TAKING RESPONSIBILITY FOR ACTIONS

1. Stop blaming God for your problems.
2. Stop telling yourself you've done all you can to help yourself.
3. Stop imagining the world is a horrible place and you can't change it.
4. Stop making impossible demands on yourself. It only creates irresponsible behavior.
5. Stop imagining that other people should always do good to you, and if they don't they are at fault.
6. Learn which situations you cannot do anything about (such as weather, the attitudes of others, wars) and which you can change (your attitudes, behavior and choices.)
7. Tell yourself that you are responsible for your own actions.
8. Tell yourself that you can choose to be happy or you can choose not to be.

You are the one who controls your own behavior. These are eight ways to take responsibility for your own situations. As you read them, make them practical by saying "I choose to take responsibility by..." and then fill in the sentence with your choice.

Growing Closer by Marie Chapian p.145