

EVERYDAY STRESS:  
THE VICTIM'S HIERACHY

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The Love of Violence:

When one commits to violence, they have to build intimacy.

Just like any other relationship. All of the great tomes of war instruct to “know one’s enemy,” “to think like one’s enemy.”

In essence, the two become one, in the worst possible way.

The Justification of Violence:

Inner turmoil is used to justify outer violence.

In the real world, though, a civil war must be contained within its borders.

Victimize: To make someone suffer because  
you do not like them, their opinions,  
or something they have done.

Oxford Advanced

Learners Dictionary

## The Victim's Hierarchy:

Active abject humiliation

Passive abject humiliation

The Interim Phase

Passive abject humiliation

Active abject humiliation

The Victim's Abstraction:

The Victim proclaims

concern for everyone.

The Victim's Accumulation:

The Victim can only sustain

so many indignities

before they respond.

The Victim's Addiction:

The Victim always thinks that

this time it will be different.

The Victim's Admonition:

The Victim is diminished

by quick fix hyperbole.

The Victim's Affinity:

The Victim loves

the condemnation

the law provides.

The Victim's Aggression:

The Victim self- destructs

to further their status.

The Victim's Allegiance:

The Victim forges

unlikely alliances.

The Victim's Altruism:

The Victim forgives

without an apology.

The Victim's Ambiguity:

The Victim is left

to ponder "what if..."

The Victim's Ambition:

Thwarted ambition

victimizes us all.

The Victim's Anger:

Anger imprisons.

The Victim's Angst:

The Victim regrets

their inaction.

The Victim's Animosity:

The Victim will ultimately resent

those who have set out to help them.

The Victim's Anniversary:

The Victim wistfully commemorates.

The Victim's Antagonism:

The Victim pre-emptively

attacks themselves.

The Victim's Antipathy:

The Victim is confounded and confronted  
by a standard of behavior.

The Victim's Anxiety:

The Victim is victimized

by obsessive worry.

The Victim's Apprehension:

The Victim will not

accept an apology.

The Victim's Ascription:

The Victim ascribes

The Victimizer's motivation.

The Victim's Assessment:

The Victim must honestly assess if  
they have fallen victim to themselves.

The Victim's Assignment:

The Victim always seeks to

assign blame elsewhere.

The Victim's Astonishment:

The Victim is shocked by

The Victimizer's incredulity.

The Victim's Attitude:

The Victim is confronted in  
the most subtle ways.

The Victim's Austerity:

The Victim willfully

deprives themselves.

The Victim's Avoidance:

The Victim can not accept

the facts of the situation.

The Victim's Banality:

The Victim's capacity for

revenge or forgiveness

can not be predicted.

The Victim's Belief:

One must see themselves

as a victim

to be a victim.

The Victim's Betrayal:

There is no victim

without betrayal.

The Victim's Biology:

Anger destroys

the body and the soul.

The Victim's Bitterness:

Fascism erupts from failure.

The Victim's Blindspot:

The Victim can not see

The Victim in others.

The Victim's Bloodlust:

Revenge never satiates.

The Victim's Bravado:

The Victim confuses

fear with respect.

The Victim's Calculation:

Race is the perception of power.

The Victim's Calculus:

The Victim adjusts

their response

to the situation.

The Victim's Cancer:

The Victim waits for an apology

that will never happen.

The Victim's Cannibalism:

The Victim sets out to

isolate the more forgiving.

The Victim's Capacity:

The Victim tries to deny

their capacity for revenge.

The Victim's Challenge:

There is no greater challenge

than forgiveness.

The Victim's Chaos:

The Victim creates chaos

because that is

all they know.

The Victim's Choice:

The Victim willfully  
chooses their response.

The Victim's Circumstance:

The Victim feels victimized

by circumstance.

The Victim's Cognizance:

The Victim knows

the value of life.

The Victim's Collective:

No victim wants

to stand alone.

The Victim's Complicity:

One very painful truth is that some people

like seeing themselves as victims.

They can be victims of circumstance or grand conspiracy.

Either way they are complicit, even though they feel exempt.

The Victim's Comprehension:

The Victim can not grasp

the repercussions of revenge.

The Victim's Compromise:

The Victim confuses

forgiveness with weakness.

The Victim's Compulsion:

The Victim's repetitously creates

scenarios of retribution.

The Victim's Concern:

The Victim can only

think about themselves.

The Victim's Conclusion:

The Victim becomes

The Victimizer

without forgiveness.

The Victim's Conflict:

The Victim vies

for biggest victim.

The Victim's Confrontation:

The Victim

wants to confront

The Victimizer.

The Victim's Confusion:

The Victim

looks to

The Victimizer.

The Victim's Consternation:

The Victim regrets

their inaction.

.The Victim's Contempt:

The Victim demands respect.

The Victim's Contention:

The Victim has to contend

with incalculable anger.

The Victim's Contingency:

The Victim's forgiveness

is contingent on

the show of remorse.

The Victim's Culture:

The Victim enforces

the status quo.

The Victim's Cynicism:

The Victim fears

the past.

The Victim's Defense:

The Victim is

confounded and confronted

by intimacy.

The Victim Deflection:

The Victim uses

past indignation

to their advantage.

The Victim's Defiance:

The Victim defies

the Victimizer

any way they can.

The Victim's Definition:

The Victim feels powerless.

The Victim's Delusion:

The Victim thinks revenge

will humble The Victimizer.

The Victim's Denial:

The Victim has to act

as if nothing has happened.

The Victim's Denigration:

Victimization is a continuing process.

The Victim's Dependency:

The Victim confuses

cooperation with dependency.

The Victim's Depression:

The Victim feels they

got what they deserved.

The Victim's Derision:

The Victim is befuddled by  
the lack of an apology.

The Victim's Description:

The Victim embraces

only negative superlatives.

The Victim's Desire:

The desire for revenge is

natural but unwarranted.

The Victim's Desolation:

The Victim wonders if

they are the only one

to ever feel this way.

The Victim's Despair:

One cannot image

not being a victim.

The Victim's Desperation:

The Victim will do anything

to not feel victimized.

The Victim's Despondence:

Feeling like a victim

makes you a victim.

The Victim's Destination:

The Victim is mired in the past.

The Victim's Diagnosis:

The Victim is consumed

by anxiety.

The Victim's Dignity:

The Victim possesses

a defiant dignity.

The Victim's Discourse:

The Victim speaks

a different language.

The Victim's Disdain:

The Victim revels in  
the suffering of others.

The Victim's Disguise:

The Victim learns to  
mask their emotions.

The Victim's Disgust:

The Victim seeks to

punish the unrepentant.

The Victim's Disillusionment:

Our failed expectations

victimize us the most.

The Victim's Dismay:

Implied intimacy

does not

denote intimacy.

The Victim's Dismissal:

The Victim attempts to  
dismiss their own pain.

The Victim's Display:

The Victim underestimates

their capacity for intimacy.

The Victim's Dissonance:

The Victim denies that

hate has consumed them.

The Victim's Diversion:

The Victim is consumed

by unrelated events.

The Victim's Doubt:

The Victim clutches on

but never quite grasps.

The Victim's Echo:

The Victim's revenge

is never isolated.

The Victim's Efficacy:

The Victim believes

they deserve their treatment.

The Victim's Empathy:

Only a victim

truly understands

another victim.

The Victim's Entitlement:

The Victim refuses to

take responsibility

for their life.

The Victim's Equality:

There is no equality

without forgiveness.

The Victim's Escalation:

If revenge alleviates,

it escalates.

The Victim's Escape:

The Victim confuses

suicide with martyrdom.

The Victim's Essence:

The Victim feels

ashamed of themselves.

he Victim's Euphemism:

The Victim swears that

they will never forget.

The Victim's Evaluation:

The Victim grows weary

of being told

who they are not.

The Victim's Exclusion:

The Victim is excluded for

a variety of preliminary factors.

The Victim's Exemption:

When one has been victimized

they believe that they

hold a higher moral plane.

The Victim's Expectation:

The Victim expects

The Victimizer to

admit their guilt.

The Victim's Failure:

The Victim embraces

the darkness in their heart.

The Victim's Fallacy:

The Victim thinks that revenge

will ease their pain.

The Victim's Fatalism:

The Victim chooses

to be victimized.

The Victim's Fear:

The Victim fears

their pain is irrelevant.

The Victim's Fixation:

The Victim becomes fixated

on their pain.

The Victim's Forgiveness:

Forgiveness releases.

The Victim's Fracture:

Everyone has a

breaking point.

The Victim's Fraud:

The Victim defends

the bureaucracy of

their emotions.

The Victims Future:

The Victim will blame

The Victimizer for everything.

The Victim's Genetics:

The Victim feels

pre-disposed to

The Victimizer.

The Victim's Gravitation:

The Victim

is drawn to

The Victimizer.

The Victim's Grief:

The Victim mourns

what was true.

The Victim's Growth:

The Victim benefits incidentally.

The Victim's Handicap:

Addiction can victimize anyone.

The Victim's Hate:

Hate is the

inability

to forgive.

The Victim's Hegemony:

The Victim uses other victims

to advance their hidden agenda.

The Victim's Hell:

Hell is a relative term.

The Victim's Hierarchy:

The Victim's pain is relative

but not less important.

The Victim's Hindsight:

The Victim always

places blame elsewhere.

The Victim's Humor:

The Victim develops

a caustic sense of humor.

The Victim's Hypocrisy:

The Victim asks others

to forgive them but

will not forgive themselves.

The Victim's Identity:

The Victim seeks to retrieve

what has been lost.

The Victim's Illusion:

The Victim thinks

they are unique.

The Victim's Impetus:

The Victim simply

can not live

like this anymore.

The Victim's Impunity:

The Victim is granted

incredulous authority.

The Victim's Incentive:

The Victim believes that  
revenge will free them.

The Victim's Indignation:

The Victim is incomplete

without outrage.

The Victim's Inducement:

Violence is always an option.

The Victim's Inferiority:

The Victim is

victimized

by competition.

The Victim's Inquiry:

The Victim questions

the reasoning

behind their treatment.

The Victim's Insanity:

The Victim's anger

makes them insane.

The Victim's Intelligence:

The Victim has to navigate

an unjust world.

The Victim's Intention:

The Victim wants to

cause more pain

than they have felt.

The Victim's Introspection:

Forgiveness is

the logical conclusion

to introspection.

The Victim's Intuition:

Silence is transcendent.

The Victim's Inundation:

The sense of victimization

increases over time

without forgiveness.

The Victim's Intuition:

Silence is transcendent.

The Victim's Inversion:

The Victim loses

faith in God

when they need

it the most.

The Victim's Irony:

The Victim

becomes

The Victimizer.

The Victim's Isolation:

Nothing victimizes

like isolation.

The Victim's Jealousy:

To be jealous one

must feel victimized

regardless of logic.

The Victim's Judgment:

One can be vicariously victimized.

The Victim's Justice:

Forgiveness is

the only justice

in this world.

The Victim's Justification:

The Victim can justify

any of their actions

no matter how abhorrent.

The Victim's Lamentation:

The Victim would

rather destroy

than change.

The Victim's Leadership:

The Victim is willingly led

into oblivion

by not forgiving.

The Victim's Legacy:

The Victim will be judged

on how they treated

The Victimizer.

The Victim's Legitimacy:

The Victim seeks to

legitimize their status.

The Victim's Leverage:

The Victim withholds

forgiveness when asked.

The Victim's Logic:

The Victim is possessed by

their own unique morality.

The Victim's Malice:

The Victim resents others when  
they compromise themselves.

The Victim's Meditation:

The Victim meditates

on suicide.

The Victim's Memory:

The Victim forgets nothing.

The Victim's Misdirection:

The Victim

can not be

seen as

The Victim.

The Victim's Mortality:

Hate can last a lifetime.

The Victim's Motivation:

The Victim is fueled by contempt.

The Victim's Myopia:

The Victim fails to recognize

the pain of The Victimizer.

The Victim's Narcissism:

The Victim believes

they are above reproach.

The Victim's Need:

Nothing victimizes like

the need for approval.

The Victim's Nexus:

The Victim realizes that

they have been victimized.

The Victim's Obligation:

The Victim is

unwilling or unable

to meet the demands

placed on them.

The Victim's Oblivion:

The Victim is confounded  
and confronted by the truth.

The Victim's Obsession:

The Victim constantly

reminds themselves

that they are The Victim.

The Victim's Obstacle:

When one feels that

they have been victimized

they must choose between

revenge and forgiveness

in varying degrees.

The Victim's Obstinace:

Title and privilege

intensify victimization.

The Victim's Offense:

The Victim uses their status

as a weapon.

The Victim's Option:

Disrespect is the worst investment.

The Victim's Origin:

The Victim is created

with disrespect.

The Victim's Outburst:

The Victim will do anything

to not be ignored.

The Victim's Outlook:

The Victim can only see

the worst case scenario.

The Victim's Paradox:

The Victim refuses to change.

The Victim's Paranoia:

The Victim looks for

confirmation of

their fears.

The Victim's Partition:

The Victim feels like an island

and behaves accordingly.

The Victim's Perception:

Despite all appearances,

“the world is out to get them”

and they respond accordingly.

The Victim's Personality:

Victimization can alter

one's personality.

The Victim's Personification:

The Victim

personifies

the impersonal.

The Victim's Pillar:

Only The Victim can

possess The Truth.

The Victim's Portrait:

Portraying yourself as a victim

does not make you a victim.

The Victim's Posture:

The Victim feels inferior

and behaves accordingly.

The Victim's Poverty:

Poverty is relative,

yet the result

is the same.

The Victim's Prayer:

The Victim awaits

a savior.

The Victim's Precedence:

Emotional isolation

precedes

physical isolation.

The Victim's Pre-Emption:

One never forgets

being a victim.

The Victim's Prescience:

The Victim expects

the worst.

The Victim's Prism:

When one has been victimized

they have been made to feel powerless.

Any future interaction results in

the steely eyed gaze from

one who has seen this before.

The Victim's Privacy:

Some thoughts

can not

be expressed.

The Victim's Probability:

The Victim responds to

trauma with trauma.

The Victim's Proclamation:

The Victim does not know

who they are, without anger.

The Victim's Proof:

The Victim feels

powerless and humiliated

then seeks revenge.

The Victim's Propensity:

The Victim denies

their propensity

to victimize.

The Victim's Provocation:

The Victim will provoke trouble

to maintain their victim status.

The Victim's Pursuit:

The Victim seeks

the power of authority.

.The Victim's Prism:

When one has been victimized

they have been made to feel powerless.

Any future interaction results in the steely eyed gaze

from one who has seen this before.

The Victim's Promotion:

The younger the victim,

the greater The Victim.

The Victim's Propensity:

The Victim always thinks

revenge is fair.

The Victim's Provocation:

The Victim will provoke trouble

to maintain their victim status.

The Victim's Punishment:

The desire to punish

is endemic.

The Victim's Purity:

Contempt arises when a reward

is deemed unearned.

The Victim's Pursuit:

The Victim seeks

the power of authority.

The Victim's Quandary:

The Victim has to

create another victim

to seek revenge.

The Victim's Query:

The Victim resents

the unconcerned.

The Victim's Quest:

The Victim seeks

perfect meaning

through martyrdom.

The Victim's Rationalization:

The Victim denies that

they are a victim.

The Victim's Realization:

The Victim realizes

their origin.

The Victim's Reclamation:

The Victim tries to

justify a bad decision.

The Victim's Reconciliation:

The Victim may be

their own worst enemy.

The Victim's Recourse:

The Victim

seeks out

The Victimizer's

approval and regret.

The Victim's Redemption:

The Victim feels sympathy

for The Victimizer

and behaves accordingly.

The Victim's Redress:

The Victim's revenge is

easier than forgiveness.

The Victim's Reference:

The Victim overtly

compares themselves.

The Victim's Reflection:

Nobody sees themselves

as The Victimizer.

The Victim's Refrain:

The Victim resents

the unconcerned.

The Victim's Refusal:

The Victim that refuses

to move beyond victimhood.

The Victim's Regard:

Anonymity feels

like neglect.

The Victim's Regression:

The Victim dreams

of simpler times.

The Victim's Regret:

The Victim realizes that

their investment in revenge

did not pay off.

The Victim's Rejection:

Rejection victimizes us

regardless of logic.

The Victim's Relativity:

The sense of victimization is  
relative to age and experience.

The Victim's Reluctance:

Competition feels

like victimization.

The Victim's Renouncement:

The Victim can not imagine

not being a victim.

The Victim's Repetition:

The Victim keeps repeating  
the same mistakes, because  
they are certain of the result.

The Victim's Reprise:

The Victim never lets

you or themselves

forget that they

were a victim.

The Victim's Repugnance:

The Victim hates themselves

and behaves accordingly.

The Victim's Resentment:

The Victim resents others when

they compromise themselves.

The Victim's Reserve:

The Victim can never

fully reveal themselves.

The Victim's Resolution:

The Victim resolves that they

will not be victimized again.

The Victim's Resonance:

The Victim wants to be

recognized for their suffering.

The Victim's Response:

The Victim will always respond

out of proportion to

the perceived injustice.

The Victim's Retribution:

The Victim acts out

against anybody.

The Victim's Revelation:

The Victim rejects

any attempt

at reconciliation.

The Victim's Revenge:

To seek revenge

one must feel victimized

regardless of logic.

The Victim's Revocation:

The Victim can revoke

some very dark emotions

with a heart felt apology.

The Victim's Reward:

Forgiveness is the only

obtainable reward.

The Victim's Ruminations:

The Victim slowly dies

plotting revenge.

The Victim's Sabotage:

The Victim creates scenarios

to be victimized.

The Victim's Sanction:

The Victim believes that

God sanctions revenge.

The Victim's Satisfaction:

One sets out to “even the score”

dramatically in their favor.

The Victim's Scholarship:

The Victim teaches

the misery of history.

The Victim's Scroll:

The Victim keeps track of  
every perceived injustice.

The Victim's Search:

The Victim searches

for meaning

where there may

be none.

The Victim's Shame:

The Victim instills their

petulant fear in others.

The Victim's Sobriety:

When addiction is accepted

constant vigilance is required.

The Victim's Solace:

The Victim finds solace in  
the stories of other victims.

The Victim's Solution:

The Victim seeks to

punish the unpunished.

The Victim's Spectrum:

The Victim goes from

seeking revenge

to

granting forgiveness.

The Victim's Spite:

The Victim will

hurt themselves to

impede others.

The Victim's Stagnation:

The Victim's emotion stagnates

at the moment of offense

without redress.

The Victim's Stance:

The Victim is on

the outside looking in.

The Victim's Station:

The Victim is

confounded and confronted by

the class system.

The Victim's Strategy:

The Victim's anger is

their only defense.

The Victim's Struggle:

The Victim is

defined by

The Victimizer.

The Victim's Subjugation:

The Victim can not escape

The Victimizer.

The Victim's Subservience:

The Victim's willingness

belies their anger.

The Victim's Suicide:

The Victim's anger

becomes despair.

The Victim's Suspicion:

The Victim fears that

they are irrelevant.

The Victim's Sympathy:

The Victim feels sorry

for The Victimizer

regardless of logic.

The Victim's Territory:

The Victim stakes their claim.

The Victim's Thought:

The Victim

thinks aggressively.

The Victim's Threshold:

The Victim lowers

the standard

of Victimization.

The Victim's Totality:

The Victim

wants revenge

at any cost.

The Victim's Transcendence:

The Victim ceases to be

victimized via forgiveness.

The Victim's Transference:

Revenge takes

its own toll.

The Victim's Transformation:

The Victim and The Victimizer

can be transformed

by forgiveness.

The Victim's Transition:

The Victim usurps power and prestige

by deception and destruction.

The Victim's Transparency:

Some never quite

grasp the obvious.

The Victim's Trauma:

The Victim accuses themselves when

they are truly blameless.

The Victim's Truculence:

The Victim will not forgive themselves

for the mistakes they have made.

The Victim's Ultimatum:

The Victim demands

an apology.

The Victim's Vacuum:

The Victim vacillates between

revenge and forgiveness.

The Victim's Vandalism:

The Victim tries to destroy

what they can not possess.

The Victim's Vanity:

The Victim vainly

pursues perfection.

The Victim's Veracity:

The Victim thinks that only

they can possess the truth.

The Victim's Vexation:

The Victim believes that

success is only

a matter of effort.

The Victim's Victory:

The Victim is free

from the bitterness

that living brings.

The Victim's Violation:

There is no feeling

like destroyed intimacy.

The Victim's Vulnerability:

The Victim wants no one

to know how

scared they feel.

The Victim's Windfall:

The Victim has

no reason

to change.

The Victim's Withdrawal:

Loss is the greatest memory.

The Victim's Wound:

Closure still

leaves a scar.

The Victim's Yearning:

Forgiveness does not

always have a

fairy tale ending.