

BLAME & CRITICISM

Reflect for a minute on the extent to which blame and criticism are in your environment then answer these questions:

Where in your life do you experience being blamed or criticized?

Who in your life blames or criticizes you? Name names.

What is their number one complaint about you?

Where in your life do you blame or criticize others?

Who do you blame or criticize? Name names.

What is your number one complaint about them?

What do you believe about blame and criticism? And who taught you that?

On a scale of 1 to 10, how much are blame or criticism draining energy from your work to change the world? (1 "not at all," 10 "this is sucking the life out of me.")

< --- 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 --- >

Are you willing to create a context free of blame and criticism? Yes | No