



RELATIONSHIP RESCUE REMEDY
FIVE DROP FORMULA

Module 3- Accept Responsibility

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Drop the blame

Accept Responsibility...
give up the *'blame game'*



**Who's
responsible...**



**Accept
Responsibility!**



ACCEPTING RESPONSIBILITY

...The Great Turning Point In Life



5 Worst Part of Blame

- Other people, circumstances or events, all have power over you
- Leaves you thinking, feeling, and acting like a victim.

... you lose your power!

The 'Victim' Mentality

- You feel powerless to change things
- Your feel energy is depleted
- Only way to make it better is to leave the relationship.



Qualities Of Nature



Ignorance... It's all your fault!

Qualities Of Nature



Passion... It's all about ME!

Qualities Of Nature



Goodness...I am responsible

Accepting Responsibility

Doesn't mean:
You are at fault

Does mean:
you are ready to
move beyond the
'Blame game'





Regain Your Power

- Be courageous...look at your contribution
- Own the part YOU play

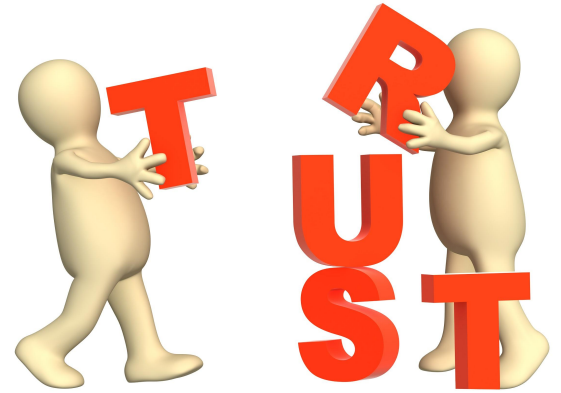
Accepting Responsibility... empowers you to move forward in your relationship

Discover Your Own Contribution



- Realise you can only change yourself
- Ask yourself... what part of what they are saying is actually true?
- Ask the other person what you are doing wrong

Building Trust



- Assume they are not ‘out to get us’
- Act with genuine humility
- Assume the other person’s ‘Best Intentions’

**How we deal
with each
other...
provides the
solution!**



5

**No one is
cooperating
with me!**



You be the good example...
(letter to disciple, August 26, 1972)

Act Responsibly



Drop the flame

(**Calm down** - be conscious of what's happening)



Drop the vain

(**Be open** - understand how it is for the other person)



Drop the blame

(**Stop blaming others**)



Homework

Only works when you use it

Use it or lose it!



Drop the blame

Homework

1. **'I am Responsible'**... read pdf attachment 5 times
2. **Practice new mindset**... write down 3 instances where you accepted 100% responsibility and reflect upon the difference it made



Drop the pain

Next up...

- Resetting your relationship...
back to that loving place
- Clearing out all the junk...
that's been '*swept under the rug*'

