

Daily Practices

Blame/No Blame Statements

For a day try to:

Notice when you blame others

At the end of the day briefly consider these questions: What happened when you blamed others? Did you know or feel as though you were blaming them? When do you find yourself using a blaming tone? How did the other person respond to your blaming statement? How did you recognize their reaction?

Notice how you react when others blame

At the end of the day briefly consider these questions: What happened? How did you feel when others blamed you? How did you respond? How did you recognize this feeling – was it a trigger for you? Did you judge or blame them for blaming? Were you able to hold a Both And perspective?

Observe your ability to pause before blaming

At the end of the day briefly consider these questions: Can you recognize your intention to blame before saying anything? If so, how can you put a stop to it and reframe it before you share it? When were you not able to pause and why? When you did pause did you reframe, try to reframe or blame?