

**Taking Responsibility For Your Own
Emotional Health and Happiness**

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I. Breaking the curse of blame transfer

1. Signs of blame transfer

A. Defensiveness

B. A critical spirit toward your spouse

C. Hopelessness/Victim Mentality/Self-Pity

2. Exposing the curse of blames transfer

II. The Four Emotional Facts of Life

1. No external person or event in life controls my level of emotional health or happiness, my response to them.

2. We marry according to our own level of emotional health.

3. The only way we can change people around us in a positive manner is to take responsibility to change ourselves and to do the right thing first.

4. Emotionally healthy people can act positively in spite of the behavior of others. Emotionally unhealthy people are followers, responders and victims. This is why they live in the vicious cycle of bad relationships.
