

## **BLAMING OTHER PEOPLE**

After having a head injury in the family, many people take time to reflect on their lives.

Feeling discouraged about the past and having less hope for the future often leads people to focus on mistakes. Some people blame themselves.

Others get caught up in blaming family members, friends, professionals or other people.

Blaming usually centres on four major areas:-

1. Families' troubles and bad choices made well before the injury.
2. Causing or failing to prevent the injury.
3. Failing to help your injured family member get better.
4. Causing new problems for the family after the injury.

Know the dangers of a focus on blaming and instead pursue constructive alternatives:

- Blaming others will be seen as a negative approach and a positive attitude is critical for success. People respond better to people who have a positive attitude.

- You may be seen as bitter and negative. Other people will be uncomfortable around you and choose to avoid you.
- A focus on blaming will hurt relationships with other people including people whose support you need.
- Recognise that human nature often leads people in stressful situations to turn on those who are closest to them. Make a commitment to strengthen your family and fight the temptation to blame individual family members.
- A negative attitude makes it harder to give 100% effort. You may be seen as undermining efforts on behalf of the patient.

You can change yourself more easily than changing other people. Be careful about becoming preoccupied with other people's faults and problems with the system of care. Instead focus on what you can do to make things better now.