## Day 9:  Taking responsibility empowers you to trust yourself more

I want to start out by talking about victim consciousness. Most people in their lives at some point have been victimized where some sort of trauma has taken place that has caused suffering.  Victim consciousness is just an unhealthy coping mechanism where our power has been taken away and we view life from a negative perspective. It usually involves complaining and thinking that life is against us which is usually associated with a lack of self love or lack of self worth.

Most people refuse to see the role they play in their experience which causes them to feel powerless with no control over creating their own existence. These circumstances could create the feeling of "why is this happening to me?"

If this is you, you need to understand that this was just something that HAS happened in the past and it doesn't have to be the way you move forward.  You don't have to let unresolved trauma or childhood patterns control your life.  You get to decide.

I think this is really important to talk about because this often keeps us from taking responsibility and it can keep us from owning our choices and actions.

We don't always have control over our circumstances but we do have control over how we respond to what is happening.  When we respond, connected to our power, in tune with how we want to live and what actions we take, we have more control over what the outcomes are.

Responsibility literally means the ability to respond and when you have control over how you respond you are creating your reality in a way that either allows you to have a positive experience or a negative one.  And when we take ownership of our decisions, it allows us to move forward in an empowering way, resulting in more self trust.

Sometimes this requires that you make different choices about how you view the world, how kind the universe is to you and how you are going to make your life better.

You can choose to focus on positive things, you can choose how you show up for yourself, and you can choose to start to believe that the universe is a friendly place.

I'll never forget when my therapist said to me, Lisa, do you think the universe is a friendly place and without hesitation, I said no I don't.  And she said this is your problem.  When you view life as hard and difficult with so much suffering, then this all gets reflected back to you.  This is how the universe works.  Whatever you are focused on is what you create more of and whatever you believe is true.  So you can decide to view things differently.  You have to own full responsibility for your own happiness and well-being and you can.

This means being able to depend of yourself, keeping your commitment to yourself and not abandoning yourself. It means choosing different thoughts when you are having negative ones.

This is about you stepping up and saying I'm ready to become more of who I am, I am ready to create my life in a very intentional way and I know I am the only one that can make different choices for myself. And when you do this you are saying to yourself that you are capable of creating the life you want. This is how you become empowered.

So there's also the possibility that you are someone who has too much self imposed responsibility?  This can be very empowering but could also be a trauma response to try and control circumstances.

Or maybe you feel overwhelmed by the responsibility that you have.  In this case it's important to be able to allow yourself to delegate or receive

the help you need so you can trust you will do what's in your best interest to take the best care of yourself.

Regardless of where you are on the scale of too little or too much responsibility, knowing where you are and how you need to proceed to create balance will allow you to trust yourself more.

Creating change for yourself looks like commitment to the practice of becoming more of who you want to be and doing it consistently. Persistence is what gets you your desired outcome.

**To Become more responsible:  Here are some things you can do…**
Set goals and intentions so you can hold yourself accountable.

Avoid negativity and don't complain, instead find something positive to focus on.

Don't procrastinate

Stop making excuses for yourself. Own when you make a mistake but forgive yourself and be kind to yourself about it.

Be consistent and persistent

Practice a healthy mindset, self control and more self love.

Listen you yourself.

Do things to build your self-confidence


**To become more balanced with responsibility:**
It important to check in with yourself to see if you are taking on too much.

Are you taking on things that aren't yours to take on?  Emotionally or physically?

Practice self care

Know what your boundaries are and stick to them.

Be able to delegate.

The purpose of this section is to know that regardless of whether you are too responsible or not taking enough responsibility for your life, when you create the balance of owning your decisions, responses, and your actions you can become empowered which will allow you to trust yourself and move towards a healthier relationship with yourself.