

Blaming

Blame is a defensive substitute for an honest examination of life that seeks guidance in our mistakes. If our hearts are attacking us or if cancer is immersing us in fantasies of death, then we should listen to these symptoms and adjust life accordingly. Rather than blame, we could respond. ~Thomas Moore. Care of the Soul



Most of us, unfortunately, feel like a floating boat at the mercy of the winds and waves. We have no ballast when the winds rage and the waves churn. We say things like: "He made me so mad," "You really get to me," "Her remark embarrassed me terribly," "This weather really depresses me," "This job really bores me," "The very sight of him saddens me."

Like all men we are content to blame others, circumstances and bad luck. The fully human person, as Shakespeare puts it in Julius Caesar, knows that: "The fault, dear Brutus, is not with our stars but with ourselves..." We can rise above the dust of daily battle that chokes and blinds so many of us; and this is precisely what is asked of us in the process of growth as a person.



Those who can't dance say the musicians can't keep time.

~Yiddish folk saying



Once in a saintly passion,
I cried with humble grief,
"Lord of all sinners,
I surely must be chief."
Then stooped my guardian angel
And whispered in from behind,
"Vanity, my little man,
You're nothing of the kind."



Battering comes in many forms.
My self-esteem is constantly assailed,
yet when I get right down to it,
my self-esteem is mine.
That's why it's self-esteem



Acting vs. Reacting

The fully human person is an Actor, not a Reactor. The syndicated columnist, Sydney Harris, tells the story of accompanying his friend to a newsstand. The friend greeted the newsman very courteously, but in return received gruff and discourteous service. Accepting the newspaper which was shoved rudely in his direction, the friend of Harris politely smiled and wished the newsman a nice week-end. As the two friends walked down the street, the columnist asked:
"Does he always treat you so rudely?"

"Yes, unfortunately he does."
"And are you always so polite and friendly to him?"
"Yes, I am."
"Why are you so nice to him when he is so unfriendly to you?"
"Because I don't want him to decide how I'm going to act."

The suggestion is that the "fully human" person is "his own person." that he does not bend to every wind which blows, that he is not at the mercy of all the pettiness, the meanness, the impatience and anger of others. Atmospheres do not transform him as much as he transforms them. ~de Mello



Say not, "I will do to him as he has done to me." Bible, Proverbs 24:29
"Your complaints, your drama, your victim mentality, your whining, your blaming, and all of your excuses have NEVER gotten you even a single step closer to your goals or dreams. Let go of your nonsense. Let go of the delusion that you DESERVE better and go EARN it! Today is a new day!"
— **Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience**



"An important decision I made was to resist playing the Blame Game. The day I realized that I am in charge of how I will approach problems in my life, that things will turn out better or worse because of me and nobody else, that was the day I knew I would be a happier and healthier person. And that was the day I knew I could truly build a life that matters."
~Steve Goodier



"When the person you love can't see your love for them beneath the painful things you say when they reject you, remember this: Love is blind."
~Shannon L. Alder



"He who blames others has a long way to go on his journey. He who blames himself is halfway there. He who blames no one has arrived." ~Ancient China Knowledge, The 36 Stratagems in Ancient China War: 三十六计



"To place blame typically has nothing to do with some judicious effort to seek out the origins of some misfortune. Rather, it is to make certain that the origins are not sought out in ourselves."
~Craig D. Lounsborough



"Blaming negative people is a great way of becoming just like them."
~Nitya Prakash

To err is human - to blame it on someone else is even more human.

