

# WHOSE FAULT IS IT?

## Hopefully, it is yours!

“Everything is your fault. . . . . If you are lucky.” Hemingway

❖ How does everything being my fault make me lucky?

First, let me set the record straight. **Everything is not your fault.**

You are not so perfect that everything can be your fault. Occasionally, you will screw up and do something right. When it is your fault, it is then that you are lucky!

If you are the one who is creating your problems and screwing up, then you have the power to change what you are doing and make things come out differently. Hopefully, everything that goes wrong in your life is your fault.

Blaming others, if someone is doing it to you, you are a victim, and they can keep doing it to you as long as they want. You are powerless to change others or make them stop. “I would not have hit you if you did not make me so angry. Now I am going to jail, and it is your fault (don’t you feel sorry for me).” Who has the power? Any time she wants to put him in jail, all she has to do is “make him angry,” and he is powerless to do anything but hit her.

Their problem is that they do not know that they are absolutely **powerless** to change someone else. While at the same time, they are absolutely **powerful** to change themselves.

Would you rather that others are causing the things in your life that go wrong? You do not have control when someone is doing it to you. However, you have the power and control when you do it to yourself.

Once you start taking responsibility for your failures, accepting the glory for your successes will be easy. What beliefs create the fear of you being responsible for your life?

- ❖ If I am not perfect, people will judge me, and I will be rejected.
- ❖ Most other people are more desirable than I am.
- ❖ As a parent, I must be the perfect role model for my children, or they will not respect me.

❖ Other people have better bodies than I do.

“I am afraid to make mistakes. When I make mistakes, I want to blame someone else or pretend like it never happened. Then I lay in bed ruminating about everything I could of, should have said.” The fear here is that someone will point out that you screwed up. “Then what do I say? That I am an incompetent oaf? Then nobody would want to be around me!”

How about telling the truth? To err is human; to forgive is divine. Your screw-up just proves that you are human! So, say it, “If there was any doubt, you know now that I am human.”

By owning your own humanity, you make the people around you comfortable to be their own human person.

One final thought. Human beings learn by trial and error. Nothing is learned by trial and success. If you want to be successful and wise, screw up more but be sure to learn from your mistakes. “I really screwed up. I do not have to do **that** again!”

So, let me go back to my original quote, “Everything is your fault. . . . If you are lucky.” Is screwing up really okay with you? Once you accept your own fallibility, others will find it easier to accept you, and you will find it easier to accept others.

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