

HOW IT'S DONE



Accountable vs Victim

Below is a chart that is divided into two categories – Accountable and Victim. Each of the categories is then divided into Benefits and Disadvantages. You will also notice a label next to the benefits and disadvantage, LT or ST. LT stands for Long Term and ST stands for Short Term.

For example, the benefits of accountability are Long-Term whereas the disadvantages are Short-Term. Your health is mostly lifestyle related and a choice; the benefits are long term if you are willing to do the right amount of exercise. I might not like doing pushups (ST), but I do enjoy my strength and balance capabilities (LT).

Accountable Thinking		Victim Thinking	
Benefits (LT)	Disadvantages (ST)	Benefits (ST)	Disadvantages (LT)
Courage	No one to blame	Easy	No Hope
Empowering	More effort	Not my fault	Uncomfortable
Clarity	No excuses	No responsibility	Denial
High Energy	Some pain	Resignation	Low Energy
Winning	Limits choices on the front end	Familiar	Status quo
More Choice/opportunity	Cost can be higher	Blame others	Losing
Respected	Requires Focus and determination	Blame circumstances	Limited opportunity
Self-respect	Short term stress	Predictable	Waiting for something to change
Growth/Success	Deferred gratification	Sympathy/empathy	No Respect
Comfortable		Attention	Low Self Esteem
Self-satisfaction		Compassion	Entitlement thinking
Motivating		Takes less energy	Mediocrity at best
Fulfilling		Inexpensive	Few choices
Accelerates performance		No guilt/responsibility	Misery/unhappy
Incentive to do more		Avoid choices	Frustration
		Results more immediate	Powerlessness
			Self-sabotage