



Finger Pointing – Reframing the Blame

Blame is not a character flaw — it's something our nervous system does to protect us. When a situation feels painful or uncomfortable, blame steps in to create a quick sense of certainty: "The problem is out there." This helps us avoid feelings that are harder to sit with, like shame, vulnerability, grief, or the fear that we may have contributed to what's happening.

Often, blame operates like a clever psychological shield. Instead of noticing our own hurting parts, or the ways we may be disconnected from ourselves or others, our mind points the finger outward. Sometimes this includes qualities we don't like, don't allow in ourselves, or don't want to see yet. Blaming others can temporarily protect our self-esteem and keep us from feeling overwhelmed — but it can also keep us stuck in old patterns.

This worksheet isn't about blaming yourself instead. It's about gently turning inward with curiosity:

What is this reaction protecting?

What part of me is hurting, scared, or needing something?

And how can I respond in a way that is grounded, self-led, and honest?

Can you remember the last time you blamed someone for your discomfort?

This exercise helps you get to the root of what you're really feeling so you can free yourself from old stories and become more present in the moment.

Blame is not a flaw — it's often a protector that shows up when something in us feels threatened, ashamed, or overwhelmed. Together we'll get curious about what's underneath it.

- Describe the Situation: Write out a time you were pointing your finger, as if blaming someone for your upset.
- The Belief in the Moment: Complete the sentence: "If only they would just _____, then I can _____."
- Quality you are Reacting To: What behaviour/ quality are you judging them for?
- Your Relationship with it: What is your own relationship like with that quality/ behaviour? Do you allow it? Does it need to look or sound a certain way?
- Rules you Learned: What are the rules around this quality/ behaviour, and where do they come from in your history?
- Is it still serving you: Is it helping you today to keep judging that quality/ behaviour? Or could you feel more free if you could accept that in yourself and others?

Gentle Reframes:

- Instead of: "They made me feel...". try, "A feeling arose in me when..."
- Instead of "It's their fault I'm upset", try, "I'm noticing a reaction in me that needs attention".
- Instead of "They are so arrogant...", try, "I am not comfortable experiencing arrogance, it feels like a power over, do you need to believe it"?