

Who's Really Responsible for My Struggles?

This is a tool for radical clarity. If you're feeling overwhelmed, overworked, or like nothing ever gets better—you're not broken. You're functioning exactly as the system designed you to: exhausted, confused, and blaming yourself.

This reflection is about truth. Whether you're employed or self-employed, this will help you see who profits from your pain, who's benefiting from your struggle, and how you've been conditioned to accept it as normal.

MASTER PROMPT:

I'm going to give you a list of things in my life that make me unhappy, anxious, exhausted, or feel like I'm stuck. I want you to break each one down with two layers of analysis:

- Level 1: The broader system (corporate structure, government policy, economic design, cultural conditioning)
- Level 2: My specific employer OR the industry I operate in (how they contribute to, benefit from, or uphold that system—directly or indirectly)

For each struggle, tell me:

- Is this caused by my own mindset and choices, by a broken system, or by both? Be specific.
- Who benefits financially or politically from this problem remaining unsolved?
- If I worked harder or stayed positive, would this actually improve—or is the system designed to keep me stuck?
- Was I trained to accept this problem as 'normal'? Who trained me?
- If 100 people had the same problem, would they experience it the same way? If yes, what system is really to blame?
- Who have I been taught to blame—and do they actually hold the power to cause or fix this?
- If I handed you this entire list, would it make more sense to blame a poor immigrant or trans kid—or the corporations and billionaires who control laws, wages, access, and outcomes?

This isn't about shame. This is about truth. I want to know:

Am I tired because life is hard—or because it was built to drain me?

Is my employer or industry helping improve life for people—or just extracting from them while pretending to care?

This is where I start to break the illusion.

My employer OR industry: [INSERT COMPANY NAME or FIELD OF WORK]

My role: [INSERT JOB TITLE or POSITION]

Here's my list of current life struggles:

[INSERT FULL LIST HERE]