

## ♥ Snippets of Encouragement #217

Hello darlings

It is day 217 of Snippets of Encouragement, and I wonder, have you had those moments in your life where you blame everyone else for your sorry state of being. You blame your parents, partner, kids, boss, the government – you name it they're to blame for the state of your life. brown

I have found that the cycle of blame, resentment, and self-pity is misery personified. In my case, I don't find myself openly blaming another, but I do find myself replaying events in my mind and feeling great resentment towards those involved.

This type of behaviour eats away at the body, quite literally, and leaves us feeling disempowered within our lives.

I had a conversation recently with someone who is unhappy in their life. As they spoke and I asked questions, it became crystal clear that they hold another person responsible for their unhappiness.

Ironically, they also know that they're fully responsible for their own happiness, but the implementation of that knowledge is not present in their life. They are looking to do something productive and meaningful with their life and as we discussed all possible options, they made excuses why none would be viable.

Conversations like this are a drain on the mind and the soul. When someone is unwilling to release their shit and move forward in their life and only wants to blame others for their state, it's like being at the final train station and trying to move an immovable train forward. It just doesn't work.

Eventually this person said to me, "If they would work on their happiness and become happy, then I could be happy in my life." I asked them to stop talking bullshit to me because that's exactly what it is.

When the people in our lives change for the better, it doesn't mean our lives will automatically change. Hell no! Each of us needs to work on our own happiness moment by moment. We can never afford to allow the happiness or unhappiness of others to dictate our happiness. What if the other person chooses to remain miserable their entire life? OMG! I don't know about you, but to me that sounds like modern slavery.



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As I spoke and listened to this person, it reminded me of myself at different stages of my life. I have made choices where I've stood in my own way, blocked my progress, and believed that my happiness is reliant on others.

What I now know for sure is this – I cannot accept responsibility for the great accomplishments in my life and deny culpability the things that don't work out for me. My life, like yours, is not happening to me, I am actively creating it with each choice I make. To not own this fact establishes us as victims in our lives, and this is not what we are. Each of us is powerful, magnificent, divine creators and upholding anything else as truth sabotages our creative potential.

Blame is insidious in our society, and from a young age, we are taught to blame life, circumstances, or others for our lives.

Today I want to encourage you to drop the blame game. Life consists of millions of moving parts of which you're an integral part. Everything that happens in your life has been your creation. To believe otherwise would not acknowledge the powerful creator that you are.

Often our expectations do not match the reality we create. We experience pain, disappointment, and wonder why what went wrong. We blame others or ourselves but what is blame other than us discharging pain and discomfort as Brené Brown says.

Feeling pain and discomfort is a normal part of life; living in pain and discomfort is not.

I have found that holding myself accountable and loving myself unconditionally is the best way in which I deal with blame, shame, and self-pity in my life. If you find yourself often in a state of blame, try this out. Hold yourself accountable and love yourself unconditionally, you will be amazed at what you start creating for yourself.

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