The Language of Responsibility Model

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                    ┌─────────────────┐
                    │    Stimulus     │
                    └────────┬────────┘
                             │
                    ┌────────▼────────┐
                    │     Choice      │
                    └────────┬────────┘
                 ┌───────────┴───────────┐
                 │                       │
         ┌───────▼───────┐       ┌───────▼───────┐
         │    Victim     │       │    Creator    │
         └───────┬───────┘       └───────┬───────┘
                 │                       │
         ┌───────▼───────┐       ┌───────▼───────┐
         │   Response    │       │   Response    │
         │ • Blaming     │       │ • Seeking     │
         │ • Complaining │       │   solutions   │
         │ • Excusing    │       │ • Taking      │
         │ • Repeating   │       │   action      │
         │   behavior    │       │ • Trying      │
         │               │       │   something   │
         │               │       │   new         │
         └───────┬───────┘       └───────┬───────┘
                 │                       │
         ┌───────▼───────┐       ┌───────▼───────┐
         │    Result     │       │    Result     │
         │ Seldom        │       │ Often         │
         │ achieves      │       │ achieves      │
         │ goals         │       │ goals         │
         └───────────────┘       └───────────────┘
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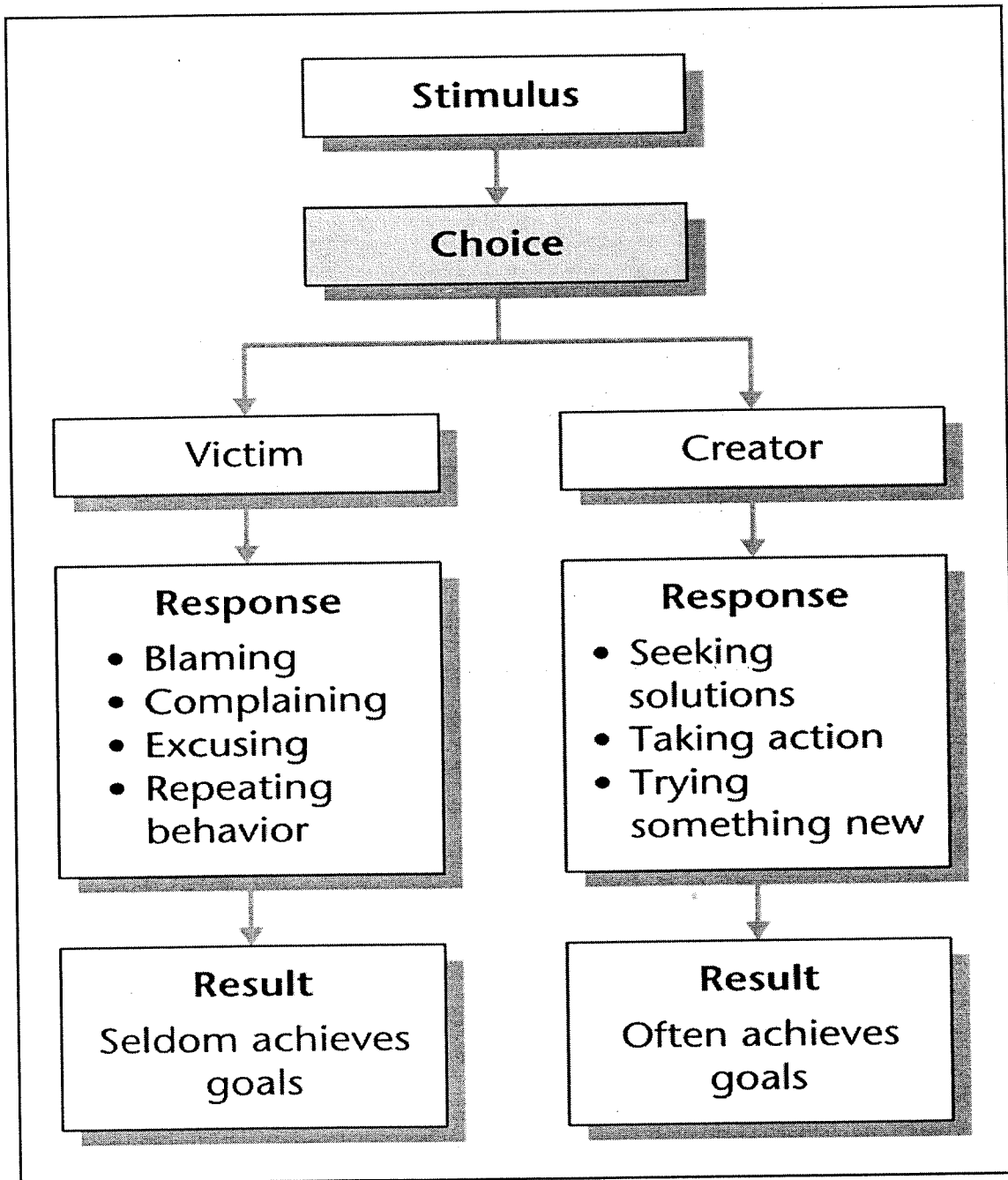
VICTIM LANGUAGE	CREATOR LANGUAGE
Victims Focus on their weaknesses I'm terrible in this subject.	**Creators focus on how to improve** I find this course challenging, so I'll start a study group and ask more questions in class.
Victims make excuses The instructor is so boring he puts me to sleep.	**Creators 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**