



Shifting from Victim to Responsibility

This worksheet will help you question and examine your thoughts. A Victim mind sees the world from a powerless perspective, with no responsibility for what is happening now. It asks questions like: "Why did this happen to me? It shouldn't happen this way! Why me? My boss didn't explain it... It's not my fault!"

To shift into your position of power, choose a day to complete this exercise: Set a digital watch so it sounds once every hour, between 6 am and 10 pm. When it sounds, write down the specific thoughts you were having at that moment - watching for "shoulds". Allow your mind to respond *flexibly* and ask these questions:

1. What am I feeling and experiencing now?

2. What can I learn?

3. What are the choices available to me?

4. What is there to be appreciated here?



Clean it Up

Rules of the Game:

1. State what you did that was not in alignment with your agreements.
2. Validate the impact this had on the other person
3. Apologize and ask for forgiveness
4. Declare your new agreement

Who do you need to Clean it Up with?

Write your Practice Script Below:

Now call them and Clean it up! Here are some tips to remember:

- 1) Keep it light! It doesn't have to be difficult unless you make it so.
- 2) Humor goes a long way in easing the process. Don't take yourself too seriously.
- 3) You can't change other people...You can only change yourself. This process is a gift you give yourself.
- 4) Make sure that the responsibility falls fully on you. Don't use it to get some jabs in at the person you are cleaning it up with or continue to play victim. (They will feel it and immediately resist.)
- 5) You'll know you have it right when you say it and feel only love and an open heart. If you feel hurt, resentful, or angry, check your wording again and find YOUR responsibility. **Responsibility ALWAYS feels empowering never whiny.