

# *Being Responsible for Your Own Actions*

Have you ever said or heard someone say any of the following: “... *it's not my fault, ... somebody made me do it, ... it was like that when I got here, or ... I don't know what happened, or I tried but something happened, or I didn't do it?*”

These are all ***excuses why something was not done***, why it was through ***no fault of your own***, and why ***it was someone else's fault.*** The person making the excuses can usually give you a very detailed and wonderful sounding account or story of what happened and why, but they are just that - stories. They are not the truth.

The story will go something like this - *Oh, I'm sorry I forgot to pick you up at the train station this evening like I was supposed to and by the way, I also forgot to make the mortgage payment which was due today, but it was not my fault. My friends wanted me to go to the movies with them. It turned out to be such a nice day. They really wanted me to join them and I didn't want to disappoint them. It turned out to be a great movie by the way. Why are you upset? It's not my fault that I forgot. People forget and I have a life too.*”

You can imagine where the conversation will lead to next. The conflict and pain created was from not taking responsibility for the consequences of your choices and actions. Whenever something that you don't wish to be responsible for comes up and it was your responsibility, certain thoughts and feelings always come up. They can be something like ... *it's not my fault, it's not fair that you are blaming me, you don't really care, it's hopeless, and/ or it's all too much.* The list of explanations can go on and on. These are just excuses. They are stories that you make up to try and convince yourself that you are not responsible for your own actions or experiences. It won't work because the truth is that you can't lie to yourself because you know the truth. You planned everything down to the most minute detail and orchestrated everything action. You know the truth even when you are trying to lie to

yourself.

When you deny the truth of your own power and your responsibility to yourself, you are trying to claim that something is more powerful than you, and that you are just a puppet on strings dancing to the movements of an unseen player. This is simply not true. You have the power to change your experiences. No one else can do it for you.

The key to creating a meaningful life for yourself is to take responsibility for your own actions and experiences. If you were driving in a new town on a strange road and are lost, do you blame the car? Perhaps you will try to say that the road was bad, the road signs were hard to see, or the road map was not detailed enough. But who was driving the car? Who was the one responsible for making sure that you got from point A to point B? Who chose the route? If you are not pointing at yourself, then you may be living in fantasy land and not in reality.

Being responsible for your own actions means that you are taking ownership of your life. It means that you recognize where you are and know where you want to go, and are taking active steps to change or not change something because *it was your choice*. When you are driving and are lost, the first thing you do is to stop and see where you are. You look for landmarks and/or ask for directions. When something happens to you, the first thing that you need to do is to stop and see what is happening to you, and how you contributed to it happening. Then, if you don't like the experience you can choose to change it. Taking responsibility for your own actions means taking control of your life. You are in full control, and it is a more pleasant experience?

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