

superiore o in ultimo uno psicoterapeuta.

L'aiuto migliore, però, viene da noi stessi: siccome il vittimismo ha a che fare con l'autostima, invece di autocommiserarsi cominciare a vedere le buone cose che abbiamo fatto lasciando che il positivo emerga dallo sfondo per giungere in primo piano.

Per quanto riguarda gli aggressori, più o meno siamo di fronte allo stesso proble-

ma. Anche l'aggressore ha un'autostima deficitaria: aggrèsisce per difendersi, anch'egli non sopporta il dolore del rifiuto e mette in atto la massima "la miglior difesa è l'attacco".

Tutte e due le posizioni hanno in comune una grandissima sofferenza.

Per vivere meglio poniamoci queste domande: cosa faccio per sentirmi bene? In quale situazione provo una spontanea fiducia in me stesso?

E cerchiamo di procurarci più spesso possibile le piccole gioie della vita. ■

## *Aggressors and victims in the everyday life*

*Aggressors and victims are two complementary figures: the one needs the other just for living, even though the ensuing complementary is inadequate.*

*Victim refers to a person who avoids to fight and suffers the other one; he behaves complaining, he is a champion of manipulation, he enjoys in making others feel guilty.*

*In their childhood these persons brought into action some defence mechanisms towards who was emotionally important for themselves; their parents were rigorous, strictly conditioned by the outside judgements, incapable of giving love.*

*So the victim retains inside himself, even for years, his disappointment which turns into manipulation.*

*Usually aggressors are certain of being right in every situation.*

*During their childhood they related with very dictatorial people and, in order not to expose themselves to blame, they unconsciously chose to become aggressors themselves.*

*The aggressor projects over his victim and all over the world his own rejected parts and he has the necessity of the victim to feel himself entire.*

*No one has a pure typology, no one behaves totally as a victim or as an aggressor.*

*Most of us, according with different circumstances, plays one or another rule .*

*We take the risk of becoming a victim when we betray our deep feelings or when we identify ourselves with values of the aggressor, which seem probably more attractive than ours.*

*We become aggressors when we only concentrate our attention over ourselves and our ego.*

*And about the passive assault, it can produce the aggressiveness of the others through subtle and indirect dynamics, such as absent-mindedness, oversights, delays, etc.*

*In this case the risk may be the seclusion, except for the opportunity of finding victims who become the goal where they can set down their inner aggressions.*

*The loss for the victims is connected to the responsibility of our existence and our choices.*

*Both aspects have as a common denominator a deep suffering.*

*Both aspects have the possibility of getting out of their rule by the development of the consciousness of being prisoners and calling for help; to a friend, a book, a superior, a therapist.*

*In any case it would be better to aim to be nor victims or aggressors, we should have the chance of saying: " I'm settled, you are settled too".*