

# RESPONSIBILITY

	WHEN I FEEL RESPONSIBLE <u>FOR</u> OTHERS I.....	WHEN I AM RESPONSIBLE <u>TO</u> OTHERS I...
<u>I DO</u>	<ul style="list-style-type: none"> <li>▪ Fix</li> <li>▪ Protect</li> <li>▪ Rescue</li> <li>▪ Control</li> <li>▪ Carry their feelings</li> <li>▪ Not listen</li> </ul>	<ul style="list-style-type: none"> <li>▪ Show empathy</li> <li>▪ Encourage</li> <li>▪ Share</li> <li>▪ Confront</li> <li>▪ Level</li> <li>▪ Show sensitivity</li> <li>▪ Listen</li> </ul>
<u>I FEEL</u>	<ul style="list-style-type: none"> <li>▪ Tired</li> <li>▪ Anxious</li> <li>▪ Fearful</li> <li>▪ Liable</li> <li>▪ Resentful</li> </ul>	<ul style="list-style-type: none"> <li>▪ Relaxed</li> <li>▪ Free</li> <li>▪ Aware</li> <li>▪ High Self Worth</li> <li>▪ Make a thinking choice</li> </ul>
<u>I AM CONCERNED WITH</u>	<ul style="list-style-type: none"> <li>▪ The solution</li> <li>▪ Answers</li> <li>▪ Circumstances</li> <li>▪ Being Right</li> <li>▪ Details</li> <li>▪ Performance</li> </ul>	<ul style="list-style-type: none"> <li>▪ Relating person to person</li> <li>▪ Feelings</li> <li>▪ The person</li> <li>▪ Their ability to make it</li> </ul>
<u>I AM</u>	<ul style="list-style-type: none"> <li>▪ A manipulator</li> </ul>	<ul style="list-style-type: none"> <li>▪ A helper or guide</li> </ul>
<u>I EXPECT</u>	<ul style="list-style-type: none"> <li>▪ Others to live up to my expectations</li> <li>▪ Or I'm pressured to live up to theirs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Others to be responsible</li> <li>▪ Other to allow me to be me</li> </ul>
<u>I CREATE</u>	<ul style="list-style-type: none"> <li>▪ Feelings of inadequacy within myself</li> <li>▪ And feelings of low self-worth in others</li> </ul>	<ul style="list-style-type: none"> <li>▪ An atmosphere of trust and support</li> <li>▪ Feelings of high self-worth in me and others</li> </ul>