

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 126 – The Blame Game

The Blame Game is one game that the more you play, the more you lose. Blaming others is a common human behavior where individuals attribute their problems, mistakes, or failures to other people rather than taking responsibility themselves.

When problems, mistakes, or failures show up in our life – in our workplace, or our relationships, or our actions or words – we’re quick to blame others. Or we’ll blame the environment we grew up in, the way we were raised, our poverty, the city we grew up in, our heritage, etc.

1) Who or what do you have a tendency to blame for your problems, behavior, or current circumstances?

Part of Emotional Childhood is blaming other people for the way we feel. Like saying, “you hurt my feelings”. Or you may have heard someone tell you they wouldn’t have yelled at you if you hadn’t made them so mad.

2) In what ways do you attribute blame to something or someone?

Blame is a product of our sin nature rooted in pride. It comes with a lack of humility and willingness to be wrong. It comes with a greater concern of what others think about us than the ability to admit we're not perfect. So, the first thing we must do is to humble ourselves before God and confess our sin of pride. Proud hearts don't want to humble themselves. They don't want to be wrong. They don't want to look bad. They're too concerned with their image to make things right. They don't want to take responsibility. God promises that "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness" First John 1:9.

3) Write a prayer of confession to God for your sin of blaming:

The Bible also instructs us to make amends if we have wronged someone. So, the second thing we should recognize what it is exactly that we need to take responsibility for.

4) Write down the name(s) of the people you have blamed and how you're going to make amends:

By taking responsibility for your own actions and behaviors, and seeking forgiveness when necessary, you can break free from this destructive cycle and grow emotionally, as well as in your faith. Then you'll begin to really love the life you're living. Now, that's what I'd call a win!

If The Blame Game is keeping you from enjoying your life to the full, let me be your Life Coach and help you work through any of those old stories that your brain is using to keep you living in lie-based assumptions. If you need spiritual direction to help you take ownership and responsibility for your own actions, I'd love to help you here, also. Feel free to email me at: coaching@triciazody.com.