



Clean up your side of the street

Cleaning up your side of the street, is very empowering, and even more freeing than you can even imagine. It gives you a way to go back and clean up things, that could have been handled differently. I am not asking you to “*take the blame*” for the entirety of what occurred, or to blame yourself at all, it is not about that. It is about taking responsibility for the part you played, and a willingness to consider the other persons feelings in the matter. Saying you’re sorry for the part you played, even if you didn’t start it, sets YOU free. What the other person decides to do, is not your concern, because blame and resentment are heavy weights to carry. But, not quite as heavy as *needing to be right*.

Many people are under the false impression, that if we give in, or take responsibility, we will be blamed, hurt, or taken advantage of. And the truth is, allowing yourself to be vulnerable, by admitting your mistakes, is where you can claim your power, because there is nothing anyone can take from you, that you haven’t already given.

So, I encourage you to make a list of the things, that you still put yourself on the hook for and see if there is something that needs to be cleaned up. Whether it be, to tell the truth, share something you have been hiding, needing to apologize for acting unreasonable or overreacting, treating someone in a way that you would not want to be treated (even if they did worse to you), or admitting when you are mistaken.

Remember, it is not important whether you are forgiven by the other party. What is key Here, is that you do everything you can to clean up your messes, so you can easily and justifiably take yourself off the hook. By doing so, it becomes easier to stop beating yourself up for things that you have already paid the price for.

Don't you agree that, it is time to put down this backpack filled with bricks and retire it once and for all!!