

Accepting Personal Responsibility

What is accepting personal responsibility?

Accepting personal responsibility includes:

- * Acknowledging that you are solely responsible for the choices in your life.
- * Accepting that you are responsible for what you choose to feel or think.
- * Accepting that you choose the direction for your life.
- * Accepting that you cannot blame others for the choices you have made.
- * Pointing the finger of responsibility back to yourself and away from others when you are discussing the consequences of your actions.
- * Realising that you determine your feelings about any events or actions addressed to you, no matter how negative they seem.
- * Developing positive, self-affirming, self-talk scripts to enhance your personal development and growth.

How can failing to accept personal responsibility result in negative consequences?

When you have not accepted personal responsibility, you can run the risk of becoming:

- * Overly dependent on others for recognition, approval, affirmation and acceptance.
- * Chronically hostile, angry or depressed over how unfairly you have been or are being treated.
- * Fearful about ever taking a risk or making a decision.
- * Overwhelmed by disabling fears.
- * Unsuccessful in personal relationships.
- * Emotionally or physically unhealthy.

What do people believe who have not accepted personal responsibility?

- * It's not my fault I am the way I am.
- * I want you to fix me.
- * Life is unfair! There is no sense in trying to take control of my life.
- * You can't help me, nobody can help me. I'm useless and a failure.

- * When do the troubles and problems cease? I'm tired of all this.
- * How can you say I am responsible for what happens to me in the future?
There is fate, luck, politics, greed, envy, wicked and jealous people, and other negative influences that have a greater bearing on my future than I have.
- * How can I ever be happy, seeing how bad my life has been?
- * I am who I am; there is no changing me.

What behavior traits need to be developed in order to accept personal responsibility?

In order to accept personal responsibility you need to develop the ability to:

- * Seek out and to accept help for yourself.
- * Be open to new ideas or concepts about life and the human condition.
- * Refute irrational beliefs and overcome fears.
- * Affirm yourself positively.
- * Recognise that you are the sole determinant of the choices you make.
- * Recognise that you choose your responses to the people, actions and events in your life.
- * Let go of anger, fear, blame, mistrust and insecurity.
- * Take risks and to become vulnerable to change and growth in your life.
- * Take off the masks of behavior characteristics behind which you hide low self-esteem.
- * Reorganise your priorities and goals.
- * Realise that you are the party in charge of the direction your life takes.

What are the steps in accepting personal responsibility?

*Identify your beliefs that prevent acceptance of responsibility for yourself. Develop new, rational, replacement beliefs to help you accept responsibility for yourself.

* Develop a plan of action. For each area of your life, identify tools that you will use to accept personal responsibility e.g. self-affirmations, time management and taking control of your own problems etc.

Adapted from Jake Lawson (Livestrong.com)