

White Board for UWM “Transforming Blame” February 10, 2021

Hearing Blame and Judgment Differently

<i>What was Said?</i>	<i>What Can I Hear Now?</i>
You made me feel...	Self-love, respect, appreciation, acceptance, compassion
You laid a guilt trip on me	Trust, safety, understanding, innocence
I've gone and done it again - how stupid am I	Acceptance, self-worth, competence, learning, self-confidence, empathy
They always...	
Well it's not my fault...	
Well if it were me...	
Why do you always do that...	
You caused that...	
What kind of an idiot does stuff like that?	
If they didn't drive so slowly, I wouldn't be late	
Well if you hadn't...	
The dog ate my homework	
Can't you do better than that?	
Will you ever get it right?	