

## Blame Cost-Benefit Analysis\*

Advantages of Blaming the Other Person	Disadvantages of Blaming the Other Person
1. It's easy. I won't have to change.	1. Nothing will change.
2. I can feel self-righteous and morally superior.	2. This attitude will turn the other person off.
3. I won't have to get close to the other person. I can keep them at a distance.	3. We won't be able to develop a better relationship.
4. I'll feel powerful.	4. I'll be powerless to resolve the conflict.
5. I'll be convinced that the problem <i>really is</i> the other person's fault. This lets me off the hook.	5. The other person will be equally convinced that the problem is all my fault. We'll blame each other endlessly, and no one will give in.
6. TRUTH will be on my side. I'll feel like I'm right and the other person is wrong.	6. The other person will be equally convinced that I'm wrong and that she or he is right.
7. I can play the role of victim.	7. The role of victim can get tiresome. I may get addicted to self-pity.
8. I won't have to feel vulnerable. It feels safe.	8. I'll hide my feelings and the other person won't see how I really feel inside.
9. Blaming the other person will protect my self-esteem and pride.	9. I'll deprive myself of any chance for love or intimacy.
10. I won't have to feel guilty.	10. I may feel guilty anyway.
11. I can hide my faults and deny my own role in the problem.	11. I'll be blind to my role in the problem and may have an overly positive view of myself.
12. I won't have to experience the pain and humiliation of self-examination. I won't have to feel ashamed.	12. I won't grow or learn anything new.
13. I'll show that I can't be pushed around or taken advantage of.	13. I'll give the other person the power to control me by pushing my buttons.
14. I can fantasize about getting revenge on the other person.	14. The other person may fantasize about getting revenge on me.
15. I can do mean and petty things and tell myself that she or he deserves it.	15. The other person may retaliate.

(continue on reverse)

## Blame Cost-Benefit Analysis (cont'd)\*

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| <b>16.</b> I can get back at the other person and do nasty things behind their back.                   | <b>16.</b> I may hurt them.  |
| <b>17.</b> I can tell myself that I have <b>every right</b> to be angry.                               | <b>17.</b> I also have the right to feel happy.  |
| <b>18.</b> The anger will give my life purpose and meaning.  | <b>18.</b> I may get trapped in my anger.  |
| <b>19.</b> Life will seem dramatic and exciting. The conflict will make me feel special and important. | <b>19.</b> The constant fighting can be exhausting, demoralizing and a waste of time.      |
| <b>20.</b> I can gossip about what a loser the other person is and get sympathy from other people.     | <b>20.</b> People may get tired of my complaining.   |
| <b>21.</b> I can scapegoat the other person and look down on them.                                     | <b>21.</b> This may set a bad example for friends and family members.                      |
| <b>22.</b> I can tell myself that the other person is a jerk and that they're not worth the effort.    | <b>22.</b> This mindset may function as a self-fulfilling prophecy.                        |
| <b>23.</b> I can put up a wall and take pot shots at the other person.                                 | <b>23.</b> I may keep smashing into the wall that I've created.                            |
| <b>24.</b> I can reject the other person.  | <b>24.</b> I'll lose the chance to solve the problem and get close to him or her           |
| <b>25.</b> I can comfort myself by overeating, drinking or using drugs.                                | <b>25.</b> The constant resentment may lead to headaches, fatigue, or high blood pressure. |
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