

Are you responsible for everything that goes on in your life, good or bad?



When we think of our lives and all that goes on with us on a daily basis or in the past, we tend to subdivide some parts. We put what happened in the past towards the doing of other individuals, well some of, I know I did.

Spoiler alert! You are responsible for each and everything that goes on in your life.

I know you might start to wonder but wait a minute Lennon are you saying that everything that happens is my fault? Even the bad stuff? What about that time when my girlfriend cheated on me with my best friend, (ouch) was that my fault? What about the passing of my grandparents is that my fault too?

Well hold on, like one friend of mine once said “if you want to eat an elephant, you have to chop it into tiny pieces.” With that said let's start chopping our responsibility elephant.



Responsibility Vs Fault

Though many tend to confuse responsibility and fault, they are not one and the same thing. Let's start with an example: if I punch you in the face and break your nose (ouch). I am at fault and legally responsible to compensate you. Even if it was by accident (well that can never happen) but nonetheless I would still be responsible for that form of conduct. Sadly that's how things work if you mess up you ought to clean up after yourself.

On the other hand, let's present a different case. There are some problems which are our fault at all. For example, if you woke up one morning and there's a baby on your doorstep that would not be your fault, but the baby would now be your responsibility. What you would choose to do with the child be it keeping it, feeding it to your dog or giving it up for adoption. Those would now be problems associated with your responsibility and entirely up to you to deal with.

If someone decides to steal your car that would not be your fault at all, but you are sorely responsible for how you will react and the actions you will take physically and emotionally afterwards.

By now you should be getting into my headspace. We face plenty of situations in life which we are responsible for that are not our fault all the time. Sadly that's just part of our lives.

Responsibility is in the present tense and fault is in the past tense. Fault results from choices that have already been made. Then responsibility results from the choices you are currently making every day. You cannot blame someone else for your problems in life and make them responsible.

Many people may be to **blame** for your unhappiness but you are the only person **responsible** for your happiness. What's funny is we always take credit for all the success in our lives. Real learning comes from taking responsibility for our problems.

Footnote: Mark Manson (Author & Publisher)
#1 New York Times Best Seller
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