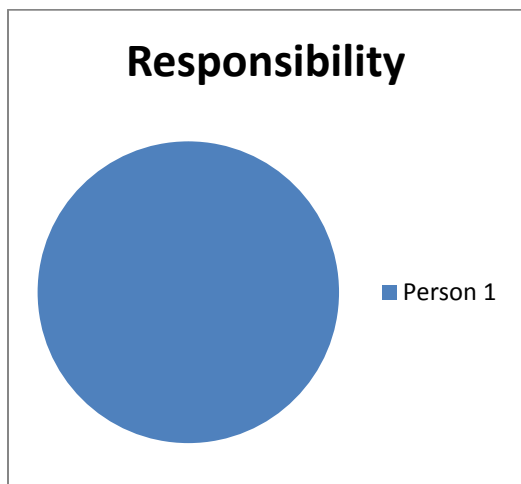


# “Blame Pie”: Replacing Blame or Self-Blame

*“It’s all your fault!” “It’s all his fault.” “It’s all my fault.”*

**What do these statements have in common?**

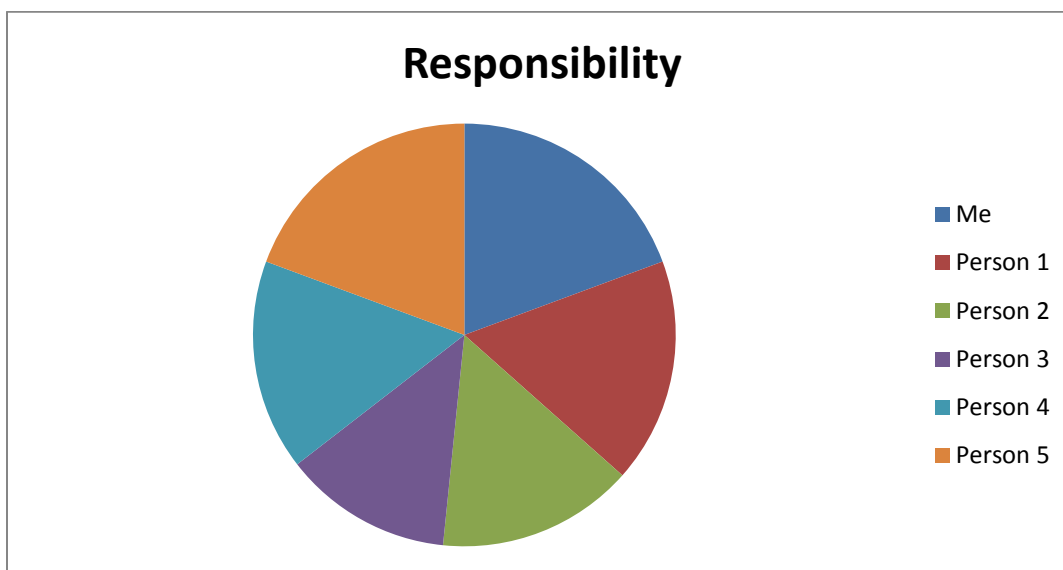


***They all assume that the situation in question is the result of one and only one person’s influence. That person is assumed to be responsible for the whole “pie.***

***If you blame others, you might excuse yourself of any responsibility, and feel angry toward the person you blame.***

***If you blame yourself, you might feel guilty, overwhelmed, discouraged – immobilized from taking effective action.***

***However, in any situation involving two or more people, by definition there is always “more than one piece of the pie.” Identify these clearly:***



***Then, focus on fixing “your piece of the pie.” When you know which part are truly responsible for, you can focus on solving that part of the problem.***

*You can’t fix what isn’t your part of the problem – that responsibility lies with the others involved. **But now you know where to put your energy and focus.** Don’t allow yourself to become distracted by “pieces of the pie” you have no control over. **Focus on what you can fix.***