



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Stop Blame Game

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Many of us play the **blame game**. The blame game can work in **two ways**. You may play the blame game if you **constantly blame others** for your misfortunes in life, or you may continually take the blame for yourself for things that aren't your fault.

No matter which category you fall into, it's a **destructive pattern**.

Continually blaming **other people** or taking on the blame for things you didn't do, is **counterproductive in life**. This tendency only encourages more **irrational thinking**.

If you feel as if you tend to **blame others** when things go wrong, or you are constantly taking the blame, you are certainly not alone.

You can change. You can **learn** from your mistakes and think differently.

You can **seek a balance** and learn to take responsibility for your own actions and choices.

Some of these tendencies may even stem from your **childhood**.

Much like the **chicken and the egg**, sometimes things happen beyond our control. Sometimes **no one** is to blame.

In this Mindfulness Meditation session you will learn how to be **100% accountable** for your thoughts and actions; this is a powerful mode of thinking.

It's all about **taking back that control** in life and owning everything, even the mistakes and poor choices.

The blame game is **totally irrational**; it always stigmatizes someone. It's all about **pointing the finger** away from yourself.

In the end, **no one wins** the blame game no matter how it's played.

Today you **own everything** and that is a powerful way to live your life.



Begin by sitting **quietly and mindfully**.....and focus on your breathing. Take a couple deep breaths.

Gently **close your eyes**.

Focus on the feel of your **breath** moving in and out of your body. If intrusive thoughts come into your awareness, acknowledge them and then **let them go**.

Feel the breath **flowing in and out**. Notice any subtle feelings like your skin tingling or a **feeling of peace**.