

# Success Skill 6

## Accepting Personal Responsibility

### **Victim vs. Creator**

Which will you choose?

# CHOICES OF SUCCESSFUL STUDENTS: ACCEPTING PERSONAL RESPONSIBILITY

## Successful Students . . .

**adopt the Creator role**, believing that their choices create the outcomes and experiences of their lives.

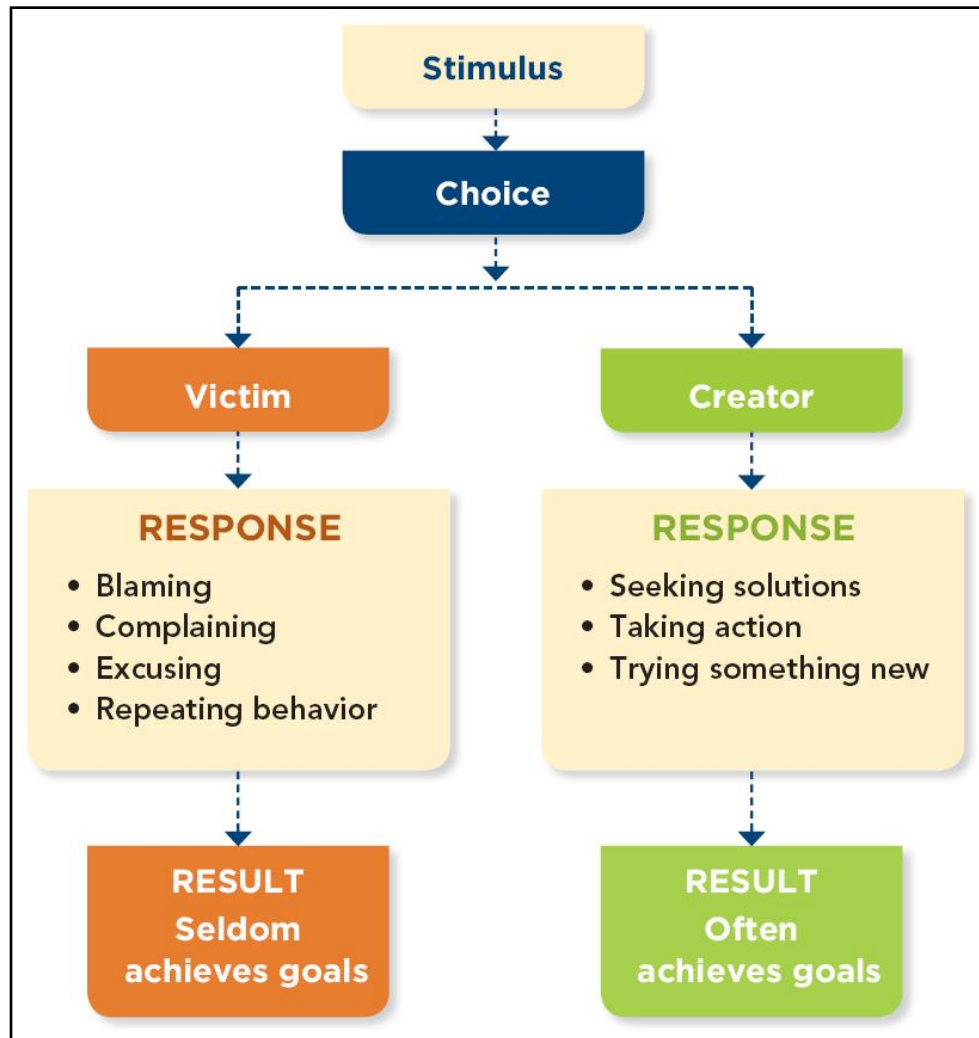
**master Creator language**, accepting personal responsibility for their results.

## Struggling Students . . .

**accept the Victim role**, believing that external forces determine the outcomes and experiences of their lives.

**use Victim language**, rejecting personal responsibility by blaming, complaining, and excusing.

# RESPONSIBILITY MODEL



# CHANGING VICTIM LANGUAGE

## Victim's Language

- \* Blame self or others
- \* Complain
- \* Make excuses



## Victim's Results

- \* Waste time and energy
- \* Seldom achieve desired outcomes & experiences

# CHANGING VICTIM LANGUAGE



## Victim Statements

- \* If I weren't so stupid, I wouldn't have to take this dumb class again. (Blame self)
- \* I would make the team if the coach was fair. (Blame others)
- \* My teacher won't accept my paper late. I never get a break from anybody. (Complain)
- \* I didn't have enough time to do the assignment. (Excuse)

# CHANGING VICTIM LANGUAGE



- \* All of these statements are about blaming, complaining and making excuses.
- \* None is about taking ownership or action!

# CHANGING VICTIM LANGUAGE

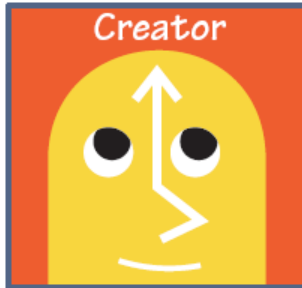


- If I weren't so stupid, I wouldn't have to take this dumb class again.

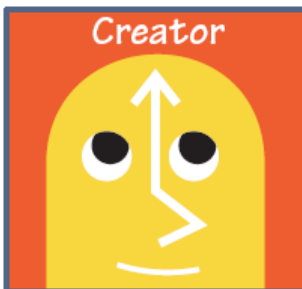


- I would make the team if the coach was fair.

# USING CREATOR LANGUAGE



- I know I didn't spend nearly enough time studying last semester. I'm going to study this subject from 3:30 to 4:30 every day. I'll also go to the tutoring center for two hours on Tuesdays and Thursdays.



- I'm going to increase my strength, speed and skills so I can earn a position on the team.



## APPLYING THE CONCEPT:

### IDENTIFYING VICTIM & CREATOR STATEMENTS

- ✦ I got cheated on this grade!
- ✦ I'm going to meet with my teacher to find out exactly what I need to change.
- ✦ I know I'll do lousy this term because my schedule is so messed up.
- ✦ People on my study team are lazy and worthless. I'm quitting.
- ✦ I didn't understand the tutor I saw today. I'll go back tomorrow and see if I can find a different tutor who explains things in a way that makes more sense to me.

# SUMMARY

Choose words that support your success:  
Change Victim language into Creator language.

By taking ownership and action, Creators escape the negative trap of Victim thinking and move closer to creating their desired outcomes and experiences.

