Surviving Lockdown

MRS CARTLEDGE
Surviving lockdown....

Here we are, in June 2020

The Coronavirus disease (COVID-19) has taken over.
Do you accept responsibility for your actions?

Think about a time when you or someone else hasn’t accepted responsibility for their actions.

What happened?
Why do we need to accept responsibility for our actions?

✓ Gain self-respect
✓ Gain the respect of others
✓ You will get more done
✓ Gain the power to change
✓ Make better life choices
✓ Personal growth
Making excuses...

• Consider all the excuses you have made recently.

• Think about what your best excuses have been!

• What makes it difficult to accept responsibility for your actions?

• What feelings do people avoid when they constantly blame other people for their actions?
Think of some examples of how easy it is to blame other people for our own mistakes.
## The blame game

<table>
<thead>
<tr>
<th>It’s not my fault</th>
<th>She started it!</th>
<th>You ruined everything</th>
<th>It’s your fault we got in trouble</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why did you make me do that?</td>
<td></td>
<td></td>
<td>If you listened to me, everything would have been fine</td>
</tr>
<tr>
<td>It’s my mum’s fault I am late</td>
<td></td>
<td></td>
<td>How come she got away with it last week?</td>
</tr>
<tr>
<td>We lost the game because of her</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Don’t make excuses...

- For many people, everything is someone else’s fault. Every problem can be explained away with reasons why they can’t affect the situation or the outcome.

- Excuses for failure, excuses about your choices in life etc.

- Excuses about what you feel you have accomplished fuel dysfunctional thinking – and consequently, undesirable actions and behaviours.
Making excuses instead of taking one hundred percent responsibility for your actions, your thoughts, and your goals is the hallmark of people who fail to succeed, both in their professional lives and personal lives.

Don’t make excuses...
Top tips for taking responsibility

• **Own It**...take ownership of your own behaviour and admit your misconduct or failure-to-act when you should have done so

• **Apologise for It**...offer a sincere apology to those you’ve wronged

• **Make Things Right**...make amends or do what is needed, if possible, to correct what you have done

• **Take Your Medicine**...accept whatever punishment is handed out for the poor choice that you made