

Exercise in Clarity – Responsibility

This seems so simple, but when you do this, your perspective cannot help but to shift. When you shift your perspective, or do what is known as a Re-Frame, the situation itself begins to change.

1. Take a situation (just start with 1 for now) in your life where you have blamed others for causing the situation or "doing this to me". Write it down on paper or up in your word processing app. I am an advocate of writing things down on paper.
2. Below the situation, write down what physical, mental, emotional, or spiritual good does it do for the situation to blame the individual in question. How does blaming or being a victim going to do any good or change the situation - Write down how blaming the other person for this situation is going to help/change the situation in any way.
3. Write down how the situation would indeed change in some manner, no matter how small, no matter in what way, just change for the better, if you took the tremendous energy that it takes to rage and blame this person and put it towards either a solution to this situation or some peace for yourself in regard to it.
4. Write down how it is **different** (in this situation) to simply take responsibility of the situation being in your life and **taking responsibility to change the situation rather than to cast blame.**

This looks so incredibly simple, but do it!

This was all I needed to do to get me out of the blame game and into responsibility mode. When I took responsibility, everything began to change.