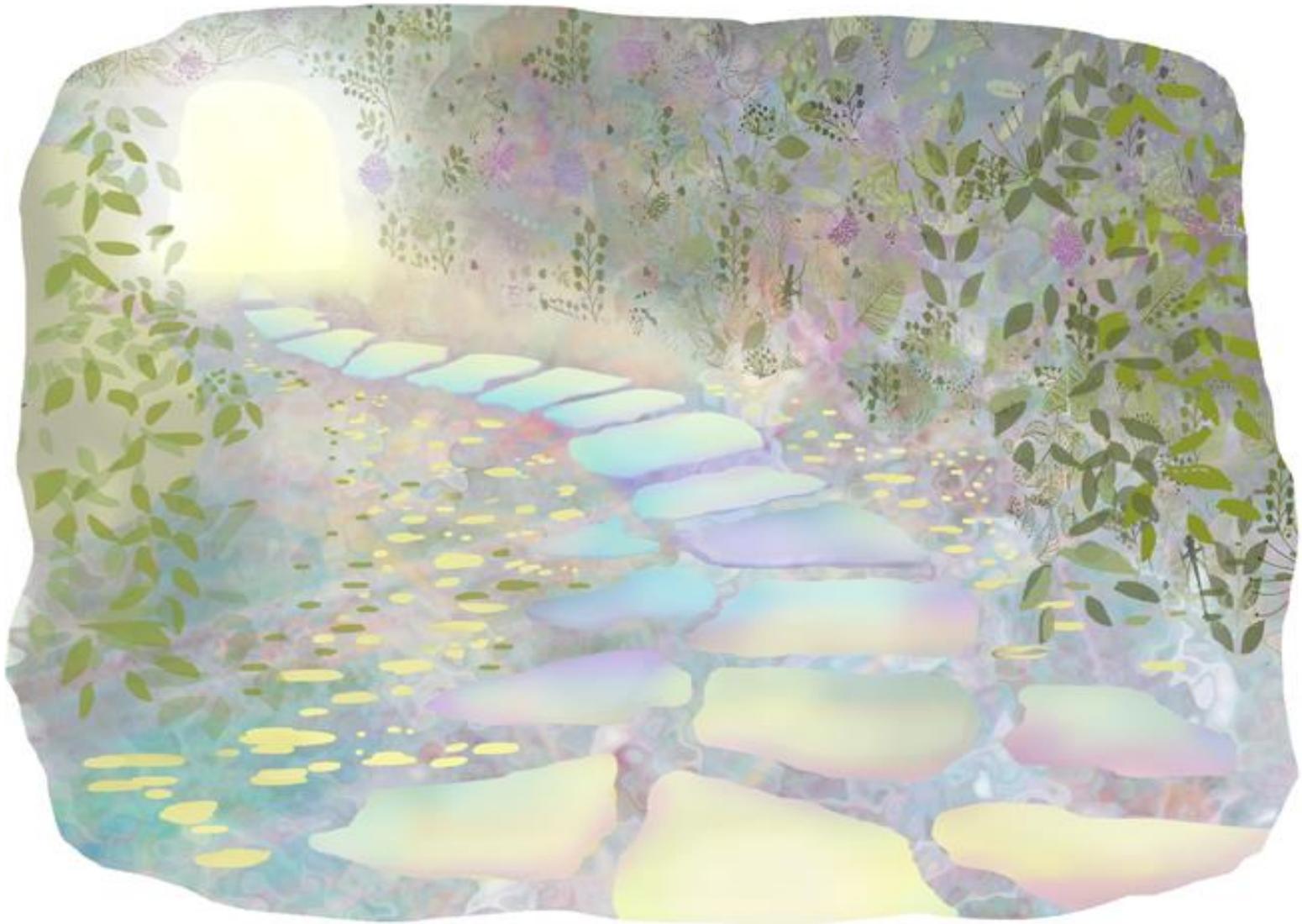


Freedom Through Choice Foundation



Pathways to Wholeness Integration Workbook

Freedom from the Blame Game Workbook

Please proceed through these exercises at your own pace. Take as much time as you need to observe and understand your own behavior and to integrate the concepts presented.

After you have finished these exercises, repeat them in a few months and record how your feelings, observations and behaviors have changed.

Approach these exercises with honesty, humor and as a journey of self-discovery.

Wholeness Exercise 1

Become an observer of your own behavior

One of the first steps in ending the blame game is becoming aware of when you engage in it.

In this exercise, play the role of observer of your own behavior. Remember, in the observer mode you are just gathering information about your own behavior. There is plenty of time later for analysis. We at the FTFC find it very helpful to write down our experiences, so we invite you to use the worksheets to keep track of your blame observations. Continue with this exercise until you have at least 6 examples of blame game behavior. Don't be concerned if this exercise takes days or even weeks.

When are some tip-offs that you are playing the blame game?

You often think my life will be better when _____(I get a new job, when I get a new place to live, when I get a new relationship, my finances improve..etc, etc, etc..)

The word "they" "she" or "he" is your first thought when you are upset or something is not going as expected in your life. "they" did this...., "she" is the reason that, "he" made me feel....

Complete the sentence "I am not happy because....." and see where your thoughts take you.

Do you spend a lot of time dwelling on negative things from the past?

WHOLENESS EXERCISE 1 : Observing Your Own Behavior

Describe the Blame Game Incident	Oftentimes, the Blame Game emerges when we are feeling angry, frustrated or out of control. Ask yourself the following:		
Describe the Blame Game behaviors you observed yourself engaging in. What was occurring?	What was occurring immediately before I engaged in blame behavior? What was I feeling immediately before I engaged in blame behavior?	What emotions did I experience?	What have I learned about my blame triggers?

Example 1

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WHOLENESS EXERCISE 1 : Observing Your Own Behavior

Describe the Blame Game Incident	Oftentimes, the Blame Game emerges when we are feeling angry, frustrated or out of control. Ask yourself the following:		
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Example 2

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WHOLENESS EXERCISE 1 : Observing Your Own Behavior

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Example 3

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Example 4

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Example 6

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Wholeness Exercise 2

The Social Blame Game.

As Dr. Neil Farber says: “Gossip and blaming are quite comfortable bedfellows. It is impossible to gossip without blaming somebody for something.” This exercise is also done in the observation mode. Notice how the Blame Game often becomes a social affair in your thoughts and behaviors. Observe how often you engage in conversations or gossip with others about a third party. Continue with this exercise until you have at least 3 examples of your engagement in the Social Blame Game.



WHOLENESS EXERCISE 2 : The Social Blame Game

Observe your day-to-day interactions with others. Especially take notice of the times in your day when blaming becomes a social behavior done with others. Ask yourself the following:

Who were the people involved?	Who were you talking about? What were they blamed for?	What was my role in the situation?

Example1

WHOLENESS EXERCISE 2 : The Social Blame Game

Observe your day-to-day interactions with others. Especially take notice of the times in your day when blaming becomes a social behavior done with others. Ask yourself the following:

Who were the people involved?	Who were you talking about? What were they blamed for?	What was my role in the situation?

Example2

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WHOLENESS EXERCISE 2 : The Social Blame Game

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Example 3

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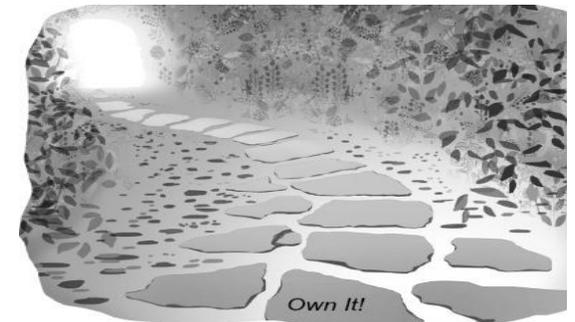
Wholeness Exercise 3

Own it!

Now that you have a good sense that you might be playing the Blame Game, you can choose to take the first steps toward disengaging from this very disempowering set of thoughts and behaviors. When you feel yourself blaming anyone or anything, stop. Then take the time to honestly and intently examine the situation—honesty with yourself is crucial to this step. While others may have been involved in the events that unfolded, choose to look only at *your own role* in the situation.

When you observe only *your* actions in the event or exchange, you will begin to take ownership over its dynamics. You will begin the process of self-empowerment. Taking ownership of Blame Game situations allow you to be much more capable of adjusting your thoughts feelings about an event. Remember, no one can make you feel anything—you and you alone control what you feel.

Choose three examples from Exercise 1, or choose other times when you engaged in Blame Game thoughts and behaviors



Wholness Exercise 3 : Owing It!

Choose an example from Exercise 1 or choose another time when you engaged in Blame Game thoughts and behaviors. Ask yourself the following:

What role did I play in this scenario?	Did I have control over my feelings?	Was there something that I could have done to have produced a different outcome?

Example 1

Wholness Exercise 3 : Owing It!

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Example 2

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Wholness Exercise 3 : Owing It!

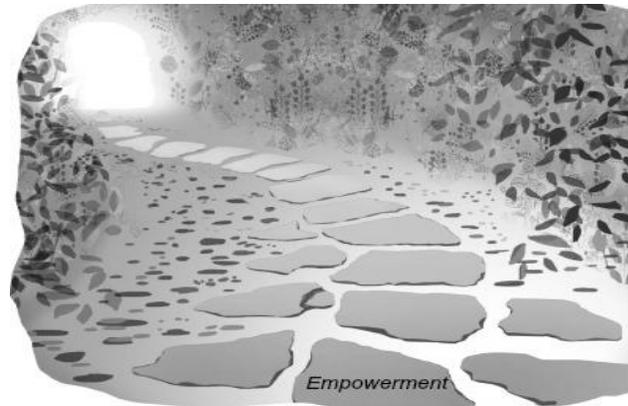
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What role did I play in this scenario?	Did I have control over my feelings?	Was there something that I could have done to have produced a different outcome?

Wholeness Exercise 4

Reframing the Past

For this exercise, choose a situation from the past where you have placed blame, and choose to look at it in a different light. When you are not pointing fingers at someone you have created a space where you can get a very honest view of the situation, and have a chance to look deeper at your own role in the situation



WHOLENESS EXERCISE 4 : Reframing the Past

Start with someone you have blamed in the past, and set aside any feelings of that desire to blame.

Stepping into the role of observer, ask yourself the following:

What are my memories of this situation?
What were my thoughts and behaviors?
What were my feelings?

When you are observing from a neutral place, are any of your memories different? If so, how?

What previously unnoticed insights about your own thoughts, your behaviors and the role you played in the situation have now come to light?

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Wholeness Exercise 5

Challenging the victim mentality.

For this exercise, select a time in your life when you felt like a victim. Victims are disempowered. They have given their power to their victimizer. Often when we let go of the victim stance, we can get an expanded view of the gifts that seemingly unpleasant experiences offer us. Finding even a glimmer of a positive aspect in a situation that once caused you pain opens the door to healing.

WHOLENESS EXERCISE 5 : Challenging the Vicitim Mentality

Select a scenario from your past and again challenge yourself to look at the experience in a different light.

Did you emerge from this situation stronger?

Did you learn a valuable lesson from this experience?

Was there a gift? If so, what was it?

Example 1

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WHOLENESS EXERCISE 5 : Challenging the Victim Mentality

Select a scenario from your past and again challenge yourself to look at the experience in a different light.

Did you emerge from this situation stronger?

Did you learn a valuable lesson from this experience?

Was there a gift? If so, what was it?

WHOLENESS EXERCISE 5 : Challenging the Victim Mentality

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