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*It’s All Your Fault: 12 Tips For Managing People Who Blame Others for Everything*  by Bill Eddy

Introduction:

Have you ever been blamed for something you didn’t do? Does it feel like you’re walking on eggshells when you talk to your loved ones? Bill Eddy’s *It’s All Your Fault: 12 Tips For Managing People Who Blame Others for Everything* presents an in-depth look at high conflict personalities, how they are created, and what a target can do against them. Eddy has over 30 years of experience dealing with such personalities from almost all sides of the sidewalk: from divorce courts to homeowners associations, high-conflict personalities are a common sight in everyday life, and this book can help you manage those who seem to want conflict.

Author Biography:

Bill Eddy, otherwise known as Bill Eddy, LCSW, Esq., has an impressive career in litigation, psychology, and writing. He’s been a lawyer, a mediator, a therapist, and an author. Since 1970, Eddy has stated that he has always “been interested in other people’s conflicts” (Eddy 1). His most significant work is developing the high conflict personality theory, or HCP as described in *It’s All Your Fault*, and the novel was published in 2012. Since then, he has published other titles such as *Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder* and *Don’t Alienate the Kids: Raising Resilient Children While Avoiding High Conflict Divorce*.

(Image taken from: <https://www.highconflictinstitute.com/bill-eddy>)

Book Description:

Unlike many books discussed in class, *It’s All Your Fault* is a psychological analysis of HCP, or high conflict personality disorders. It’s written in a conversational style with analysis on previous court hearings or conversations. A majority of the book is dedicated to the tips provided by Eddy on how to manage interactions with them.

Eddy defines these HCPs as such:

“Learning how to deal with people with personality disorders became a routine part of our work. In many ways, they were people who got things backwards: they created conflicts that didn’t exist because, in their own minds, other people were to blame for their problems. They felt constantly helpless and often depressed. Instead of solving their own problems, they were busy creating problems for others, without realizing how they were hurting themselves too! They always felt like victims.

“These patients were the hardest to treat, because they took everything personally and blamed the people who were trying to help them. However, their problems weren’t obvious at first to the unsuspecting, so many naïve staff and new patients would believe what they said—until they got to know them better” (3-4).

Throughout the book, Eddy talks about HCPs and their Target of Blame. A Target of Blame can described as such:

“High Conflict People blame somebody else—almost anybody—when things don’t go well for them. The person they blame could be a neighbor, a co-worker, a family member, or even a stranger. This “Target of Blame” could even be you. If you’re not someone’s Target of Blame yet, you could be soon. High Conflict People are increasing in our society. I wrote this book to help people prepare themselves for this increase of blaming in our society. For the past 30 years I’ve been working to resolve conflicts as a mediator, therapist, and attorney. In every area of life I’ve seen an increase in “high-conflict” disputes, where one person takes no responsibility for being part of the problem or part of the solution. So the problem just gets worse. Take, for example, the neighbor from hell” (13).

Finally, Eddy brings analysis and examples in order to convey his message. They often come in the form of circumstances that many readers have or will experience around HCPs. Here’s one example:

“Carlos sent Maria a not-very-subtle email: “**MARIA, YOU JUST DON’T GET IT! YOU HAVE TO HELP ME OUT. IT’S YOUR RESPONSIBILITY AS MY SISTER, AND YOU KNOW IT. FAMILIES HELP EACH OTHER OUT IN TIMES OF NEED. AND I’M DESPERATE NOW. REALLY, REALLY DESPERATE. I DON’T SEE HOW YOU CAN FACE YOURSELF IN THE MORNING, KNOWING THAT I’M GOING TO BE LIVING ON THE STREETS WHILE YOU HAVE YOUR COMFORTABLE HOME. HOW DO YOU THINK IT MAKES ME FEEL, THAT YOU SPENT MONEY ON REMODELING YOUR BATHROOMS, BUT YOU WON’T EVEN LET ME—YOUR OWN LITTLE BROTHER—USE THEM! HOW CAN YOU SAY I DON’T MATTER TO YOU? THAT I’M JUST A SPECK IN YOUR UNIVERSE? YOU’RE SO SELF-CENTERED, MARIA, I’M ASHAMED TO HAVE YOU FOR MY SISTER. IF YOU HAD ANY SENSE IN YOUR SWELLED HEAD, YOU’D REALIZE THAT THERE’S ONLY ONE RIGHT THING TO DO. YOU HAVE TO LET ME LIVE WITH YOU! IT’LL JUST BE FOR A LITTLE WHILE, UNTIL I GET ON MY FEET AGAIN. DON’T BE STUPID ABOUT IT. JUST GET OVER IT AND TELL ME WHEN I CAN MOVE MY STUFF INTO YOUR GARAGE.**

“A little upset, would you say? Do you think he wrote the email capitalized, bolded, and underlined because he was upset about his present situation? No, he always writes this way—to get people’s attention, he hopes. While some people emphasize a word or two with bold or underlines from time to time (I know I’m guilty of that), he always writes his way. If you ask him how upset he is on a scale of 0 to 100, he’ll tell you 1,000!” (135-136).

Complexity, Resources, and Recommendation:

Despite being in the style and size of a psychological textbook, it is easy to understand the work because of the style. Additionally, Eddy explains a lot of psychological concepts that are not often explored in school such as narcissism or superficial relationships. The length makes it difficult to read as it is 356 pages including quizzes, but a majority of the book is summarization or repeating elements. The book is heavily in the category of Books about Real-Life Experiences because readers experience HCPs in their own life.

This is why I recommend the book to YA readers, it’s an excellent resource for vulnerable readers who may be targets of an HCP. Though they have limited resources, Eddy provides helpful solutions for managing conversations, and it shows the reader that they are not the only ones dealing with HCPs.