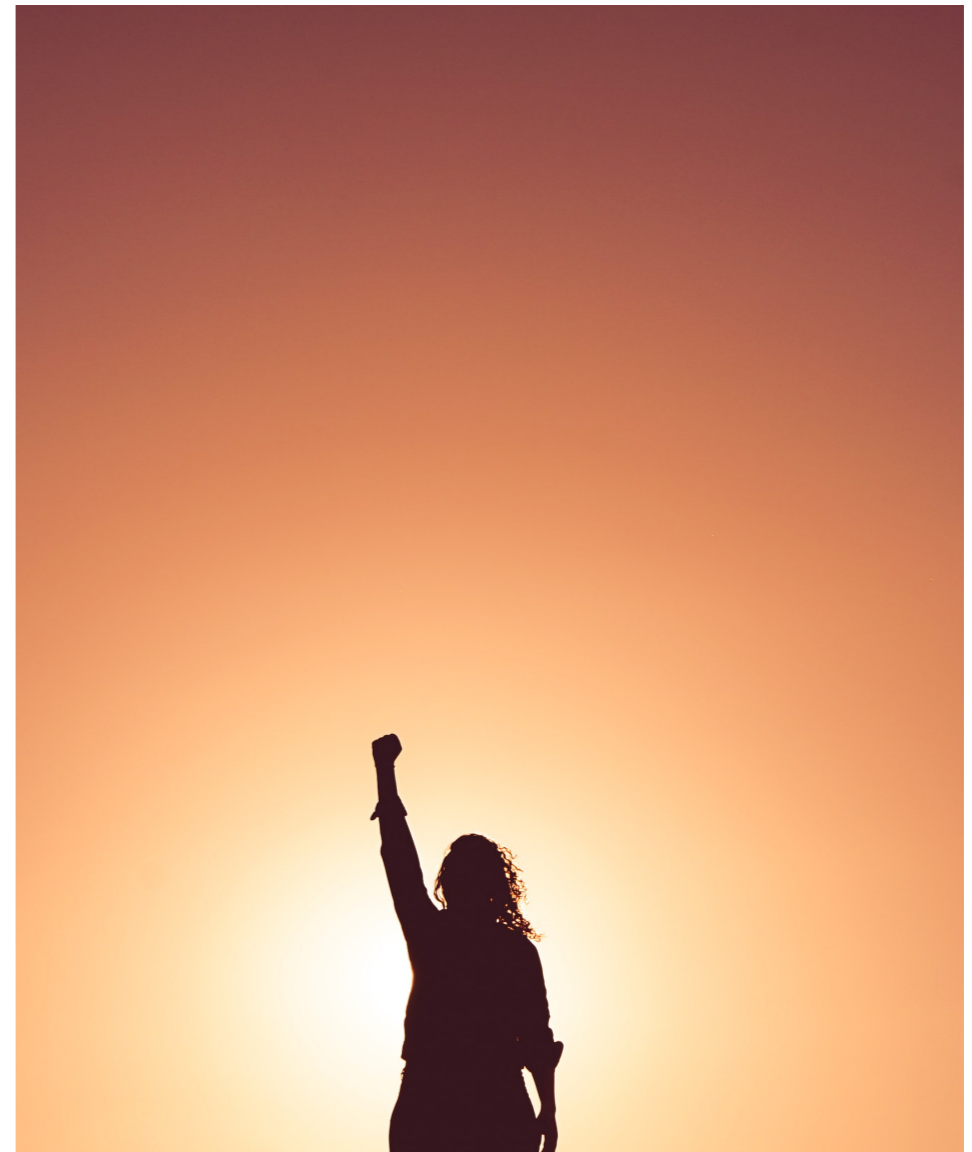




Responsibility

We Are Responsible For Our Feelings

- This can be challenging to accept at times.
- We may have had terrible events that were beyond our control in our life and we are not responsible for that.
- However, we are responsible for our feelings.





It may be easy to say...

“So and so made me angry” or “So and so ruined my day” or “I’d be ok if so and so hadn’t done so and so to me”

**If We Want To
Grow From Grief
We Must Be
Willing To Be
Responsible**





The Role Of Victim

- Believing that we have no control over how we feel gives away our power and leads to us playing the role of a martyr and victim.
- If we make other people or events responsible for our feelings then we cannot believe that we can grow from our grief and choose to shift our feelings.

What Is Causing Your Grief?

- We cannot undo your loss, however we can do something about your reaction.
- You can grow from your grief and learn ways to complete the emotional pain, frustration, disappointment and heartbreak.
- We must take responsibility for our current reaction to what has happened in the past or else you will feel like a helpless victim forever.