

Blame

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DISEMPowerMENT

No POWER to cause change
No actions taken make ANY difference
Accusations
Fault-finding
Make-wrong
Focusing on PROBLEMS
Complaints
Gossip
Judgments
Assessments
"Should've/could've/would've" thinking
Regrets, guilt & shame
Vicious Cycles of Victim/Persecutor/Rescuer
Low self-esteem
Defensiveness deflects "ownership" of the problem
Justifications & reasons cause the problem to persist
Decisions made out of a sense of "obligation"
Resentments
Fear
Neediness
Obsessive thinking
Mistrust
Dishonesty
Inconsideration
Self-Centeredness & Self-Seeking
Withholding & withdrawal
Surviving
A life where "LIMITS" dictate everything

Responsibility

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EMPOWERMENT

POWER to cause change
Actions taken make a REAL and LASTING difference
Personal accountability
Ownership of problems
Courage
Focusing on what "works"
Commitment to finding SOLUTIONS to problems
Unconditional acceptance
Exploration of choices & options from sources other than oneself
Willingness to risk failure, learn from it & ultimately achieve success
Refusing to engage in the Victim/Persecutor/Rescuer Cycle
FREEDOM!
High self-esteem
Surrendering the need to "understand" & have "reasons"
Fulfillment
Gratitude & appreciation
Peace & serenity
Passion & self-expression
Creativity & aliveness
An acceptance that all is as it is "supposed to be"
Rigorous honesty
True generosity & selflessness
Contribution & service
Happiness & joy!
Thriving
A life of LIMITLESS POSSIBILITIES!