

# Excuses

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 Four of the Accountable Conversations radio program.

The following is an excerpt from Jay Fiset's book, Reframe Your Blame: How to be Personally Accountable.

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## **The Payoffs and Protections of Victimization**

I have been telling you throughout this book that victimization is not accidental. This is a simple concept, yet at the same time it seems paradoxical. Intellectually, we are quite sure that we don't want to be victimized. So why do we play the game?

Simply put, Victims obtain two invaluable things: a payoff and protection. We as human beings do *nothing* unless there is something in it for us. Even the most selfless acts imaginable provide a payoff for those performing them. They get to reinforce their beliefs and prove themselves right about themselves, the world, and their place in it.

The same is true for victimization. When we choose to frame ourselves as Victims—and this is usually unconsciously—we get a powerful payoff that more than makes up for the discomfort, and we are protected from consequences, both real and imagined.

Now, some people are going to say, "Hey, wait a minute. That's not true! There's no payoff. All I get is pain, disappointment, and hurt—things that I want to be protected *from*."

### **Victim Payoffs**

Don't let the word "payoff" make you think that a payoff is positive, fun, or wonderful. Payoffs can be quite negative.

Think of a child who desperately needs attention and recognition. *All* humans do. If these basic human needs aren't met, the child will either retreat into isolation and mental illness or figure out a way to be fulfilled through negative behavior. Misbehaving and getting punished is better than being ignored, better than being an invisible non-person.

The same is true for adults who feel they cannot ask for and receive acknowledgement in a healthy and direct way. Victim patterns are nothing more than a method of getting essential needs met in an indirect and, at times, unhealthy manner.

Common payoffs include:

- Excuses
- Recognition
- Deception

## Excuses

The primary payoff for Victims is that they get an excuse not to risk and not to be personally accountable. What kind of excuses can ongoing Victim framing provide?

- An excuse not to be completely independent
- An excuse to work fourteen hours a day
- An excuse to be alone
- An excuse not to ask for support and love
- An excuse to give up and quit
- An excuse to maintain addictions
- An excuse to lie and deceive others
- An excuse to settle for how it is
- An excuse to stay small

This list could go on indefinitely.

Before you do the Activity below about excuses, let me get you started by offering my own example. The theft of the majority of my net worth and of significant amounts of money from my friends, family, and staff provided me with the following excuses:

- Not to meet my financial goals of being 100% debt free by a certain date.
- Not to pay promised dividends to investors in Personal Best Seminars for two years.
- To go back to working fourteen or more hours a day, something I had vowed not to do.
- Not to follow my dream of moving to Mexico where I'd live on the beach and work only to train facilitators and coaches.
- To wear myself down and not take any holidays.
- To beat myself up for being stupid and incompetent.
- To start using my credit cards again.
- To take on an outside part-time job on the Investors' Committee, trying to recover the money.
- To ignore and avoid one of my businesses that was performing only marginally.
- Not to reward myself, as planned, with a beautiful classic collector Ferrari.

I could continue, but I think that you get the point. Now, what excuses is your victimization giving *you*?

### Activity – Excuses

Your turn. Start with your most significant Victim story and write down *all* the excuses you got or are getting from that experience. Then continue to examine *all* the excuses that your victimization in general has provided you.

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To learn more about the book, [Reframe Your Blame: How to Be Personally Accountable](#) or to purchase a copy, please visit [www.reframeyourblame.com/buy-book.php](http://www.reframeyourblame.com/buy-book.php).

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