

**THE 6 RULES
OF WHAT IS WRONG
IN OUR RELATIONSHIP**
(And What Can Be Done to ***FIX*** It)
Displacing Responsibility

1. You did something wrong, bad, hurtful, inconsiderate, etc.
2. My feelings were caused by what you did.
3. My apparently bad actions were caused by yours, were reasonable and necessary in light of what you did.
4. If you will only acknowledge your sin...
5. And accept your punishment, usually in the form of apologetically groveling before me or of taking my anger without complaint...
6. And change your behavior in the future...

I CAN BE HAPPY.

**THE 6 RULES
OF WHAT IS WRONG
IN OUR RELATIONSHIP**
(And What Can Be Done to ***HEAL*** It)
Owning Responsibility

1. You did something which I chose to interpret in a painful way.
2. I interpreted it that way due to a whole collection of seemingly good reasons. But my real reason is that I have a love affair with pain, simply because pain keeps my ego intact.
3. I used your behavior as an excuse to attack you. Your behavior didn't justify my attack. I am simply addicted to attack. And since I am going to do it anyway, I am constantly looking for things that make it look justified, reasonable and necessary.
4. If I will only acknowledge that it is my own thought that hurt me, not yours...
5. And be willing to change my hurtful thoughts by forgiving you for what you did not do...
6. And be willing to give you love and not attack...

I CAN BE HAPPY.