



It's Not Me, It's You

Use this self-doubt reality check when someone's reaction makes you wonder, "Did I do something wrong?" Answer honestly. If most answers are yes, there may be something to own. If most answers are no, pause before blaming yourself.

10 QUESTIONS BEFORE YOU BLAME YOURSELF

- 1 Did I actually say or do something unkind, careless, or disrespectful?
- 2 Did I ignore something they clearly asked for or told me mattered?
- 3 Did I break a promise, agreement, or responsibility I had accepted?
- 4 Did I act against my own values, even if no one else had reacted?
- 5 Did I have enough information at the time to know this could hurt them?
- 6 Can I clearly name the specific action I need to take responsibility for?
- 7 Is my guilt based on facts, not just their mood, silence, or disappointment?
- 8 Did I refuse to listen when they tried to explain how they felt?
- 9 Did I respond in a way that made the situation worse?
- 10 Would I tell a friend in my position that they should apologize?

AFTER ANSWERING HONESTLY, I THINK

- | | |
|---|--|
| <input type="checkbox"/> I may need to apologize. | <input type="checkbox"/> I may need to clarify what I meant. |
| <input type="checkbox"/> I may need to set a boundary. | <input type="checkbox"/> I may need to stop overexplaining. |
| <input type="checkbox"/> I may need to stop blaming myself for someone else's behavior. | |

THE TRUTH I NEED TO REMEMBER

"You can be accountable without accepting blame that does not belong to you."

Still need words for the moment?

Find scripts and confidence guides for awkward real-life moments from Better Words Studio.