

Don't Be So Quick To 'Blame Others'....You May Be Next"

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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!

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By John Evans

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Blaming others doesn't always make sense. In fact some of the "blames" are really quite stupid.

Take these for instance:

1. Someone buys a cup of coffee in a restaurant. Same person spills the coffee in their lap, and is burned. Is the restaurant to blame because the coffee was "too hot?" Ridiculous!
2. Or, a man robs a store, and happens to be wearing 'X-Brand' tennis shoes. Is the tennis shoe maker to blame for the robbery? Ridiculous!
3. If one person advertising in an ezine decides to SPAM someone, is the ezine to blame? Ridiculous!

**SOME ARE JUST TOO DARN QUICK TO PUT THE
BLAME ON OTHERS!....**

Have you ever forgotten that you subscribed to an ezine?
Do you use the very same email address for all of your
subscriptions in order to better keep track of them?

We use JUST ONE email address for subscriptions.
Sure makes it easier to unsubscribe when I know

which email address I used when I asked for the subscription.

To help us keep track of ezines we get, and the ads we send out, I made a simple advertising form. On it are these headings: Circulation, Publishing Day, MY Ad Code, My Ad #, Their Adcode, Date Placed, and Date Ad Ends.

Plus info on how many lines, number of characters, how often, and any other instructions.

The reason I bring all of this up is that every once in a while I read about someone being "blamed" for sending SPAM, when they aren't even guilty.

And the person doing the yelling may not even realize that THEY are the one that's wrong. Like I said above, sometimes people forget they subscribed.

Most ezines keep real good track of their subscribers, by keeping copies of the original request. They also may have a very easy way to unsubscribe, usually a clickable link that you only have to Click On, then click Send.

Very simple, and very quick to do. And takes a lot less time to do then writing out a SPAM email.

So, if in doubt, don't be so quick to blame others, because someone just might (falsely?) blame you next!

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You can make money with the Secret Site.
You can use this article but please leave it intact.
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Writing articles is one real pleasure in my life. Have owned dailybiz.com for several years.

Blame Is A Hindrance For Personal Growth And Success

By Sylvia Jameson

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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.

Sylvia Jameson is a staff writer at

and is an occasional contributor

to several other websites, including

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