

With Rights come Responsibility. Although Responsibility is generally considered to be good, it is possible to be **Off-Balance** in either of two directions:

- 1) When we are **Under Responsible** – or Irresponsible;
- 2) When we are **Overly Responsible**.



The Healthy Balance – The Third Option – is to be “Self-Responsible.”



We tend to use **The Blame Game** to avoid responsibility.

- Blaming helps each person avoid dealing with their **own** responsibility by **pointing** at the other.
- Nothing ever gets **solved**.
- There tends to be a progression from **Disagreement** to **Name-Calling**.
- In The Blame Game, we commonly use the word **YOU**.
 - “YOU” sounds **Accusing**, and makes us feel **defensive** and **angry**.
 - To stop The Blame Game, we have to stop using the “**accusing you.**”

Solutions to The Blame Game:

- 1) “Responsible I” not “Accusing You”
- 2) Don’t Take the **Bait**.
- 3) **Re-Focus** on the Problem
- 4) “**Re-Do**” if the “Resentment Barometer” is High.

Do More. Take Full Responsibility. No More Excuses....

When we are Overly-Responsible, we tend to play **The Enabling Game**:

- We should not do for others what they **can and should be doing for themselves**.
- **“Enabling,”** even if well-intentioned, often leads to Resentment: the “Helped” spouse feels like a child.
- Helping and “Fixing” others allows Atlases to ignore **Self-Change**.

Solutions to The Enabling Game:

- 1) Atlases need to re-take full responsibility for their **own faults** and for their own **self-care**.
- 2) Atlases need to **Do Less**. To ask for and accept help. To let go of **Perfection** and show patience and **appreciation** for others’ efforts.
- 3) “Caring About” our spouse is different from “taking care of our spouse.”

Empathy: With the feelings, but not trying to “Fix” it.

Special Cases: “Co-Dependency”

- Is especially common where alcohol has been part of the scene (either currently or in one’s past).
- **Resentment is the key: Love/Caring of our free will – self-sacrifice – when someone is in need, is true, mature love.**
- If someone is (clinically) Depressed they cannot help themselves: professional care is called for.

“My Response is My Response-ibility”

“When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left.

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

“Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.’

“They also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?’

“He will reply, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.’

“Then they will go away to eternal punishment, but the righteous to eternal life.” - Matthew 25:31-466