

Section 4: Blame

Chapter 1: The Cellulite of Our Souls

As we turn to the final topic in this journey of Losing FLAB, we land on blame. In my mind, blame is the cellulite of the emotional flab we carry.

Now, I'll be honest—I'm no biologist, and I don't claim to understand the exact makeup of fat or cellulite. But for the sake of metaphor, let's roll with this. Unlike fear, loss, or even anger, blame seems harder to shed. It sticks around, clinging stubbornly to our lives, often in ways we don't even notice.

A World Obsessed with Blame

Blame feels endemic in today's world. While many people might admit they need to confront their fear, process their loss, or manage their anger, blame often flies under the radar. It runs deeper and feels more woven into the fabric of our culture.

We live in a society that conditions us to believe someone else is always at fault for the things that go wrong in our lives. And with that belief comes the idea that we're owed something because of it.

Now, let me be clear: there's no denying that real injustices exist. From systemic racism to economic exploitation, from gender inequality to human rights violations, the world is full of grievous wrongs that need to be addressed. There is no excuse for the exploitation or unfair treatment of anyone.

But as these injustices are brought to light and addressed, we face a deeper question: How do we move forward? I believe the answer lies in the gift of personal responsibility—a gift that benefits both the disadvantaged and the advantaged alike.

Blame and the Pandemic

As we've reflected throughout this journey, the coronavirus pandemic and lockdown brought fear, loss, and anger to the surface for so many of us. But beneath all of that, something else began to brew: blame.

When lockdown was first announced, the response was largely positive. People understood the need for drastic measures. But as weeks turned into months, discontentment grew. Fear, loss, and anger needed an outlet, and for many, that outlet became blame.

Globally, we saw leaders and everyday people alike pointing fingers. President Trump called it the "Kung-Flu" and blamed China. Conspiracy theories about 5G towers or Bill Gates spread like wildfire. Suddenly, everyone had a theory—and someone to blame.

For many of us, blame felt like a way to process the chaos and trauma. We pointed fingers at politicians, scientists, or even neighbours who didn't follow the rules. But did it actually help?

The Problem with Blame

Here's the thing about blame: it creates division. It pits us against one another, building walls instead of bridges. Blame polarises society into camps of "for" and "against," accusers and defenders. And instead of bringing solutions or healing, it amplifies the problem.

Even if some of the wildest accusations were true—let's say, hypothetically, that a lab in China manufactured the virus—what then? Would knowing the "truth" really bring peace, or would it simply fuel further conflict?

Blame keeps us stuck. It traps us in victimhood, convincing us that we're powerless until someone else makes things right. And as long as we stay there, we lose the ability to move forward.

Where Did It Begin?

As a culture, we've become experts at passing the buck. When things go wrong, our first instinct is often to look outward, finding someone else to point at. But this habit of shifting blame isn't just a societal issue—it's personal.

Blame, like cellulite, clings to us in ways that feel almost impossible to shake. But as we'll explore in the chapters ahead, there is hope. We can break free from the grip of blame. It starts with reclaiming personal responsibility, letting go of victimhood, and choosing to live empowered lives.

The journey won't always be easy, but the freedom on the other side is worth it. Let's keep moving forward, shedding the last of our emotional flab, and stepping into a new reality unburdened by blame.

As we've explored in this chapter, blame can feel like a stubborn weight, holding us back from the freedom and growth we long for. But how do we begin to let go of blame when it feels so deeply embedded in our lives? How do we move from a posture of accusation to one of empowerment? In the next chapter, we'll dig into the practical steps that help us shake off the grip of blame and embrace the power of taking responsibility. Let's continue the journey together.