



Accepting Personal Responsibility

What is personal responsibility? It is taking conscious control of your responses to the events and circumstances in your life. You are responsible for yourself, whether you like it or not. What you do with your life and what you have done already is up to you. And while you may not be able to control everything that happens to you, you are nevertheless responsible for how you think, act, and feel in response to those things. There may be no more impactful thing you can do for yourself than to take responsibility for your life.

By accepting personal responsibility, you gain the freedom to create your own life, any way you want it. Personal responsibility is also the foundation for personal development in general. By acknowledging your role in the process, you give yourself the opportunity to improve.

There are all sorts of negative emotions that come with not accepting personal responsibility. When you blame others, you may feel anger or resentment towards that person. You will almost invariably feel guilty or ashamed. The worst part about denying responsibility is an overall sense of powerlessness. When you feel like you don't have control over your life, you can easily become depressed.

Roadblocks To Accepting Personal Responsibility

When something goes wrong, do you immediately look for some external culprit? It doesn't really matter whose fault it is, anyways. What happened, happened. The question now is: how are you going to respond to it? Even if it's *their* fault, *you* are still responsible.

Making excuses is similar to blaming others, except it involves blaming circumstances instead of people.

Complaining is simply a focus on what is wrong. This will make things seem worse than they are, and can easily distract you from all the good things going on in your life. *Continued next page*

"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." — Eleanor Roosevelt

UICS NEWS

Autumn is in the air. The days are getting shorter and the nights are getting longer, and there is that fresh "earthy" smell that comes with the changing colour of the leaves. For many, this is normally a time for slowing things down a bit and getting back into routines (for all the teachers, students, and parents out there, hopefully sooner than later!)

Autumn can also be a time for inner reflection, and thinking about how we can increase our sense of personal responsibility is a great place to start. Being responsible for ourselves means owning our choices and actions. This can help us make healthy choices, stay true to our morals, and is ultimately empowering.

However, this is not always easy, and can be especially challenging when expected routines are thrown into disarray and external forces seem to be at work. In times such as those, it can help to think about just how far our personal responsibility actually goes. After all, some things we have control over and some things we don't. If we are able to figure out exactly where we have the ability to create change, we can focus our attention there. As for everything else, we can simply rest in the knowledge that it is out of our hands, and we did the best we could. Sometimes personal responsibility is about knowing where to draw that line!

As always, please know that the staff of UICS is here to support you with whatever challenges life sends your way.

Graham Walker, MA, RCC
UICS Counsellor



How To Take Responsibility For Your Life

You need to make a conscious decision to become the sole person responsible for your life. At any given time and in any given situation, you have a choice of how to respond. When something goes wrong, openly acknowledge it as your fault, even if you feel there were external circumstances that contributed. Don't be afraid to take risks or make important decisions.

Accept responsibility for who you are right now. It's not other people who made you the way you are, but only your own thoughts and actions, even though many of those thoughts and actions were conditioned in you by your family, society, friends, or any other external influence.

You don't need to be happy with your situation or your life as it is, you just need to accept yourself and the fact that you are the one who got yourself there.

While negative circumstances may have had a significant impact on you and you may have experienced huge amounts of social conditioning, dwelling on them or blaming others won't help you improve your situation.

Only through accepting personal responsibility can you move forward.

People make mistakes. It's inevitable. You do it. Other people do it. Everyone does. You must learn to both forgive yourself and to forgive other people for any mistakes. If you mess up, don't beat yourself up over it. Just take responsibility and move on.

Accepting personal responsibility involves letting go of the need to feel responsible for others. Everybody is responsible for themselves, whether they realize it or not. If you feel burdened by other people, you need to let go of them. It isn't your duty to take care of them, just as it isn't their duty to look after you.

Taking responsibility for your life can be a very challenging and lifelong process, but it is necessary if you want to truly be happy.

....www.feelhappiness.com

Welcome New Members

We are pleased to welcome the employees and family members of Harbour Grill.



Couple's Corner

Five Ways to Argue Fairly

Arguments are natural in any relationship. The problem comes when arguments turn ugly and hurtful. Words can injure deeply. They can cause emotional scars that can be difficult to heal.

To keep your arguments from going too far south, here are five guidelines to use. These guidelines won't keep your relationship argument-free, but they'll likely keep the arguments you do have from becoming too hurtful.

1. No name calling. Never, ever call a partner a hurtful name. Try the five-second rule (below) to choose words that are appropriate and relevant to the disagreement.

2. Try the five-second rule. Because we sometimes say things without thinking of the consequences, wait five seconds before you comment on something your partner said. Use this time to exercise control and think about what you should say.

3. Stick to the issue at hand. Going back to something that was said or done five years ago will only escalate the disagreement. It also shows that you have some unaddressed issues that you need to tend to.

4. Manage your anger. Anger is a natural emotion, especially when you're having a disagreement. But don't allow your anger to turn violent. If you feel your anger reaching that point, leave the scene immediately and do something safe to calm yourself down ("safe" as in no drugs or alcohol and no driving the car away on all cylinders).

5. Speak and act in love. Remember with whom you're arguing. If it's a marriage partner, it's someone you chose to love and cherish always. Although that's probably the last thing on your mind when you're having a disagreement, it should be the first.

...PRP Media

You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.

Jim Rohn

Stress Management Tip:

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'... She fooled them all ... "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. To 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow.