



# Shepherd Care®

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*To Care for People Where They Live and Work*

## COMMUNITY Care TOPIC

### **The Blame Game**

Blame is the placing of responsibility for an action on a person. There are different types of blaming.

#### **Bad Blame**

Bad Blame is the beating up ourselves with guilt and shame. It can look like this:

- Apologizing repeatedly for actions that are not totally your fault. You can only say that you are sorry so many times.
- Punishing and beating up yourself or others with guilt.
- Misplaced blame. This is passing the buck. Whose fault was it really?

#### **Good Blame**

Good Blame is the taking or responsibility. It can look like this:

- Recognize the situation.
- Responsibility- Take responsibility for your actions and the part you played in the issue.
- Assign- Distinguish if others are at fault.
- Correction- Make the necessary adjustments and improvements so the mistake does not happen again.

### **Stop Playing the Game**

Follow these steps to stop the Blame Game:

- Acceptance- the action happened. Now where do you go from here?
- Perspective- Take a view of the situation. Understand the situation and the consequences.
- Acknowledge- Remember that a relationship is a two-way street.
- Survival- Share the load of responsibility. Take care of yourself. Move on.

Remember, it is important to keep our relationships healthy.

Introducing your Community Chaplain

**Eric Kieselbach**

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"Where does the fault lie?"

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."

**Romans 8:1**

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