

The Blame Game – Cut it Out!

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“I feel awful and I’m pretty sure it’s your fault.” When we experience negative emotions it’s easy to blame those around us. There is no doubt that other people’s behaviour can be challenging but if you are blaming them for your emotional baggage, you really need to CUT IT OUT! The blame game is responsible for the breakdown of many relationships. “You make me so mad!” If you really believe that somebody has that much control over your emotions, you must spend a lot of time trying to change them. “I can’t be okay until you think, feel or act differently.” Now I’m not saying that we can’t make requests like, “I’m feeling tired and my head hurts, please you keep your noise down.” That is different than, “You’re giving me a huge headache!”

When the people around you are driving you crazy that is a pretty good indicator that your needs aren’t being met. Yes, I know that when you are a parent, you can’t eat, sleep or have much privacy but blaming others rather than taking responsibility for yourself is not the answer. When the voice of criticism starts to yammer in your head stop and ask yourself, “Am I feeling anxious right now? Is that why I think my child is purposefully being obnoxious just so he can drive me crazy?” It could be you are being lame....b-lame!

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