Dr. Henry Cloud

It's Not My Fault Small Group Study - 8 Sessions

## Session 1: You Can Own Your Own Life

There are two groups of people: those who take responsibility for their lives, and those who don't. In this series, based on the book *It's Not my Fault*, Drs. Cloud and Townsend address this topic with wisdom gained from both research and experience. The information and guidance offered in the book and this series can transform your life! You will find solutions not only for those areas where you feel stuck and want to get moving, but even for those seemingly hopeless situations. Designed to help you take responsibility for your life, and not allow blame to keep you from living the life you want—you will learn to take charge and experience a happier, more productive life.

Dr. Cloud begins with a fascinating story about a federal judge's ruling on a situation involving a McDonald's hamburger. There seems to be a great deal of confusion about the difference between fault and responsibility. We can and should own our lives, even if bad things have been done to us. When you use your ability to respond, you take ownership of your life—and you are no longer a victim, but a victor!

## Small group discussion questions:

1) Identify a situation in which you feel there is nothing you can do.

2) We all need some role models who have dealt with situations similar to ours. Who can you look to for encouragement?

3) In order to get started, do you need to go to a group, get a counselor, or find some friends who can help?