

Why do we make excuses? 10 reasons, and then 13 ways to stop

By Bob Mink*

The TV announcer grabbed my attention with a statement he made in a commercial. “Golf is full of excuses,” he declared. As someone who does play golf quite a bit (but I assure you I’m not a fanatic), I can verify that the statement is true. While some golfers give more excuses than others, I don’t think I’ve ever played with someone who made no excuses.

The wind, the condition of the course (fairways and/or greens), the speed of play (the group in front, too slow. The group behind, they’re pushing), the rudeness of playing partners, their physical ailments, their golf ball or clubs, and more.

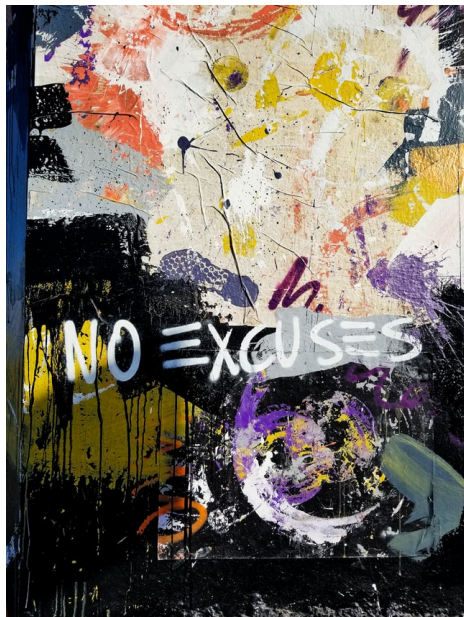


Photo by [George Pagan III](#) at [unsplash.com](#)

As I’ve thought about this, I’ve been reminded that golf is not the only game that evokes excuses. I know I use them when playing Jeopardy and Scrabble with family.

And making excuses not limited to competitive games most of us play. We all make excuses from time to time about something we have done or said or not said or not done. Making such excuses can be a sign that we are underestimating ourselves, lacking in confidence, or blaming others.

I did a Google search for “making excuses” and found a [link](#) to **13 Steps to Stop Making Excuses and Take Responsibility** by S.J. Scott.

If you are interested you can find more at the link above, but I want to give two lists that give a foundation for thinking and exploring more about

this matter of making excuses.

Why do we make excuses?

Here are ten common reasons why people make excuses throughout their lives.

- #1: You’re experiencing fear
- #2: You don’t want to fail
- #3: You don’t know what to expect

- #4: You don't have a specific goal
- #5: You're scared of making a mistake
- #6: You compare yourself to others
- #7: You're protecting your identity
- #8: You're not motivated
- #9: You think you lack the resources
- #10: You're set in your ways

How do we stop making excuses?

Here are 13 steps to stop making excuses.

- #1. Stop comparing yourself to others
- #2. Stop fearing the unknown
- #3. Stop blaming others
- #4. Take responsibility for ALL your actions
- #5. Take action every day
- #6. Set small, attainable goals
- #7. Learn from your mistakes
- #8. Don't focus on your weaknesses
- #9. Change your attitude
- #10. Believe in yourself
- #11. Visualize your success
- #12. Remember: It's okay not to be perfect
- #13. Know you can change your "excuses habit"

There is much in these two lists that give us a lot to think about. Which of these suggestions, challenges, and encouragement will help you most with your excuse-making habit?



**Our guest columnist today is Bob Mink, retired now after 44 years as a local church pastor, including 30 years with the last church he served. Today he serves as pastor to senior adults at Washington Avenue Christian Church in Amarillo, Texas. This post is adapted with his permission from his blog, bobmmink.com. For information about Bob and the two books he's written, click [here](#).*

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