Accepting Personal Responsibility

Victim/Creator Thinking
Create the Class Learning Community
Counseling 224 – Fall 2011
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A Question for You:

What would happen if you believed – truly, truly believed – that it was in YOUR power to create the life you want?

Eric Thomas – The Hip Hop Preacher - Formula to Success
To Change, You Must

- First accept that it is your personal responsibility to make change.
- Think thoughts and make choices that support change.

Victim Thinking

When people keep doing what they’ve been doing even when it doesn’t work, they are acting as Victims.
Victims…

• Carry negative judgments that they use to explain what they see.

• See themselves as controlled by their environment, and avoid taking personal responsibility.

Victims…

• Keep doing the same thing over and over, even when it doesn’t work.

• Put energy into complaining, blaming, making excuses.

• Waste energy and remain stuck.
Two Types of Victim Thinking

- Inner Critic
- Inner Defender

Victim Voice: The Inner Critic

- Voice inside that judges us an inadequate
- I can’t write.
- I messed up again.
- Why did I think I could do this?
- Often sounds like a judging adult in our lives.
**Victim Voice: The Inner Defender**

- Voice inside that judges others as causing the problem.

- This Teacher Sucks!
- It’s not my fault.
- I’m always late because my ride is always late.
- I didn’t have money for the book.

**Creator Thinking**

*When people change how they think and what they do to create the best results they can, they are acting as Creators.*

*Creators accept responsibility for creating their own results.*
Creators…

- See themselves as responsible for creating the life they want.
- Take responsibility for their choices.

Creators…

- Evaluate their options and see that they are making choices.
- Put energy into problem solving and solutions.
Creator Voice: The Inner Guide

- Voice inside accepts responsibility and plans to do things differently.

Voice inside asks:
- What choices did I make that lead to this happening?
- What can I do to fix this?
- Am I jumping to judgment? Is there another way to see this?

Victims focus on their weaknesses.

I'm terrible in this subject

Creators focus on how to improve.

I find this course challenging, so I am going to have to work hard. So I'll start a study group and ask more questions.
Victims make excuses.

This instructor puts me to sleep!

Creators seek solutions.

I'm having a hard time staying awake, so I'm going to ask permission to record the lectures. Then I'll listen to them little at a time and take detailed notes.

Victims Blame.

These tests are ridiculous. The instructor gave me an F on the first one.

Creators Accept Responsibility.

I got an F on the first test because I didn’t read the assignments and assumed the notes from class would be enough. From now on I’ll take detailed notes on everything I read.

Victims Blame.

These tests are ridiculous. The instructor gave me an F on the first one.

Creators Accept Responsibility.

I got an F on the first test because I didn’t read the assignments and assumed the notes from class would be enough. From now on I’ll take detailed notes on everything I read.
I'll study the night before the test.

I failed the last test when I left my studying the night before. This time, I will read and take notes on the book, and study my notes before every class.

I'll never do as well as that guy.

I need help in this course, so I'm going to ask that guy if he'll help me study.
I'll try to do better.

To do better, I'll do the following: Attend every class and be on time, take good notes, ask questions in class, start a study group, and make an appointment with the instructor.

Victims Try.

Creators Plan and Act.