

Stopping the Blame Game Worksheet

Think of a situation where you feel like you had no power over the circumstances and/or the emotions that resulted. Who/what was at fault for the circumstance and/or your feelings and why? (Really let them have it! ex. I hate my boss because he fired me today and now I am going to be out of a job in this horrible economy! He new I needed this job. He is such a greedy jerk. He could easily have kept me if he cut his own salary and or ran this place better.....)

How does taking on the Role of the Blamer affect my wellbeing, my physical body and how I treat myself and others? What are the negative repercussions? (ex. I am so emotionally drained, and then I yelled at my kids when I got home because I was so angry. I feel sick to my stomach and have a raging headache. In general, I feel horrible!)

How effective is the Blamer at making you feel better and changing the situation in a healthy, loving, long term sustainable way? (ex. well, not at all. It felt good at first to be mad at him, but ultimately the situation hasn't changed at all and now I feel physically horrible and feel bad about yelling at my kids.)

Spiritual Power Tools Series – *How to Dismantle the Ego... For Good!*

What are the facts of this situation without any emotion attached to it? Just the facts maim! (ex. fact – I no longer have a job. Period.)

Now that we know the facts, look back at your first statement and switch it around owning your emotions and belief: (ex. Now that I see the facts I can see that I chose to blame my boss for my feelings. I chose to feel angry at him because I believed it was his fault and I can choose another feeling and belief when I am ready)

What emotion and belief would feel a little better than my current one? Look at where you are on the emotional scale and choose one just a little further up on the scale. (ex. I choose to feel frustrated about the situation right now because I don't want to be without a job and after I feel this for a while, I will work on moving up to Acceptance of the situation)

When you have reached Acceptance (remember it is ok if this takes a while. You do have to allow yourself to move through your emotions) answer this question. What are some other ways I can look at this situation that are more empowering, optimistic and solution focused? (ex. I didn't really like that job or my boss and had been complaining that I wanted to quit for years. Maybe I could go back to school or find a job I enjoy more. I have a few months of severance, maybe I'll just take a month off!)