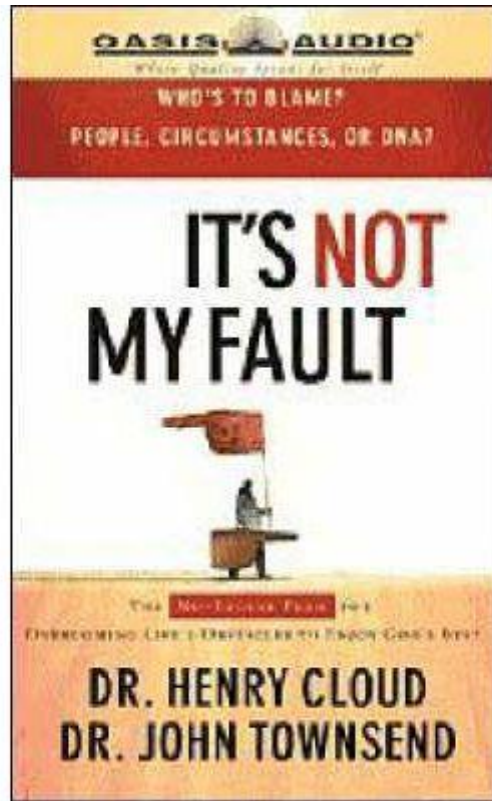


It's not my Fault by Dr Henry Cloud and Dr John Townsend
Book Review/Notes



- “The fool repeats his folly”. This means that when we are not seeing our own patterns of behaviour and taking responsibility for them, we are going to repeat them. (p18)
- Blame only diverts us from the real problem. Change your focus. Focus on the result of what you’re doing. Focus on the misery, your patterns. Then look at the result. Why the problem is there means nothing. Solving the problem is all that matters. (p26)
- Pg 50-51 – The 4 Horsemen of Defensive Thinking
 - Denial – “My kid couldn’t have done that” – denial preserves us from the stress of tackling the appropriate problem that needs solving
 - Minimizing – “She’s overreacting” – minimizing helps anesthetize the discomfort of a problem
 - Excusing – “But my wife doesn’t understand me” – Excusing shifts the ownership and responsibility of a problem onto someone else
 - Rationalizing – “My son acts out in class because he’s a natural leader, not someone who blindly follows the rules” – Rationalizing tries to pretend the problem doesn’t really exist
- Don’t be afraid to say “I need to know what is true, not what I hope is true”. (p54) Accepting reality gives you a fresh start
- Always find the choices in a situation. Identify the options, opportunities and solutions then figure out what it would take to achieve them.
- Learned helplessness (p71) – When people believe they have no good choice, they feel powerless and helpless and quit trying. They then develop a way of seeing themselves as powerless in relation to the world.

- Add structure to your program to help with accountability if you struggle to stick with something (eg a weekly meeting with someone you respect to discuss your situation)
- Eliminate temptation – if you can get rid of what tempts you, do it! Don't have sweets in the house if you are trying to cut down on your sugar consumption
- Ask for help – if it's too hard to avoid junk food when you grocery shop, ask a friend to go with you and keep you on track; get a workout buddy so you don't skip exercise
- Ask yourself what emotions you're feeling when you feel tempted to fall back into an old, destructive routine. Find out what causes the weakness and try to deal with the root cause
- When you understand your fears, you are free to reject them
- Don't be afraid of risk! Don't be afraid to do something new. Success comes when you are willing to change. Albert Einstein said, "Insanity is doing the same thing over and over again and expecting different results."
- Say no to anything that would divert you from your goals and dreams. Always dreamed of running a marathon? Then don't hang around with couch potatoes
- Don't just focus on your goal but also focus on the process of achieving the goal. Focus on the small things that you need to do to get closer to achieving that goal. A farmer doesn't just focus on harvesting his crop. He focuses on tilling the soil, planting the seed, pruning and weeding, and finally harvesting.