

# Spiritual Accountability

An exercise based upon Jay Fiset's book,  
Reframe Your Blame: How to be Personally Accountable

presented by

**Personal Best  
Seminars**

**Support material and exercise for  
Episode Two of the Accountable Conversations radio program.**

# THE EVOLUTION OF PERSONAL ACCOUNTABILITY

<p><b>Personal Accountability:</b> A framing device that eliminates blame of self and others, providing the power of choice, participation, and co-creation of the experiences and results in our lives, real or imagined.</p>		
NO BLAME	<p><b>Spiritual Accountability</b></p> <p>I am a Spiritual Being having a human experience. My purpose here is to experience myself, remember who I am, and evolve at a spiritual level. I co-create everything based on this. I even choose my parents, and I choose the time, place, and method of my death through every choice I make in my entire life.</p>	GENERATOR
	<p><b>Practical Accountability</b></p> <p>I co-create my results and experiences in life. I focus on my choices without blame. There is a lesson in everything, and I choose to find it.</p>	
	<p><b>Emotional-Response Accountability</b></p> <p>I cannot always control or influence the events in my life, but I always have a choice about how I will feel about them. I respond without blame.</p>	
BLAME	<p><b>Self-Righteous Victim</b></p> <p>I cannot always control or influence the events in my life, but I always have choices about how I will feel about them and how I will respond. I can do this and still blame others, the world, and circumstances for my life.</p>	DRAINER
	<p><b>Self-Blame Victim</b></p> <p>I made bad or stupid choices. My life is my fault. There is something wrong with me. I am power-less to influence my life, world, and future.</p>	
	<p><b>External-Blame Victim</b></p> <p>Someone, something external to me, has done me wrong. If this had not happened, then my life would be better. They did it to me, and there is nothing I can do about it. I am powerless to influence my life, world, and future.</p>	
<p><b>Victimization:</b> A frame of reference, experience, or belief (real or imagined, internal or external) involving blame that removes or distances power, choice, and action. Consciously or unconsciously accepting and believing that you are a Victim.</p>		

This chart is excerpted from [Reframe Your Blame: How to be Personally Accountable](#), by Jay Fiset.

The chart on the previous page represents the six levels evolution to Personal Accountability. You may find that one particular level resonates with you overall, but most will find that different levels apply to different areas of their life. That is, one person will find that they are more typically a Self-Blame Victim in their finances, but may experience Emotional-Response Accountability in, say, their relationships.

In Episode 2 of the Accountable Conversations radio program, Jay Fiset and Annabelle Bondar spoke at length about the concept of Spiritual Accountability. Please review the explanation of Spiritual Accountability now.

Annabelle shared that her experience of cancer was very much about accepting that this experience was one she had decided upon even before she arrived on the planet. Her strength came not from “wishing it never happened” or on the familiar “why me?” experience, but from learning what she could from the experience in order to improve her life overall.

Keep in mind that we’re not suggesting that you must adopt this particular viewpoint, or that it is absolutely and unequivocally correct. This is merely the belief and opinion of the author. However, if this particular belief framework can make your experience of life easier and more joyful, might it not be something worth exploring?

### EXERCISE

Imagine that there are no accidents, that EVERYTHING in your life is co created at a spiritual/divine level.

Consider your most significant victim experience or personal challenge. If this experience is not accidental—if you called it forward for your human and spiritual evolution—if it was co-created by you and some greater entity, however you define it (God/spirit, the universe, universal life force), then consider these questions:

What is the lesson that comes from this experience and how can you apply it to improve your overall life experience?

What is the gift of this experience, and what clues might it give you to your life mission?

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The Three Forces diagram and concept above is an excerpt from Reframe Your Blame: How to be Personally Accountable, by Jay Fiset. To learn more about the book or to purchase a copy, please visit [www.reframeyourblame.com/buy-book.php](http://www.reframeyourblame.com/buy-book.php).

This resource was provided by Personal Best Seminars in support of the Accountable Conversations radio program, hosted by Jay Fiset.

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