

Responsibility vs. Blame

The Difference Is What Your Life Becomes Organized Around

Blame identifies who was responsible for what happened. Responsibility asks what is yours to do now. Both acknowledge that something happened. The difference is where your attention stays.

Important Clarification

Responsibility does not mean what happened was okay. It does not erase harm, injustice, or pain. It means that even when something was unfair, you still get to decide what happens next.

◆ The McInnis Method

REALITY	<i>Something unfair happened.</i>
THREAT	<i>Moving forward may feel like minimizing what happened, letting someone off the hook, or accepting something that was wrong.</i>
PROTECTION	<i>Attention can stay organized around proving who was wrong instead of what is possible now.</i>
ACTION	<i>Responsibility reorganizes your life around what still can.</i>

◆ Why Blame Feels Convincing

Sometimes staying with blame protects against a harder question: what is still mine to do?

As long as someone else remains the only explanation for why our lives are not changing, we never have to risk discovering what we are still capable of.

◆ Practical Check

Ask yourself: Am I becoming more capable, or just more certain about who was wrong?

Bottom Line

Blame organizes your attention around what cannot change. Responsibility begins reorganizing your life around what still can.

What happened may not be your fault. What you do next is still yours.