Blame

I hear it on a daily basis. I have found that over the years, there are very few people who are willing to accept the adage that "the buck stops here".

Every single one of us would prefer that nothing bad ever happens to us or the ones we love. This is an unrealistic expectation (but more about expectations later). When these bad things occur, most people look to place blame somewhere. It is most often misdirected.

It is difficult to blame yourself for the bad things that happen to you. None of us like to be wrong, told that we are wrong or accept that we are wrong. Most people's self talk is already bad enough, without admitting that you made a mistake. It is easier and less painful to say that it was someone or something else that was the cause of your misfortune.

You come into this life alone, and you are going to leave this life alone. This is your story to write. Your story, your decisions, your outcome. Nobody else's.

Children too, must learn to accept that things are their responsibility. I know many adults who have not grown beyond the high school mentality of blaming others for their misfortune. It is strange that one would give away the power they have to determine the outcome of their life to another individual.

If you want your life to be different, you alone have the ability to change it. Much the way you blame others for misfortune, it is unrealistic and crazy to expect someone else to make things better.

Dr. Steve