



# The Blame Game

*Fill in the blanks with the first things that come to your mind:*

I can't \_\_\_\_\_ because \_\_\_\_\_

I don't \_\_\_\_\_ because \_\_\_\_\_

He/She won't let me \_\_\_\_\_

I'll never \_\_\_\_\_ because \_\_\_\_\_

Let's call this, "The Blame Game." We all play it...sometimes, our whole life. We blame people, situations, and all kinds of things for all the things we feel we lack. **You bet, crappy things happen to ALL of us, at some point; yes, ALL of us.** No one gets a free, happy pass through life. The Blame Game gives us the false idea that we're the only one that has something to blame for things that make us unhappy. We seriously think that those things don't happen to other people and that's why things are all good for them, don't we? Let's give that a little more thought. Do we really think anybody gets through with a complete "free ride?"

The truth is, no one does. The truth is, challenges are there to play chicken with us. It says, "Okay, here's the dead-on punch, now show me what you got! Show me who you really are!" Obviously, you have options...**you ALWAYS have options.** You can play the Blame Game, nurse your bruise forever, and shut down a part of your life and never try again. The sad truth is, that bruise probably only took a few days to heal, but you choose to point it out to everyone for the rest of your life. That doesn't help you or anyone else; in fact, it does a great deal of harm to all of you.

However, if you choose NOT to play the Blame Game, you quickly realize that there's more to you than the world ever dreamed of, and you stand up and RUN through the challenge and after whatever it is you want. You will probably surprise yourself as you see another side of you, but that's the most incredible and fun part of a challenge. **Until you faced the challenge, you had no idea what you were capable of.** So there you have it. That's why we need to face challenges sometimes.

Challenges come in the form of people too. There are so many of us that need to realize we can never win the Blame Game, but there are a lot of really good players out there. The seasoned players have lost all hope of everything. And as they continue making choices that drains them, they automatically have a draining effect on everything and everyone around them. The cold, hard truth is, EVERYTHING we think, do, or say either nourishes us and our lives, or it drains us and our lives. Whatever effect we have on ourselves spills over onto everyone around us, in some shape or form. These people we can politely refer to, as "challenging." You know what I'm talking about. They are a challenge for us, too.

**Still, most of the time, we feel like we have to blame SOMETHING.** We lash out at God, asking, "What kind of God would create and allow the sad and cruel parts of the world we live in?" We need to STOP for a moment and remember this: God doesn't create those things, PEOPLE create those things. Look at it this way. A loving parent teaches a child everything they know to be happy in life. The parent gives them all the tools they need to make the best life possible, and would die giving this child everything they think will help the child. The child, then, gets to decide how they will live their life and what they will choose, at every moment of their life. GOOD or BAD, the child is the only one that can control the child; the parent cannot fully control what they think or what they do, in any way. Even when the parent's heart is breaking as they watch the child bring harm to their happiness and to others, there is little they can do. But despite those "wrong choices," the parent's love continues simply because they are connected, forever.

God is the ultimate loving parent and we are forever connected to Him as His children; no matter what we or others do. He provides everything we need to be blissfully happy and to live in a state of heaven. We choose daily to accept His gifts or to turn them away. Regardless of the situation, there is ALWAYS A GIFT, somewhere, and sometimes it's the gift of learning through pain because we've turned away from learning through the countless blessings we all have in our lives. This is the harder way to live, but as always, this is our choice. It's much easier to learn through gratitude.

**So is it fitting to blame ourselves if we can't define our life as heaven?** Yes and No. Yes, we make the choices that bring or push away our happiness, on a daily basis. **RISE ABOVE THE SH\*\*!** Down-to-earth thinking from Wisconsin touches on the most common things and provides ideas to quickly overcome the simple things that are keeping us from our happiness. We have the choice to use or ignore the tools we have available, including our thoughts.

So I ask you to consider our thoughts as the only thing to blame. Look deep into yourself for a brief minute and realize that everything you think, do, or say is chosen by one of two emotions: **LOVE or FEAR. Thoughts and actions driven by FEAR is the ONLY thing to blame!** The article on my website, "LOVE YOU," explains this more, but the very core of this goes back to our understanding of who we really are. Every single one of us is a blessed and worthy child of God. Nothing we can do can ever remove that birthright. Nothing we can do can ever change who we really are and the potential we have to love and to be loved! If we just take the time every day to remember this, we will automatically make the choices that lead with love, which creates peace for ourselves and for all of the siblings of the world!

That is truly the reason for our life here. . . solely to remember our worth and to evolve into our true and blissful selves, which automatically brings peace to everyone around us, at an infinite level. Our thoughts and our choices DO affect the entire world, at every moment, good or bad. We are always impacting the world! **If you think you do not, it's only because you have forgotten who you are and why you are here.** We truly can't blame anything or anyone for our future, except on things done out of fear. Fear suppresses who we really are, and in turn, harms the world. We have to remember that we ARE human, and thus, we will be learning our entire life. Take the time each day to learn how to choose with love. Our loving Father gives us the tools and the teachings, especially through others, and knows our full potential. He loves us patiently, forever, in hopes that we allow ourselves to love ourselves and to live in the heaven that He designed for us.

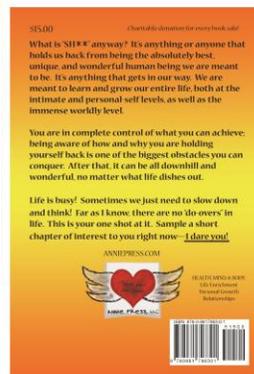
So let's all send the Blame Game down the drain for good and instead, look a little more at all of the endless options for today and tomorrow. Sending LOVE to you, because it's the truly the ONLY way to truly LIVE! ~Mary Anne

*"Raise \$1 million for charity while making the world a happier place!"*

-Mary Anne, Author  
RISE ABOVE THE SH\*\*!

More notes and book info, including events at:  
[ANNIEPRESS.COM](http://ANNIEPRESS.COM)

Find us on Facebook through email search:  
[Facebook@AnniePress.com](mailto:Facebook@AnniePress.com). ©2012 by Annie Press, LLC



**Tell every Teen you know about:**

**TEENS  
RISE ABOVE**  
TeensRiseAbove.com

-  Make life incredible, no matter what!
-  Raise your eyebrows and your standards in life!
-  Considerate gift for anyone 13 years & up!
-  We donate funds to charity for every book sold!