

BLAME AND RESPONSIBILITY

One of the healthiest and most beneficial things we can do is to start taking responsibility for our own health and wellness. In our modern medical milieu it is easy to get the idea that there is a pill or a procedure for all of our problems. And it is true that in some circumstances a medication or a procedure is what we need. More often than not however our symptoms can be traced in large part to choices we have made.

While understanding that it is our job to keep ourselves healthy is important, it can also be guilt inducing. There really is an important difference between responsibility and blame.

We waste so much of our valuable life energy burdening ourselves with guilt and blame. We constantly run over those things that we should or shouldn't have done. Many times we become so enmeshed in our feelings of guilt and shame that it is hard to respond to a situation objectively.

With blame we berate ourselves for not being perfect. We burden ourselves with guilt that only serves to increase stress.

Taking responsibility recognizes that yes — our actions have consequences. But often our situation is the result of many factors — including external factors over which we may have little control. Taking responsibility means recognizing that we have the ability to choose how we respond to the situation.

Regardless of how difficult the situation or problem, if you can realize that within lies a chance for learning and growth, you can release the blame and embrace the process.

