

BLAMING

When responsibility gets parked entirely outside your own reach.

IN PLAIN ENGLISH

It is their fault. It may well be.

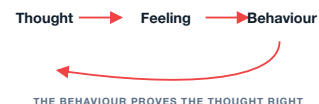
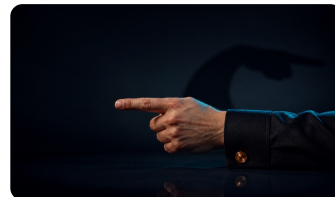
It still leaves you with nothing to do.

Find the ten percent you can actually steer, and steer that.

THE CLINICAL NAME

Blaming

Externalising cause completely. Often accurate about the past and disastrous for the present: if the entire cause sits outside you, so does the entire remedy, and you must wait for someone else to change before anything improves. The relief is immediate and the cost is agency.



HOW IT RUNS *A manager who genuinely is difficult*

THE VERDICT

THE NEXT STEP

THOUGHT	"If he were not like this, I would not be like this."	"He is difficult. Here is the part that is mine."
FEELING	Resentful, stuck, waiting for him to change.	Still frustrated, but with something to do.
BEHAVIOUR	Vent for months. Change nothing. Stay.	Set one boundary. Update the CV. Decide by a date.

THREE TOOLS

- 1 Find your ten percent.** Not the blame — the leverage. What part responds to you?
- 2 Separate cause from remedy.** They can be the cause and you can still be the one who acts.
- 3 Set a decision date.** Waiting is a choice. Give it a deadline so it stops being invisible.

A MUSLIM LENS

The wrong done to you is real, and it can still become the thing you organise your whole life around.

Everyone is a shepherd — The question asked of you is about your own flock, not theirs.

'Afw where you can — Pardon is described as releasing you, not excusing them.

Then act — Justice may be sought. Paralysis is not one of the options.

Their account is with Allah. Yours is still open, and still yours.

THIS WEEK Name one situation you blame someone for. Write the one action that is available to you regardless.

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