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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Blame Is A Hindrance For Personal Growth And Success

By Sylvia Jameson

Blame is a roadblock to your success. Blame robs you of the energy needed to move forward and

achieve your goals. Blame is often the culprit when people find themselves trapped in a rut, unable to move ahead and grow. Instead of taking responsibility for actions that have taken, they wallow in blame over opportunities they have missed.

If you find yourself in this position, you must find a way to stop blaming yourself and blaming others, You must break the inertia of inaction and become an active participant in your life. It doesn't matter what your goals are be they large or small. You will never reach them if you don't start moving towards them day by day.

Depending too much on other people to support you is a form of self sabotage that prevents you from taking responsibility for your life. Blaming yourself for your shortcomings is also a form of self sabotage. Self blame leads to self pity and lack of self esteem. Personal responsibility leads to change.

One who has poor self esteem and requires support from others is deficient in the qualities that promote survival including social survival. One that is frozen in a habit of blaming himself or others is living in denial.

He becomes manipulative and uses self blame and blaming others to further entrench his handicaps rather than abolishing them. He puts the blame for his behavior on himself instead of accepting responsibility for it. He therefore becomes filled with guilt, shame and doubt and has no energy left over to haul himself out of his rut.

If you find you can't get out of a self created rut, seek the help of a mental health care professional. Often just talking to someone can help you see things more clearly. In addition to that, start moving physically. Walk, go to the gym, do whatever you can to get the energy around you and in you moving and keep it moving by staying active.

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The Blame Game!

By Jonathan R Taylor

The Blame Game! by Jonathan R Taylor

In talking with people many times, it's very evident that determinism is deeply imbedded in our present day culture. Too often I notice that people blame circumstances or others for their problems. This past election, I heard people in both political parties express the doom and gloom that would come if either of the two candidates were elected. I even heard that it was the candidates themselves who were going to be responsible for creating more jobs! As if the government manufactures jobs for people. The fact is that job growth happens when there is less government restriction. This kind of "blame game" mentality is becoming more prevalent than ever.

We've all played the blame game a time or two. The job we didn't get because the interviewer was out to get us, or the relationship that didn't work out because the other person had problems, and how about the business that failed because customers wouldn't pay on time or the bank wouldn't approve that loan. The fact is, we've all fallen into the trap of putting responsibility on others for the disappointments we've suffered in life. I'm not saying that we can control everything in life that happens to us. There are certainly circumstances that are often out of our control. These are just part of life's trials that God puts us through at times. What we do have, is control over how we react to those unfortunate events.

Dr. Stephen Covey in his excellent book, *The Eighth Habit*, says that part of the reason that people fall into the habit of blaming others is that don't want to face the fact that they are truly to blame for where they are in life. They would much rather "play the victim" in life. The truth is ,though, that until a person can honestly say "I am what I am" or "I am where I am because I chose to be here," they can never improve their current situation. It's time for us to take responsibility for our lives, no matter the situation we find ourselves in.

Jonathan R. Taylor, specializes in helping people in every stage of their lives to find more meaning and purpose in their work. He believes that to find that purpose and meaning, a person's interests, skills, passions, and goals must integrate seamlessly with their work. To get more great advice, subscribe to Jonathan's newsletter at www.careercalling.com!



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