

Don't Blame Me!!

Directions: Reflect and analyze your experiences with blame.

Describe a scenario when you felt blamed?

How did feel and how did you respond?

How could this situation been handled from a both/and prespective without blame?

What was your responsibility in this situation?

Describe a scenario when you blamed someone.

Why did you take that approach?

How did they respond?

In retrospect, how could you have framed the issue from a both/and prespective without blame?

How could you have responded with a Both/And approach when they reacted to the blaming statement?

What was your responsibility in this situation?

Have you learned anything new about blame as a result of this exercise? If so, what was it and how will you remember it for the future?