



Responsibility Versus Blame

In this document, you will learn the distinct and powerful difference between responsibility and blame. Through understanding this new view of responsibility my hopes are that you will feel emotionally free and more in control in your life; and that you will no longer hold the burden off guilt and shame. I believe that by learning this contrast you will have an increased ability to access your personal power. Thus, ultimately lifting the weight of blame off your shoulders, leaving you feeling lighter and happier.

What is responsibility? Together let's examine what responsibility is, particularly in the context of your divorce and your healing journey. Before we can identify what responsibility is, we must first understand what responsibility is not. Responsibility is not fault or blame. It doesn't mean that you have done something wrong, or even that you have not done something right. But rather, responsibility is acknowledging the specific part you played in what happened. Here is the thing, I'm going to state the obvious, we are always playing a part or a role in every situation in our life. The problem is we seldom want to own our stuff. Meaning being responsible for our interpretations, our fears, our limiting beliefs, our judgments and our insecurities, just to name a few. Taking responsibility is acknowledging that yes I played a significant role in everything that has happened in my life.

This can be challenging to understand because we are often driven to blame others and blame ourselves. So as a result, you unconsciously take on the role of either the 'blamer' or the 'blamee'. If you are the 'blamer' you are blaming everyone else in your life for what went wrong, namely your ex. It is seldom your fault. And, if you are the 'blamee' you are blaming yourself for everything that went wrong, you are assuming all of the blame. You truly believe it is your fault for the most part and you should have been able to fix the problem.

The 'blamee' is very interesting because it can appear like he or she is perhaps the nobler one, better than the 'blamer', because at least she is willing to take full responsibility for her actions. It could be believed that she, the 'guilty' one, sees all of her mistakes and where she should have improved or fixed things. She could have been a better partner, lover, provider, homemaker, parent and so forth. The 'blamee' is fully aware that it is all or mostly all her fault. Yet she is very very wrong.



If you assume that blaming yourself is taking responsibility you are sadly mistaken, it is not. If you recall, taking responsibility has nothing to do with taking the blame or assuming fault. This is not what is meant by responsibility. The type of responsibility that I'm speaking of, is one of owning what you did and what you didn't do. Responsibility is owning what you said or what you didn't say. It is owning all of your interactions as a 'matter of fact' **not** a matter of blame. It is owning that, of course, you played a part in your current outcome, no matter how large or how small, you had significant role in all that unfolded.

When taking responsibility you acknowledge your role or perhaps the avoidance of your role. As an example your role may have been, I pretended like everything was okay or, I believed that everything would get better on its own. Being responsible for your actions doesn't make you are bad or wrong or deserving to be punished. Your blame or shame is not founded in actual fact. Particularity if your ex is the one trying to convince you of all of your wrongdoings.

Important Tip: Your ex does not have your best interest at heart, She/he is not a part of your support team and therefore her/his advice and options are not valid for your healing process, and as such his or her judgments should not be trusted in regards to your wellbeing.

Learning to take responsibility is:

- Owning your reaction or lack of reaction to a situation
- Owning or realizing you have beliefs that others may not share by others
- Owing your tone of voice or the language you use
- Owing your judgments and your opinions
- Owing your avoidance or withdrawal
- Owing your fear and insecurities
- Owning all of your interpretations

In any given moment we can choose our behaviour. We always have a choice to behave or to react in a particular way; yet, sometimes we forget this and simply react and end up saying or doing things that don't honour ourselves or others. In many cases, we may also **not say or not do** what is required in order to honour ourselves. This is another area that you can now begin to own up to and take responsibility for. Try it, and see how empowering it is. Remember to stay with the facts, **no excuses**, just the facts. Excuses are NOT taking responsibility



Excuses are the justifications you have for your behaviour:

I didn't know... justifications/excuse

But I had to... justifications/excuse

I did my best but... justifications/excuse

But I was exhausted, I couldn't do anymore... justifications/excuse

There were a lot of other stressful things happening... justifications/excuse

My ex made me... justifications/excuse

I had to do everything... justifications/excuse

Each time you attempt to justify or explain why you did what you did you chip away at your personal power. You did what you did because you did what you did. No justification. You do not need to justify yourself. Taking responsibility is simply owning what you did or didn't do, no justifications, no excuses, no explanation.

In some cases, you simply did not know what else you could have done to change the outcome. And yet you still blame yourself or your ex for not knowing how to fix it. Notice that at the time your "incident, you blame yourself for". Given everything that you knew about yourself, your ex and the situation that occurred, at that time you couldn't have handled it differently. This is, in and of itself something to take responsibility for. This is another layer of taking responsibility. Do you hear that? You can now take responsibility for not knowing, not as an excuse, but that you just didn't know, That is the fact. If only hindsight was 20/20, but clearly it is not. You know things today that you didn't know then.

The key is remembering that responsibility is not blaming and that there is nothing to feel guilty about or shameful for. But what happens if you find that you are still blaming yourself and/or your ex, and you just can't stop blaming. If this happens please know this is okay. In fact, this is normal, it just means a deeper level of forgiveness is required. We will do more of this type of work together.