstable level with a dash (-) and a star (\*).

## ***0 The awareness sub scale of Fixed Reality -***

***Being Right -***

***Identity \****

***Extra Sensory Perception -***

***Intuition \****

***Purpose -***

***Competence \****

***Belief -***

***Ideas \****

***Understanding -***

***Exchange \****

***No Understanding -***

***Confusion \****

***Assumption -***

A small part of this scale I showed you before. The three lowest ones I mentioned before. Below this scale we have the scale of "*Helplessness*":

## ***The Awareness Subscale of Helplessness \****

***Indecisive \****

***Basic Routines -***

***Dropping Basic Routines \****

This e-book is not about fixed reality. I could write an entire book on that subject alone. But, it is useful to gain some understanding of it as it is where you will most probably roll into when you decide to rise above victimhood. So, let me explain it just a little bit.

As you probably know by now the awareness scales I showed you in here are part of a much bigger scale containing more than a hundred levels. You can check it out [here](#).

Our awareness or consciousness can fluctuate quite a bit in our lives. For example, we can be in an intimate relationship with someone on the level of *“Fixed Reality”* but when we are at work we operate on the awareness level of *“Competence”*. Then we go look at a football match where our favorite club is losing and we go down on the scale in *“Helplessness”* for a short while.

Why is the scale of *“Fixed Reality”* of some importance for people that are too much stuck on the level of *“Helplessness”*?

Most people don't realize that *“Helplessness”* (victimhood), when rising above it, goes over in *“Fixed Reality”*. I am not saying that you cannot heighten your awareness to levels far above *“Fixed Reality”* but this is usually not the case.

It could happen when you allow yourself to be coached by someone who knows what he is doing. He or she, with some tact, might be able to prevent you from chasing after unreal or destructive objectives. The problem is that on the level of *“Helplessness”* we are not much in the mood to accept help from others. It requires a decision victims don't easily make.

Anyway, what do you get yourself into when you do decide that enough is enough? That is the question.

The lowest three levels were already explained to some extent.

Above *“No Understanding”* we enter the level of *“Exchange”* and from there we rise to the level of *“Understanding”*. When on the level of *“Exchange”* we gain some understanding, new *“Ideas”* can form and existing ideas can be better understood.

With exchange I mean communication (the exchanging of ideas). This can extend in the exchange of objects or actions or to put it in business terms products and services. Through *“Exchange”* we gain *“Understanding”*.

Only when we start to *“Belief”* in some idea we can gain *“Competence”* and only when we gain the necessary competence our idea might become our *“Purpose”*. Now we can rise further on the scale to *“Intuition”*. Intuition is a weaker form of *“Extra Sensory Perception”*. On the level of *“Intuition”* we are not completely certain about what we became aware of

and that is the reason we don't always act on it. On the level of "*Extra Sensory Perception*" we have surpassed our uncertainty. We are now absolutely certain about our observations and we will act upon them.

Due to all this we will become quite aware of ourselves. It will strengthen our "*Identity*". Our ego at the level of "*Identity*" is quite strong and can handle adverse reactions more easily. We will now be quite capable of making others wrong and "*Being Right*" ourselves. And at this level we really want to be right. We don't want to lose our hard gained certainty and that is the exact point where things go haywire.

Let us assume you are working in a weapon factory and you have become competent in the production of cluster bombs. Now someone asks you what you do for a living. You say I work in a weapon factory. And he asks you what you are doing there. You will obviously say to him that you are working on the production of cluster bombs. The other person might say: 'And, do you like your work?' Your answer might be: "Yes, I like it there very much, I have nice colleges and there is a good working atmosphere. But now this person asks you whether you know what happens when the army uses cluster bombs in war fare. You might say: 'Of course I do but that is none of my business. I am not responsible for political decisions. Should I jeopardize my job because political leaders could make wrong decision?'

Just an example of how "*Fixed Reality*" can be destructive without the person realizing it or wanting to see it. Of course "*Fixed Reality*" can be positive as well. However whether the outcome of your actions on this level is positive or negative is meaningless to you.

When you feel victimized and thus become helplessly aware, and you know what could happen when you try to rise above it, than you now know that honest help that could lead you in the direction of a worthwhile goal is of the utmost importance.

When you are critical regarding help offered to you and not just accept any advice given to you, then you will soon notice that you can rise above "*Fixed Reality*" without too many drawbacks.

So far my moderate explanation of this scale. There is a lot more to know about it but I think what I gave you is sufficient for the purpose of this e-book.

Again, there is no remedy for being victimized by a loss that pulled you down on the level of "*Helplessness*". Only a change in perspective and a firm decision will do. Nothing else will rise you above it.

The best thing you can do is to decide you no longer want to be helpless. But this is an individual choice only you can make. It will make it easier for you to accept help from others.

As explained before the best attitude to assume when feeling helpless is to be thankful. Being grateful can be tremendously supportive. It will make taking decisions much easier.

You would think that forgiveness could help you to rise above victimhood. This is not the case. In many self help books they explain to you that if you cannot forgive your perpetrator you will keep generating anger, hate or grief when confronted with him or her. Even when you were the cause of your own loss you need to forgive yourself so they preach.

These advices are unworkable and will not help you at all. On the level of "*Helplessness*" you are not in a condition to forgive anyone including yourself. For this reason forgiveness plays no part in rising above victimhood.

Forgiveness is a word that is very much misunderstood. There are so many losses that are unforgivable. You cause a traffic accident were your victim loses his life or someone attacks you on the street and harms you to such an extent that you are subjugated to a wheelchair for the rest of your life just to give a few examples.

How can you possibly forgive yourself taking someone else's life? How could you forgive someone who puts you into a wheelchair for the rest of your life? It doesn't make sense, does it?

Forgiveness has no part in my awareness scale. It simply doesn't fit in there and that is for a reason I will try to explain.

When you forgive your perpetrator you are, by telling him this, taking away the responsibility he has for his action. You tell him there are no consequences to what he did. Does that make any sense? Do you consider this a logical thing to do? I don't!!!

He might even think that you agree with what he did and thus allow him to go on victimizing others as well. You have deprived him of the opportunity to make up for the damage he did to you.

I am not stating here that a perpetrator will always violate your "goodness" but you do give him the opportunity, do you?

To forgive someone should be seen as showing understanding for what happened. Only then you can rise above negative emotions. Forget about the word forgiveness. When you look at the etymology of this word you find things like to give up or to allow or to pardon for an offense. Why, for God sake, would you take away the responsibility for someone's actions? I would suggest throwing this word out of your vocabulary. It is just confusing the issue.

Coming to an understanding of a situation can only be achieved when you rise on the awareness scale to that level.

There is an enormous difference between the level of “*Understanding*” and the level of “*Helplessness*”. Take another look at the [Expanded Awareness Scale](#) and see for yourself.

I don’t want to suggest that you have to go through each main or sublevel of the scale in order to reach a certain level. You might be able to jump many levels. But in most cases awareness rises or falls according to the levels given in this scale.

Rising above victimhood can sometimes happen through heavy pressure from your surroundings or a shocking occurrence. This can by the same token drive you deeper into it. Rising above victimhood this way is still your decision. This is because only you can decide to rise above it.

For this reason there are no practical exercises I can offer you. You cannot learn how to decide. You can only do it.

Still I hope I have increased your understanding of this subject and that this will encourage you to do what you have to do in order to improve your life.

As mentioned before, deciding is just the beginning. If you want to become more aware by staying away from these lower levels there is more to it. It takes persistent action and logical thinking to stay clear from victimhood.

You cannot ban it out of your life completely. There will always be circumstances that will tend to bring you down. The most important point is that victimhood doesn’t dominate your life.

Below you find a test you can do on yourself to determine whether victimhood dominates your life.

**Test with the following steps to what degree you feel helpless in your life.**

### **Step 1**

Determine on what aspects of your life you feel helpless.

Look at the following aspects:

- 1. Your intimate relationship**
- 2. Your household**

3. **Your family**
4. **Your friends**
5. **Your relatives**
6. **Your workplace**
7. **Your life in general**

Give all of the seven aspects a number between 0 and 10. Number 10 means that you consider the loss or losses or accumulation of losses on that aspect of your life most severe. When you consider what number to give think of how much impact the loss or losses still have on your life. The impact it still has on you should be considered more important than the number of losses or how recent or how severe it was.

Number 1 is used for the losses incurred on these 7 aspects that have the least effect on your daily life. You can use the number 0 for the losses incurred on the aspects that had no detrimental effect on your life at all.

When you score negative on the first 3 aspects there is a bigger change that helplessness is dominating your life. A negative score means that you score is below 5. When you score is negative on all 6 aspects number 7 should probably also be considered negative.

## **Step 2**

On this step you establish on what sublevel of the main level of “Helplessness” each of the aspects that are below 5 can be located.

Here the scale again:

***Indecisive \****

***Basic Routines -***

***Dropping Basic Routines \****

As you can see there are only 3 options. When, on a certain aspect of your life, you find it hard to decide about things and you keep postponing your decisions you know that the sublevel of “*Indecisive*” is applicable to you.

When this is the case you have to look deeper into it in order to see whether you are stuck in action patterns, behavior patterns or repeating thought patterns as these might indicate that you are on the level of “*Basic Routines*”. Are you holding on to these things in order to stabilize your situation? That is another indicator. Because this level runs on automatic it can be somewhat tricky to spot this on yourself.

Observe your actions and your thinking and be honest with yourself. Don't try to make it less severe than it actually is. Otherwise you will not come to correct conclusions.

You can also find out whether you are on the level of "*Basic Routines*" when you notice that your actions and behavior patterns tend to make you less uncertain and somewhat more stable.

When this is not the case you have to look for the lowest level on the scale. This you will notice soon enough as the things you did before to keep yourself going and stabilize your situation you are now neglecting. When you don't care anymore what might happen to you and your responsibility is out the window you know you have reached the bottom of the scale.

Write after each of the above aspects marked below 5 what sublevel of the Helpless scale is applicable. You can mark this with A, B and C. A stands for the highest level on the scale, B for the middle one and C for the lowest one.

When the number doesn't correspond with the letter you should have another look at it. When at step 1 you gave a certain aspect the number 1 and on step 2 you filled in a B or a C you might have underestimated the severeness of your loss. You have to look at it again and come to a better conclusion.

The reason for step 2 is to make sure you evaluate your life situation correctly. When counting your score the total number is higher than 35 we can expect that your life is too much dominated by losses causing you to feel helpless most of the time.

Use this test only when you are not sure whether your life is dominated by losses.

When after doing the first 2 steps you are not sure what the score is you can do step 3 to sort it out once and for all.

### **Step 3**

It is plausible to think that the different aspects listed above do influence each other. This could mean that "*Helplessness*" on one aspect could bring about "*Helplessness*" on one or more of the other aspects as well. At least it can be expected to lower awareness on other aspects of your life.

On this step we are going to establish what aspect has a negative influence on the other aspects. In other words what aspect has the strongest negative influence on your life?

To discover this we can ask ourselves what we think about the most. Another way to discover this is realizing what is most upsetting to you or what you are most touchy about. When you know what loss is ruining your life this can be an extra boost to do something about it.

It doesn't have to be a loss. You can also be dominated by a win. People who have a successful career can sometimes be so obsessed by it that they can't think of anything else anymore. Their "successful" career has taken over their life to a point where they crash the other aspects of their life.

#### **Step 4**

When you do step 3 you might as well do step 4. Here you look at the impact the loss you found in step 3 has on your life.

It is of some importance on this step that you look at your situation without prejudice. Don't blame anyone including you. You want to get a clear picture of what is going on in your life right now. Don't color the picture with your own ideas. Just look at the facts.

It could help you to write it down so you have a record of your current situation. Save it for later. In case you decide to do something about your current condition and succeed in it some were in the future you have something to compare your new condition with.

By doing this test you will gain a greater insight into your current life situation. This might give you an additional encouragement to come to a decision.

In the next chapter I summarized the most important points that might contribute to lifting yourself from victimhood.

## Chapter 6

### Summary

I do realize I have been repeating myself a lot in the chapters prior to this one. The reason for this is that emotions that accompany victimhood can seriously impede your ability to assimilate information. The summary below is a last attempt to bring home what I have been trying to convey to you. There is really nothing more I can do. It really is up to you what you do with this information. Nobody in the world can do it for you. You are on your own.

Here some bullet points I took from the previous chapters:

- Both winning and losing can completely dominate your life.
- Changing your perspective is the most important ability one has.
- We freeze our thoughts by believing in them.
- Loss or the threat of losing is probably the only reason for feeling helpless.
- When you caused your own loss you will be inclined to blame the situation you are in, or the people connected to your situation.
- When feeling victimized you will be unable to take decisions.
- It is very hard to evaluate help or advice given to you when you feel helpless.
- On the awareness level of "*Helplessness*" it is next to impossible to feel compassion for your perpetrator.
- On the awareness level of "*Helplessness*" you cannot feel compassion for yourself when you caused your own victimhood.
- There are 5 different faces you can go through when losses lowered your awareness to the level of "*Helplessness*":

1. Denial
2. Anger
3. Grief
4. Doubt

## 5. Despair

- A loss that lowered your awareness to the level of “*Helplessness*” might have offered you love and sympathy. There could be an inclination to hold on to your loss for fear of losing sympathy.
- A loss or the threat of losing is dominating your life when it gives you sleepless nights, when it influences your health, when you cannot stop thinking about it for very long, when it influences your behavior, when you start judging everything as negative, when nothing really matters to you, when you think you cannot change for the better and every attempt will fail.
- Your thoughts must lead to actions you think are necessary in order to get what you are aiming at.
- Someone feeling victimized thinks in unsolvable problems and sees in each solution offered a new problem.
- Because the feeling of helplessness is caused by a loss it can be of importance to try to compensate for the loss. Again only you can do this. Others who compensate for your loss like with disability payments or other forms of compensations cannot rise you on the awareness scale. They however can be supportive and make it easier for you to compensate for your loss.
- On the level of “*Helplessness*” you cannot solve problems pertaining to the situation you find yourself in.
- Important questions you can ask yourself after a devastating loss are: “What am I going to do now with my life?” or “How can I go on?”. Think about possible answers. Ask people you trust what they would do.
- The best support you can give to yourself when victimized by a loss is to be grateful for things you feel you can be grateful for.
- Being grateful is a form of giving love. By doing this you will feel much stronger and more willingly to decide about your situation.
- To stay out of victimhood you need to do things. You need to start acting according to your thoughts. And more over you need to evaluate your actions and change them when they don’t get the results you are aiming for.

- Awareness or consciousness can fluctuate quite a bit. Thus it is possible to be on the awareness level of “*Fixed Reality*” in an intimate relationship whereas being on a level of “*Competence*” in a work environment.
- The best thing to do when feeling victimized by a loss is to decide that you don’t want to be the effect of your situation any longer. At that stage it becomes easier to accept some help.
- The best attitude to take on when on the level of “*Helplessness*” is to feel gratitude for anything you can possibly feel gratitude for.
- Forgiveness should not be interpreted as accepting your victimhood in such a way that you release your perpetrator of his or her responsibility to make up for the damage done to you.
- Forgiveness plays no part in rising above “*Helplessness*”. We can only come to terms with a loss by coming to an understand of it. This happens when you are much higher on the awareness scale.
- Don’t try to understand your perpetrator when on the level of “*Helplessness*” it won’t work. Do not try to understand yourself either when you brought the condition on yourself as you will not succeed.
- Another way to rise above your loss is to help others. This will put your attention off of yourself and place it outwards. Do it unconditionally so it can awake a feeling of love in you that will make it easier for you to rise above your loss.

From all the above points there are only two that really matter as they could very well make the difference between success and failure. Those points are being grateful and helping others. No matter how hard this might seem to you do it anyway.

When you do you will soon notice that it makes you feel better. When you keep at it long enough it might improve your mood to a point where taking decisions about your own situation will become doable for you. Don’t underestimate its power.

Being helpful and grateful can be very tough when feelings of helplessness are dominating your life. Just keep at it. Your mood might not change overnight but it will when you persist.

Maybe, while reading this, you are still in contact and under influence of the perpetrator of your loss. When this is the case you might think rising above victimhood for you is impossible and your losses might accumulate even further.

When this is the case you still need to make decisions but you probably also need some help and that would have to be your first decision to get some help.

Another possibility is that you are currently busy setting yourself up for a loss. When you consider this a possibility use the test above to make sure what the score is with you. Be honest with yourself. Get to the bottom of it.

When you know you are going in the wrong direction and are accumulating losses take a good look at what you are doing and then simply knock it off. In other words you will have to decide to change direction before you victimize yourself to a point where you cannot decide anymore.

Doing yourself in usually is a consequence of others doing you in. Don't fall for it.

Winning can be equally disastrous. Too much money, too much power, too much honor or too much attention are excesses that throw you out of balance. They usually happen on the level of "*Fixed Reality*" but can lower your awareness to "*Helplessness*" and even "*Insanity*".

When you have risen on the awareness scale above "*Helplessness*" realize you are not there yet. Eventually you have to come to an understanding of your situation.

It can still be very difficult to understand wrong doing whether perpetrated by yourself or others. Discussing it with someone who really listens to you could be of great benefit. In order to come to understanding you have to change your perspective. You have to come to a different insight. This can happen when you discuss it with someone you trust and who is able to show understanding for your viewpoint on it.

If, by reading this e-book, you have come to realize that a loss or the threat of losing is ruining your life you now have some knowledge as to what is going on with you and what you can do about it if that is what you want.

Your intention to rise above it is the first prerequisite but your intention will only strengthen when you do the things needed to improve your situation.

In the beginning the things you do might be totally wrong. Don't let that discourage you. Keep evaluating your actions to see whether they bring you closer to what you want. Change course as soon as you realize you aren't getting anywhere. Ask help if needed. Even professional help can be necessary to get you going again. Don't hesitate to make use of it if you can.

I wish you a lot of courage. When you succeed a new life is awaiting you.