

e-tips

The Journey to Well Being



The Victim Hotel

Ignore, avoid, deny, blame, rationalize, hide - these are the actions that keep us from self-awareness and accountability. They take on all shapes and sizes: being too busy, too tired, too focused on others, just wanting to escape. Or they can emerge as wanting answers from the outside world. Have you heard about the magic diet? Just give me the happy pill. If only my spouse would help more. Why can't my employer stop making changes? And sometimes they take the form of hopelessness and helplessness. Why try? Nothing works. There isn't anything I can do to make it better. I'm a failure. I've been to all of these places and I'm sure I will continue to visit them – but that is now my goal, just visit. I tell myself, *"just walk through the lobby of the victim hotel, don't check in!"*

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or free counseling call
Intermountain EAP at
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By: Terri Anne Flint, Ph.D., L.C.S.W.
Director – Intermountain Healthcare
Employee Health Services

