The Language of Responsibility Model

Stimulus

Choice

Victim

Response
- Blaming
- Complaining
- Excusing
- Repeating behavior

Result
Seldom achieves goals

Creator

Response
- Seeking solutions
- Taking action
- Trying something new

Result
Often achieves goals
<table>
<thead>
<tr>
<th>VICTIM LANGUAGE</th>
<th>CREATORS LANGUAGE</th>
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</thead>
</table>
| Victims Focus on their weaknesses  
I’m terrible in this subject. | Creators focus on how to improve  
I find this course challenging, so I’ll start a study group and ask more questions in class. |
| Victims make excuses  
The instructor is so boring he puts me to sleep. | Creators seek solutions  
I’m having difficulty staying awake in this class, so I’m going to ask permission to record the lectures. |
| Victims complain  
This course is a stupid requirement. | Creators turn complaints into requests  
I don’t understand why this course is required, so I’m going to ask my instructor to help me see how it will benefit me in the future. |
| Victims compare themselves unfavorable to others  
I’ll never do as well as John, he’s a genius. | Creators seek help from those more skilled |
| Victims blame  
The tests are ridiculous. The teacher gave me an “F” on the first one. | Creators accept responsibility |
| Victims see problems as permanent  
I’ll never understand this subject. It’s a waste of time to study. | Creators treat problems as temporary |
| Victims repeat ineffective behaviors  
Going to the tutoring center is no help. There aren’t enough tutors. | Creators do something new |
| Victims try  
I’ll try to do better. | Creators do |
| Victims predict defeat and give up  
I’ll probably fail. There’s nothing I can do. I can’t... I have to... I should... I quit... | Creators think positively and look for a better choice |