

LESSON 2:

Responsibility & The Blame Game

Irresponsible

Self Responsible

Overly Responsible

Peter Pan

Atlas

“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.

The Enabler / Rescuer helps spouse avoid responsibility.

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

TOOLS FOR YOUR TOOLBOX

The Bill of Rights ... p. 52

“I” Statements p. 58

Scripture Notations:
Responsibility / Blame
..... p. 43

EXERCISE

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.

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?
- 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, thus 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?