



E(ARTH)MAIL

A choice that will change your life

Letting go of blame is an empowering life tool.

with wellness coach and co-founder of
Conscious Action, Kayla Greenville

**[Something] really hurt last time
and so now I...**

**[Something] happened
and so now I...**

**They said [something]
and so now I...**

**They did [something]
and so now I...**

“and so now I...” – IS A CHOICE

Above are examples of how we often adopt a victim mentality, making excuses for where we're at because of what someone did or didn't do, said or didn't say. We think we're bringing them down, and ourselves up, by blaming them but when we choose this mentality, the only person we're holding back is ourselves.

Here are five easy steps towards swapping a victim mindset for an empowered one.

1. Know that nothing in life is personal

Nothing that happens in life happens to us; it just happens full stop. Where it becomes personal is in the stories we literally 'make up' about what happened and how long we choose to hold on to those stories.

2. Write a story that serves you

It is during the process of making up these stories that we get to decide if we are a victim or not and this is the critical choice

we must start taking more responsibility for. Of course, things happen that do hurt or are hard to move through, but we get to choose the impact 'things' have on us.

3. Check the use-by date on your stories

I know people who have chosen to hold on to stories they created more than 50 years ago. The resentment, bitterness and victim mentality has taken over, leaving little room for joy or love. We can re-write our stories whenever we want.

4. Identify where you're out of control

How do we know when we're not taking responsibility? We're still talking or complaining about something that happened to us, in the past. We use these stories for protection but in most cases, we are just limiting ourselves and preventing the healing process.

5. Take responsibility Write down the thing that happened to you (keep it brief) and then write the words: "what can I take responsibility for?" When we ask this question, we're not trying to think of what happened; we're looking for the choices we made about how it was going to impact us, how long for and how we've let it hold us back. It is not an easy question, but it is a powerful one. Sit with it until you find your answer(s). That is the moment you take your power back, that is the moment you have full control over the impact this has on your life today and that is the moment that you get to re-write your "and so now I..." story for the future.



For support re-writing old stories and ending the victim mindset, contact Kayla



kaylagreenville.com