**The victim who persecutes**

**[Zara Maqbool](https://nation.com.pk/Columnist/zara-maqbool)**

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A victim is usually someone who has experienced some sort of physical or emotional harm and deserves all the empathy in the world. But there are some perennial victims who actually persecute others through the victim position, who continue to hold the ‘why me?’ placard and manipulate others for their own gains.

This is a victim who isn’t authentic and looks like a victim but is actually a persecutor disguised as a victim.

So just to clarify, there are victims in the world who have actually gone through some sort of trauma, undesired event like the loss of a loved one, financial independence, loss of a job etc.

The persecuting victim on the other hand is someone who hasn’t necessarily gone through anything but will typically quite vocally say, ‘this is what always happens to me’ (‘mere saath to hamesha aisay hi hota hai..’) and loved ones fall for this statement feeling sorry for the poor soul and end up preferring his needs before their own. And this ‘bechara’ victim can get away with cold murder with the sorry figure they cut out for the world.

[Biden asks $1.5T budget, raises non-defense spending](https://nation.com.pk/10-Apr-2021/biden-asks-dollar-1-5t-budget-raises-non-defense-spending)

For the most part, this victim is convinced that he is stuck in his misery and will have selective evidence from his life that would support his position. But you will be surprised that unconsciously or consciously, this victim will make such life decisions that will continue to strengthen their self-belief about being someone everyone should feel sorry for. It can be a small decision like letting a sibling choose a dress first and then later saying I always get the last chance or a big decision like missing the last day of a college admission and saying oh I missed the date coincidentally.

The Karpman Drama Triangle is a famous social model of human behaviour. It states that human beings assume one of three positions in interactions that are conflicting in nature; rescuer, victim and persecutor. These are roles that human beings assume and do not necessarily define who they are. The persecutor blames others and is harshly critical of others. The rescuer is someone who always wants to help others. Whereas the victim here is not an actual victim, but who always acts helpless and oppressed.

[Voting begins in NA-75 Daska by-election](https://nation.com.pk/10-Apr-2021/voting-begins-in-na-75-daska-by-election)

The fascinating concept here is how one of these positions invites other positions in people they are in conflict with and trust me it’s a very strong invite. Each role here needs the other two. A rescuer needs a persecutor who can hurt a person into a victim position for the rescuer to help. Similarly, a victim will invite persecution by someone and then a rescuer in someone who can bail them out. For example, an adult allowing another adult to shout at them even though they have the power to stop it and someone else intervening to rescue the one being shouted at. Mostly all this is done at an unconscious level.

The victim here is most manipulative and hardest to understand. So how to deal with an inauthentic victim? Notice their patterns of life. They will always be miserable about something. They will often use the word ‘always’ or ‘never’ in their language, saying things like I can ‘never’ be happy or ‘why does it always happen to me’. They will always speak in a way that sounds catastrophic.

[France: Le Pen confirms 2022 presidential run](https://nation.com.pk/10-Apr-2021/france-le-pen-confirms-2022-presidential-run)

To challenge them, it’s important to not get sucked into the role of rescuing and act like an adult with them. That would mean asking them to give real facts to justify the distress they are feeling. Someone who says ‘oh this always happens to me’—if you are privy to their life, which had many good moments, you present them to this victim. Be patient with them and the idea is to challenge their stuck position and bring awareness towards the good they have experienced in their life and most importantly, to stop rescuing these victims. It’s mostly our own anxiety that gets triggered when we see someone in distress. It’s important to sit back and let the other person experience what they are going through in their own time so that the adult in the victim role can assume some level of personal responsibility.

Remember this victim will resist and it’s very easy to fall for those tears. But for your own and the victim’s healthy and authentic functioning, stay steady and help this victim to count its blessings and stop him from persecuting you.