

METHODS OF PSYCHOCORRECTION FOR VICTIM CHARACTER OBSERVED IN INDIVIDUALS

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Abstract

This article discusses the content of solutions aimed at psychocorrecting victim character observed in individuals, transforming the person from a victim role into an independent, self-confident, and self-protective individual.

Keywords

victim character, psychocorrection, learned helplessness, lack of personal boundaries, low self-esteem, psychological trauma, Karpman triangle, internal locus of control.

In psychology, victim character (or victim psychology) refers to an individual's unconscious feeling, behavior, and perception of life events through the lens of being a victim. This does not mean that the person wants to be a victim of crime or violence. Rather, certain ingrained personality traits make them an "easy prey" for others (manipulators, aggressors) or they constantly perceive themselves as a victim of circumstances.

The main signs of an individual with victim character are as follows:

1. Avoidance of Responsibility and "External Locus of Control"

An individual with victim character does not take responsibility for failures in their life. In their opinion, "bad fate," "bad government," "tyrannical boss," or "ununderstanding relatives" are to blame for everything. They see themselves as a helpless person unable to change the situation.

2. Learned Helplessness

This is the most fundamental characteristic of such individuals. After encountering difficulties several times in life, a person concludes, "it's useless anyway," "I can't change anything." Even when a way out is visible, they refuse to act.

3. Lack of Personal Boundaries

People with victim character do not know how to say "no" to others. They fulfill others' demands even at the expense of their own interests. This attracts "parasites" and manipulators to them.

4. Low Self-Esteem

They consider themselves unworthy of respect, love, or success. Underlying this is an unconscious belief: "I am bad, that's why others treat me this way."

5. Gaining Attention Through Complaining

For such individuals, gaining the sympathy of others is the primary method of communication. They prefer to complain about their problems at length and in detail rather than solving them. This is because being a "victim" provides them with certain "benefits" (attention, help, freedom from responsibility).

6. Feelings of Guilt and Shame

They constantly feel guilty about something. They may even be unable to forgive themselves for someone else's mistake. Aggressors exploit these feelings to easily manipulate them.

Why does such a character develop? (Causes)

- Childhood upbringing: If parents punished the child too harshly, or conversely, "hyper-cared" (excessive care) and stifled their independence.
- Psychological trauma: Past experiences of physical or psychological violence.
- Model: If a mother or father in the family constantly lived in the "victim" role, the child accepts this behavior as the only way of life.

Karpman Triangle

The Karpman triangle model is often used in psychology to explain victim character. In this model, there are three roles: Victim, Persecutor, and Rescuer.

An individual with victim character always assumes the "Victim" role and unconsciously seeks a "Persecutor" (who punishes them) or a "Rescuer" (who pities them). Victim character is not an innate trait but an acquired psychological defense mechanism or learned behavior. It is entirely possible to overcome this character through psychotherapy, working on increasing self-esteem, and establishing personal boundaries.

Psychocorrection of victim behavior manifested in an individual is a systematic process aimed at helping the person stop feeling like a "victim," establish personal boundaries, and take responsibility for their life.

1. Main Goals of Psychocorrection:

- Increase self-esteem: Understanding one's own worth.
- Internalize locus of control: Learning to analyze one's own actions rather than fate in failures.

- Develop assertive behavior: The skill of defending one's rights without harming others.

- Build personal boundaries: Learning to say "no" and protect oneself from manipulation by strangers.

2. Stages of Psychocorrection:

Stage I: Diagnosis and Awareness

- Goal: The individual needs to realize that they are a victim and in which situations they play the "victim" role.

- Methods: Psychological tests (e.g., Andreyeva's questionnaire), interviews, analysis of past victimizing situations.

Stage II: Emotional Ventilation (Releasing Emotions)

- Goal: To release hidden anger, fear, and guilt that victims often suppress.

- Techniques: "Empty chair" technique (Gestalt therapy), art therapy (releasing fear through drawing), psychodrama.

Stage III: Cognitive Restructuring

- Goal: To change maladaptive thinking patterns (e.g., replacing "I can't solve anything" with "I am responsible for my decisions").

- Approach: Cognitive-behavioral therapy (CBT). Identifying automatic negative thoughts and replacing them with constructive ones.

Stage IV: Developing New Behavioral Skills

- Goal: Practicing how to behave in real life.

- Method: Role-playing. Dangerous or manipulative situations are simulated with the psychologist, and ways to exit them are practiced.

3. Most Effective Psychotherapeutic Approaches:

- Transactional Analysis (Eric Berne): Shifting the individual from the "Victim" role to the "Adult" ego state. Learning to exit the Karpman triangle (Victim-Persecutor-Rescuer).

- Cognitive-Behavioral Therapy (CBT): Changing deep-seated beliefs (schemas) that cause victimhood.

- Gestalt Therapy: Learning to feel personal boundaries and prioritize one's own needs.

4. Practical Exercises and Techniques:

1. "Saying No" Exercise: The participant is presented with uncomfortable demands and must firmly refuse without feeling guilty.

2. "My Boundaries" Drawing: Drawing oneself in the center of a paper and marking the (psychological and physical) distance with people around. Analyzing how close one allows others to come.

3. Success Diary: Writing down small victories achieved each day (to increase self-esteem).

4. "Stop" Technique: When starting to feel helpless in a situation, saying "Stop!" internally and observing the situation as an external observer.

5. Expected Outcomes:

- The individual begins to feel like the subject (owner) of their life.
- Equal rights are established in relationships with others.
- The ability to recognize and respond to manipulations in time develops.
- Psychological immunity and stress resistance increase.

Conclusion: Victim behavior often develops as a result of severe childhood traumas, so the psychocorrection process can last from several months to several years. The individual's willingness to work on themselves is the most important factor in this process.

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