

RESPONSIBILITY AND THE BLAME GAME

WORKSHEET #2

“My RESPONSE is my RESPONS-ibility” – York

The Blame Game:

Replace the “Accusing You” with the “Responsible I.”

Refuse to get hooked on the BAIT – instead re-focus on the problem.

ENABLER/RESCUER helps spouse avoid responsibility.

“Do not do for others what they can and should do for themselves.”

QUESTIONS TO PONDER

Self:

- Do I take full responsibility for all my own feelings, thoughts, attitudes, choices, lifestyle, and BEHAVIOR?
- Or am I always busy accusing my spouse for all our problems?
- Do I blame my spouse for my own bad temper, moodiness, nagging, procrastination, lack of planning?
- Do I take responsibility for my own happiness? I
- If my spouse is a nag, what does this suggest I am avoiding?

In Relation to My Spouse:

- Do I allow my spouse to blame me for what is rightfully their responsibility?
- Do I cover up for them or bail them out, this enabling my spouse to continue in irresponsibility?
- Do I (perhaps secretly) enjoy a sense of superiority in always being the “helpful” and “competent” partner?
- Do I encourage my spouse to be dependent?

SUGGESTED GOALS

I will begin using “I statements” and avoid the “Accusing You.”

I will not get hooked on the BAIT but will re-focus on the problem.

I will stop enabling my spouse to avoid responsibility.

I will begin being more responsible in a particular area of my life.