



# RESPONSIBILITY & 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? 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?

#### **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.

#### **MY GOAL IS:**