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## Are You Stuck in a Blame Game?

When you are constantly reacting to crisis after crisis, dodging incoming problems and being put upon by others to perform, it is easy to get caught in a downward spiral and start to see all of it as someone else's fault. This is when it is time to get your power back as those things are never going to change, or at least not soon enough for you to get immediate results.

Your mind shift needs to start here, with these thoughts:

1. This is your life, it needs to be designed and carried out as you see fit
2. You don't want it wasted in negativity as you only have this one shot at it.
3. Now is a good time to get it under control.
4. Any necessary changes will be carried out by you. You are in charge of your destiny.
5. These thoughts will be based in your personality, strengths and weaknesses.
6. The other stuff will fall into place but be ready for some fallout when you start to assert yourself. Stay steady.
7. You can get a game plan together that will take you closer to who you want to be.



Once you have that conversation with yourself you have to begin to trust yourself. This is where most people run into trouble as they don't believe they have it in them. You do. You just have never learned how to execute your life plan or knew that you should have one. Everything is easier with a plan. A really good detailed plan.

You do not need to make the required changes all at once. By taking control and assessing your life right now you can decide a timetable for change, how to make that change, what kind of help you will need to carry out the change and so forth. Just having that plan and knowing you are the one that will make that happen sets you on your way to a much better emotional place.

Modified from: <https://blogs.psychcentral.com/dysfunction/2018/06/are-you-stuck-in-the-blame-game/>

### HOW TO USE YOUR EAP:

**ERC** is your company's Employee Assistance Program (EAP).

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